

Getting to know yourself after Recovery: Part 1



START HERE. Finish the sentence, "I miss drugs or alcohol at times because..."

Sure, okay, but how will you deal with the loss?

Why are you quitting anyway? What don't you like about your addiction? (You've answered this question a 1000 times before!)

What are the benefits to recovery? (You've seen this one before too...)

Alright, recovery is tough. Is it what you want, or is it what others want for you? (What will it take for YOU to want to stay in recovery?)

List two strengths that were present before you went into recovery. They can be talents, skills, or abilities.

- 1.
 - 2.
- Of course, the next question is... how can you use these strengths to help you stay clean and sober?

Don't be embarrassed to look at your weaknesses. Understanding them helps you grow. Name two weaknesses you want to change.

- 1.
- 2.

What skills would the "new" you like to develop?

How do you let the addiction go?

How does recognizing your weakness make you a stronger person?

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Addiction Recovery Group Handouts

**Elizabeth M. Burns, Arlene
Thompson, Janet Kiplinger Ciccone**

Addiction Recovery Group Handouts:

Creating Change Lisa M. Najavits, 2024-06-17 This flexible evidence based manual offers counselors a gentle compassionate approach to help people with trauma addiction or both explore their past *Creating Change* guides clients to understand how trauma and addiction arose over time grieve losses and regrets create a new perspective on their life story and take pride in their survival The manual has 23 topics that can be implemented in any order with individuals or groups Topics include Relationship Patterns Break the Silence Deepen Your Story Darkness and Light Emotions and Healing and Influences Family Community Culture *Creating Change* can be implemented with any other treatment including the author's present focused model Seeking Safety The book has a convenient large size format and includes 70 reproducible handouts many of which can be downloaded and printed at the companion website See also Seeking Safety A Treatment Manual for PTSD and Substance Abuse and the self help guide Finding Your Best Self Revised Edition Recovery from Addiction Trauma or Both an ideal client recommendation Group Activities for Families in Recovery Joan Zimmerman, Jon L.

Winek, 2012-12-11 *Group Activities for Families in Recovery* offers therapists a wealth of activities designed to help families struggling with addiction address problem areas of functioning and ultimately shift from dysfunctional patterns to healthy living Written by expert practitioners in family oriented substance abuse treatment programs this text focuses on group therapy as a key component to treatment Beginning with a brief overview of the issues involved in working from a systemic family therapy perspective of addiction the text discusses practical guidelines for working with families in groups and how to best utilize the exercise in the book The collection of 30 group activities are suitable for a variety of family oriented substance abuse treatment groups They are divided into seven sections covering the key issues of 1 Family Structure 2 Family Identity 3 Sober Fun 4 Toward Health 5 Anger Management 6 Healthy Communication 7 Parenting The activities are varied and include topics presented through expressive arts drawing writing acting game playing problem solving enactments worksheets and roleplaying The activities can be used individually incorporated into another program or stand alone as a 16 week or longer program They can also be adapted for use in groups where children or present or for adult family groups

Medication-Assisted Treatment for Opioid Addiction in Opioid Treatment Programs Inservice Training Catherine D. Nugent, 2009-09 Contents I Trainer's Orientation Purpose Target Audience Training Design Instructional Approach Materials and Equipment Manual Format II Modules Introduction and History Pharmacology of Medications Initial Screening Admission Procedures and Assessment Techniques Clinical Pharmacotherapy Patient Treatment Matching Phases of Treatment Approaches to Comprehensive Care and Patient Retention Drug Testing as a Tool Associated Medical Problems Treatment of Multiple Substance Use Treatment of Co Occurring Disorders MAT During Pregnancy Illustrations Christian Social Action, 1994 *Substance Use Disorder*, 1997 **Addiction Treatment Homework Planner** James R. Finley, Brenda S. Lenz, 2003-05-05 Help clients suffering from chemical and nonchemical

addictions develop the skills they need to work through problems The Addiction Treatment Homework Planner Second Edition arms you with an array of ready to use between session assignments designed to fit virtually every therapeutic mode This easy to use sourcebook features 78 copier ready exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions A quick reference format the interactive assignments are grouped by behavioral problem such as gambling alcoholism nicotine dependence substance abuse and many others Expert guidance on how to make the most efficient use of the exercises Assignments that are cross referenced to The Addiction Treatment Planner Second Edition so you can quickly identify the right exercise for a given situation or behavioral problem A CD ROM that contains all the exercises in a word processing format allowing you to customize them to suit you and your clients unique styles and needs

