

# **Relapse Prevention Workbook**

*For Recovering  
Alcoholics and  
Drug-Dependent  
Persons*

**Third Edition**

**Dennis C. Daley**



# Relapse Prevention Workbook Dennis Daley

**Dennis C. Daley, G. Alan Marlatt**



## **Relapse Prevention Workbook Dennis Daley:**

**Relapse** Dennis C. Daley, 1988 This highly valuable book provides information on the problem of relapse in alcoholism and drug addiction Experts address conceptual issues summarize research on relapse and explore a variety of theoretical and clinical models of relapse prevention Several chapters describe practical applications of relapse prevention approaches used in both inpatient and outpatient clinical settings Rather than adhere to one particular approach this volume presents diverse viewpoints on clinical applications of relapse prevention Intended for all professionals in medicine psychiatry social work psychology and nursing who work with individuals who have alcohol or other drug problems Of particular interest to clinicians who treat alcoholics and drug abusers as well as administrators or supervisors who wish to develop and implement new types of relapse prevention programs Unique in that it addressed conceptual research and clinical perspectives Contributors many who have published extensively on the subject include a range of individuals from those involved in academic research to those who work on the front lines in treatment facilities

**SOFT BACKCOVER COPY** Relapse Conceptual Research and Clinical Perspectives provides new and valuable information on the problem of relapse with alcoholics and drug addicts Some of the most respected authorities in the field describe practical applications of relapse prevention approaches used in both inpatient and outpatient clinical settings They also discuss important conceptual issues review the research on relapse and explore theoretical and clinical models of relapse prevention In recent years increasing attention has been paid to the problem of relapse in chemically dependent individuals With advanced research into the causes of relapse and the effectiveness of relapse prevention treatment models and new approaches to relapse prevention more patients and their families are receiving specialized relapse prevention education and treatment focusing on long term maintenance Subsequently all professionals in medicine psychiatry social work psychology and nursing who work with individuals who have alcohol or other drug problems will find it essential to read this up to the minute volume Clinicians who treat alcoholics and drug abusers and administrators or supervisors who wish to develop and implement new types of relapse prevention programs will applaud the comprehensive insights and applications featured in Relapse Conceptual Research and Clinical Perspectives Here s what you will find A summary of the existing research and literature on relapse and relapse prevention providing a broad overview of the current state of knowledge A description of four clinical treatment approaches commonly used in the chemical dependency field the cognitive behavioral approach based on the self efficacy theory the Psychoeducational Model of Relapse Prevention the Marlatt and Gordon self management approach and the CENAPS model An examination of the content and structure of relapse prevention programs and the application of various approaches in several clinical contexts including a six month outpatient program an intensive nonresidential rehabilitation program a 28 day residential program a therapeutic community and a program used with adult chronic marijuana users

**Managing Your Drug Or Alcohol Problem** Dennis C. Daley, G. Alan Marlatt, 1997 Section 1 Overview of Substance Use Problems and

Self Assessment Chapter 1 Introduction and Plan for Workbook Chapter 2 Recognizing Your Substance Use Problem Chapter 3 Recognizing Consequences of Your Substance Use Section 2 Change Issues and Strategies Chapter 4 Treatment Settings for Substance Use Problems Chapter 5 Stages of Change Ch 6 How to Use Therapy or Counseling Ch 7 Overview of Goal Planning Ch 8 Managing Cravings and Urges to Use Substances Ch 9 Managing Thoughts of Using Substances Ch 9 Dealing With Upsetting Emotions Ch 11 Refusing Offers to Use Substances Ch 12 Dealing With Family and Interpersonal Problems Ch 13 Building a Recovery Support System Ch 14 Self Help Programs and Recovery Clubs Ch 15 Medications for Substance Use Problems Section 3 Relapse Prevention and Progress Measurement Ch 16 Relapse Prevention Reducing the Risk of Relapse Ch 17 Relapse Management Ch 18 Strategies for Balanced Living Ch 19 Measuring Your Progress

**Drug Abuse Relapse** Barbara Moe, 1999-12-15 Discusses the problem of falling back into drug abuse what causes these relapses and how to get help in breaking the cycle of continued drug dependence

**Relapse Prevention** Dennis C. Daley, 1989 Keeping a recovering client from lapsing back into old habits of abuse is a task counselors face every day They can face the problem more successfully with the help of this up to date overview of the current state of relapse prevention

Overcoming Your Alcohol or Drug Problem Dennis C. Daley, G. Alan Marlatt, 2006-06-15 A substance use problem exists when one experiences any type of difficulty related to using alcohol tobacco or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers The difficulty can be in any area of life medical or physical psychological family interpersonal social academic occupational legal financial or spiritual This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem Designed to be used in conjunction with therapy or counseling it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active The information presented is derived from a wealth of research studies and discusses the most effective recovery strategies from the examination of cognitive behavioral treatment TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website [www.oup.com/us/ttw](http://www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc

PER Approaches to Drug Abuse Counseling, 2000 *Approaches to Drug Abuse Counseling*, July 2000

, 2000 Therapy Manuals for Drug Addiction Dennis C. Daley, 2002 Managing Substance Use Disorder Dennis C.

Daley, Antoine B. Douaihy, 2019 The third edition of Managing Substance Use Disorder provides an evidence based treatment protocol for all types of substance use disorders Designed to accompany the Managing Your Substance Use Disorder Workbook this guide provides clinicians with valuable strategies for working with substance use disorders by focusing on specific issues involved in both stopping substance abuse and changing behaviors or lifestyle aspects that contribute to continued substance abuse

**Addiction and Mood Disorders** Dennis C. Daley, Antoine Douaihy, 2006-07-20 Millions of individuals diagnosed with severe mental illness also suffer from an equally powerful substance use disorder If you or someone you love has been diagnosed with dual disorders this book can help Addiction and Mood Disorders A Guide for Clients and Families is designed primarily to educate individuals with dual disorders and their families about mood and addictive use disorders It not only gives a message of hope but also provides practical suggestions on ways to manage these disorders The author provides guidelines and strategies for recovery from dual disorders based on and adapted from various treatments that have proven effective for addiction mood disorders or both This book is filled with case examples that show growth and positive change as well as the difficulties many individuals struggling with a dual diagnosis face Advocating a recovery model in which the affected individual takes responsibility for getting the most out of professional treatment and self help programs this book shows that being an active participant is the key to getting the most out of your recovery This book is for use not only by those individuals who suffer from addiction and mental illness but also by their family friends and other members of their support system Professionals who work with these individuals will find this book to be a useful guide in their clinical work as well

**Humanizing Addiction Practice** Antoine Douaihy, H. Patrick Driscoll, 2018-06-21 This original eloquent compassionate and timely book offers all healthcare practitioners interested and involved in addiction practice a powerful account of an addiction psychiatrist's journey of professional and personal growth thereby offering readers a unique opportunity to learn deeply from the author's insights experiences and struggles in becoming a patient centered empathic healer Through sharing and exploring clinical experiences in addiction practice this fascinating title delves into the lead author and his mentee's personal professional and ethical challenges and weaves together science and humanism offering a wealth of experiential wisdom and tools that have the power to transform our understanding of therapeutic work with people with addictions Written with empathy and humility Humanizing Addiction Blending Science and Personal Transformation provides a compelling argument and framework for integrating humanism with empirically grounded practices This important book is an invaluable resource for healers from a range of backgrounds physicians physician assistants nurse practitioners social workers case managers patient navigators clinical and health psychologists pharmacists counselors graduate students and medical trainees involved in clinical care of people with addiction and substance use problems

**Managing Your Substance Use Disorder** Dennis C. Daley, Antoine B. Douaihy, 2019 The third edition of Managing Your Substance Use Disorder provides the reader with practical information and skills to help them

understand and change a drug or alcohol problem      **Surviving Family Care Giving** Gráinne Smith, 2014-09-15 Surviving Family Care Giving Co ordinating effective care through collaborative communication is a practical book for family and other home carers in a variety of situations Gr inne Smith shows how to provide the most effective coordinated care possible through constructive communication and collaborative care to support individuals who have long term physical and mental health problems including conditions from Alzheimers to alchoholism autism to anorexia schizophrenia to multiple sclerosis Written from personal experience as a family carer Gr inne Smith includes interviews with other carers and service users and draws on years of working with children and their families in tough times Chapters such as Challenging Behaviour Confidentiality and Motivation illustrate some of the many problems facing carers who support vulnerable individuals Problems include isolation feelings of helplessness and uncertainty about what best to do what to try to avoid and the lack of much needed relevant information and resources to support care giving Surviving Family Care Giving vividly illustrates the daily difficulties experienced by care givers who offer long term care and support and shows how to work through them It provides suggestions on ways to build both constructive collaborative care and good family teamwork through effective communication and how to ensure continuing care and support for the person at the centre of all the efforts This book will be essential reading for family and other carers including professionals trying to create ongoing continuity of care for their patients outside of treatment and education centres      **Substance Use Disorders** Antoine Douaihy, Dennis