Recovery from Addiction John Finnegan,Daphne Gray,1990 Discusses nutritional therapy for the treatment of addiction to sugar alcohol nicotine designer drugs hallucinogens marijuana stimulants depressants opiates steroids food addictions *Couples and Family Client Education Handout Planner* Laurie C. Grand,2003-04-11 Includes 62 elegantly designed client handouts that provide information in a clear user friendly format Ideal for use in waiting rooms at presentations or as newsletters to help you inform clients and market your practice Enclosed CD ROM contains all of the handouts that you can print out and distribute to your clients Help educate your couples and families on a variety of mental health topics The Couples and Family Client Education Handout Planner provides you with an array of ready to use handouts designed to educate your clients on a variety of issues and concerns related to their mental health and personal growth This easy to use sourcebook features 62 fact filled handouts on various psychological and emotional disorders and life skills techniques Listings of resources where clients can go for reliable in depth information Handouts that provide educational information on a wide variety of mental health issues affecting couples and families including addiction depression parent teen conflicts financial stress separation and divorce and many others A CD ROM that contains handouts in a PDF format allowing you to easily print out and distribute them to suit you your clients and your practice s unique style and needs

The Addiction Treatment Planner Robert R. Perkinson,Arthur E. Jongsma, Jr.,2006 The Addiction Treatment Planner Third Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies This Third Edition includes new language for evidence based care that fits mandates set forth by the American Society of Addiction Medicine ASAM which are being adopted by most state accrediting bodies New chapters cover chronic pain dangerousness lethality opioid dependence and self care Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans Organized around 42 main presenting problems including chemical and nonchemical addictions such as substance abuse eating disorders schizoid traits and others Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy

to use reference format helps locate treatment plan components by behavioral problem or DSM IV TR diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA *The Addiction Progress Notes Planner* David J. Berghuis, Arthur E. Jongsma, Jr., 2002 The Addiction Progress Notes Planner helps mental health practitioners reduce the amount of time spent on paperwork and increase time spent with clients by providing a full menu of pre written progress notes that can be easily and quickly adapted to fit a particular client need or treatment situation The progress notes cover an eclectic array of treatment approaches and correspond with the behavioral problems and the DSM IV TR diagnostic categories found in The Addiction Treatment Planner Second Edition *Life Management Skills V* Kathy L. Korb-Khalsa, Estelle A. Leutenberg, 1999 **Intensive Outpatient Treatment for Alcohol and Other Drug Abuse** Paul D. Nagy, 1994 **Fall** Candice Fox, 2017-08-29 To catch a serial killer sometimes you need to think like one in this Australian crime thriller by the 1 New York Times bestselling author The first victim young female beautiful is discovered on the edge of the park her face utterly destroyed Sydney homicide detective Frank Bennett suspects that this is a first kill And it won't be the last To stop a serial killer in the making Frank will have to place his faith in his partner Eden Archer a cop who moonlights as a killer Eden knows the temptation of evil Her intimate knowledge of the relentless forces that drive a killer gives her a unique edge But with each jogger found brutally murdered in Sydney's pristine parks Eden can see where the investigation is headed And it gives her a feeling she hasn't felt in a long time A fear she's never known A fear she can't escape A fear that after all these years she will have to face *An Addictions Curriculum for Nurses and Other Helping Professionals: The undergraduate level* Elizabeth M. Burns, Arlene Thompson, Janet Kiplinger Ciccone, 1993 The volumes in this popular series provide nurse educators with material to help them plan conduct and evaluate their instructional goals and accomplishments The series addresses a broad spectrum of teaching situations classroom settings and clinical instruction supervision *The Adolescent Psychotherapy Progress Notes Planner* Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, 2003-09-29 The Adolescent Psychotherapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Adolescent Psychotherapy Treatment Planner Third Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 33 main presenting problems that range from low self esteem and eating disorders to chemical dependence sexual acting out adoption issues and blended family conflicts Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Adolescent Psychotherapy Treatment Planner Third Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA *The Child Psychotherapy Progress Notes*

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Resources in Education ,1996

Annual Report on the Substance Abuse Program at the California Substance Abuse Treatment Facility (SATF) and State Prison at Corcoran California Substance Abuse Treatment Facility and State Prison at Corcoran, 1997

Life Management Skills VI Kathy L. Korb-Khalsa, Estelle A. Leutenberg, 2000

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