Daley, 2013-10-08 Substance use disorders SUDs are common among many patients with medical and psychiatric disorders Professionals from all medical and behavioral health disciplines must address SUDs to provide optimal care to patients Failure to do so may contribute to morbidity and mortality in cases of more severe substance dependence This new volume in the Pittsburgh Pocket Psychiatry series provides a comprehensive overview of substance use disorders for medical students and psychiatric residents It is aimed particularly at increasing student s knowledge and skills in addressing SUDs The handy pocket sized book focuses on those substances used abused and leading to addiction and the clinical implications of SUDs Epidemiology etiology classifications of SUDs screening and assessment and pharmacotherapy and psychosocial interventions are discussed alongside case histories illustrating the material covered Questions for the reader stimulate thinking about specific cases and how the medical student or resident can help patients with SUDs Additional chapters focus on problems caused or worsened by SUDs such as Hepatitis C HIV AIDS and co occurring psychiatric disorders Relapse and recovery are also explored given many patients with substance dependence relapse Adolescents with SUDs prevention and harm reduction interventions are also reviewed The concept of rom SUDs is incorporated in many of the chapters Medical psychological family and cultural aspects of addiction and recovery are addressed providing the reader with a broad framework for understanding and helping patients with SUDs as well as their families An extensive list of online resources is provided that includes mutual support programs as well as professionals and organizations who offer helpful materials and

programs for patients with SUDs Contributing authors represent medicine psychiatry social work psychology in diverse treatment settings Many authors are also researchers and all are educators involved in mentoring medical students residents fellows and other health care professionals The Writer's Market ,1987 **Relapse Prevention and Recovery**

**Promotion in Behavioral Health Services** , *Principles and Practice of Group Work in Addictions* Robert Hill,Jennifer Harris,2011-04-20 This book has been written with the aim of addressing the key areas in working with drug and alcohol misuse whilst providing practical solutions to the more common problems that emerge in group work **Self-Help That Works** John C. Norcross Ph.D.,Linda F. Campbell Ph.D.,John M. Grohol PsyD,John W. Santrock Ph.D.,Florin Selagea M.S.,Robert Sommer Ph.D.,2013-03-05 Self help is big business but alas not always a scientific one Self help books websites and movies abound and are important sources of psychological advice for millions of Americans But how can you sift through them to find the ones that work Self Help That Works is an indispensable guide that enables readers to identify effective self help materials and distinguish them from those that are potentially misleading or even harmful Six scientist practitioners bring careful research expertise and a dozen national studies to the task of choosing and recommending self help resources Designed for both laypersons and mental health professionals this book critically reviews multiple types of self help resources from books and autobiographies to films online programs support groups and websites for 41 different behavioral disorders and life challenges The revised edition of this award winning book now features online self help resources expanded content and new chapters focusing on autism bullying chronic pain GLB issues happiness and nonchemical addictions Each chapter updates the self help resources launched since the previous edition and expands the material The final chapters provide key strategies for consumers evaluating self help as well as for professionals integrating self help into treatment All told this updated edition of Self Help that Works evaluates more than 2 000 self help resources and brings together the collective wisdom of nearly 5 000 mental health professionals Whether seeking self help for yourself loved ones or patients this is the go to research based guide with the best advice on what works *Social Work* ,1987 *Dual Disorders* Dennis C Daley,Howard B. Moss,2009-07-31 The leading text on the biological and psychological relationship between mental illness and addiction Dual Disorders contains important resources for individuals and their families Depression Schizophrenia Post traumatic stress disorder Millions of individuals diagnosed with psychiatric or emotional disorders must battle an equally menacing and powerful disease chemical dependency First published in 1993 Dual Disorders is the leading text on the biological and psychological relationship between mental illness and addiction The third edition of this Hazelden best seller includes the latest research information about medications and an explanation of diagnostic criteria Key features and benefits outlines the relationship between chemical dependency and psychiatric disorders contains important resources for chemically dependent individuals and their families and presents practical relapse prevention strategies

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