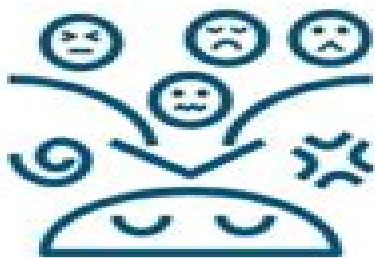


# RELAPSE PREVENTION PLANNING

## Recognize the Steps of a Relapse



### Step 1

The first step is emotional

Your subconscious mind is working, but you are not fully aware of it happening. It can still influence your actions and the decisions you make.

### Step 2

The second step is mental

Mental relapse is the moment you begin to think about going back to that old life. You also start to remember all the good times you had during your addiction. You choose to forget the bad times that came with it.



### Step 3

The third step is physical



Physical relapse is the part that no recovering addict wants to do. You have listened to that little voice in your head that tells you just one more time will be ok.

Don't listen to that voice that tells you one more is gonna be okay!



# Counseling For Relapse Prevention

**Dennis C. Daley, Antoine B. Douaihy**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

## **Counseling For Relapse Prevention:**

*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 Counseling for Relapse Prevention Terence T. Gorski, Merlene Miller, 1982

Relapse Prevention Counseling Dennis C. Daley, Antoine B. Douaihy, 2015 Written specifically for clinicians this comprehensive book makes it easy for you to implement strategies proven to reduce relapse and help your client recover from substance use disorder SUDs Each chapter will lead you step by step through valuable resources for treatment such as Tools for individual group and family sessions Treatment models and therapies Counseling strategies for co occurring disorders 12 group exercises for SUDs Tips for teaching clients to identify craving triggers to prevent relapse Best practices for medication assisted treatment Emotion management techniques Using motivation to make lifestyle changes 8 group exercises for co occurring disorders *Relapse Prevention Practice* Brian M., 2018 Are you in recovery from substance abuse Are you in recovery from compulsive behaviors Here is a practical recovery workbook that will help you to promote your recovery and avoid relapse Relapse is not inevitable and even if it does happen there is hope because you can do something about it Some have called this book a relapse prevention therapy workbook This relapse prevention practice uses a simple strategy that will help you to develop a specific plan of action and be aware of your high relapse risk situations If you are going through relapse prevention therapy relapse prevention counseling or addiction counseling this workbook has daily practical exercises that can be used in group counseling or individual setting You will learn gain new coping skills used cognitive behavioral therapy for staying sober and for relapse prevention This Relapse Prevention Practice Workbook is designed for people in recovery from alcohol or other drug addiction who have a history of relapse or fear they might relapse This is a simple workbook for addiction recovery a guide to coping with triggers that lead back to addictive behaviors This book will lead you to Freedom from your addictions a new approach to addiction and recovery a strategy to help you to overcome addiction and a guide for relapse prevention If you are going through cognitive behavioral therapy this workbook will be your guide to staying sober Use it as a relapse prevention therapy workbook for addiction counseling and addiction recovery Although this workbook was designed to help men and women who are in their second quarter or second 90 days of their first year of recovery from substance abuse and other compulsive lifestyles who have a desire to prevent relapse in their lives it will work for you no matter what phase of addiction recovery you are in If you relapsed last time here is the antidote for preventing relapse and promoting your addiction recovery Relapse Prevention Practice The Second Quarter Sobriety Workbook For those in recovery it will be the perfect addiction recovery gift If you are an adolescent or working with adolescents this will be a perfect adolescent relapse prevention workbook Substance abuse is indeed a problem in society particularly among adolescents who are at risk This Relapse Prevention Practice will guide you towards whole person

sobriety Please note This book is part of the Relapse Prevention Practice Sequential All the books in this sequential have basically the same text provided for your convenience to ease your transition from one 90 day phase to another The sequential is as follows Relapse Prevention Practice A Sobriety Workbook for the first 90 Days Relapse Prevention Practice The Second Quarter Sobriety Workbook Relapse Prevention Workbook The Third Quarter Sobriety Inventory Relapse Prevention Workbook The Fourth Quarter Sobriety Inventory      **Relapse Prevention Counseling Workbook** Terence T. Gorski,1995 This workbook presents seven powerful clinical processes that quickly identify and manage high risk situations causing relapse Special emphasis is placed on management of irrational thoughts unmanageable feelings self destructive urges and self defeating behaviors This counseling process is appropriate for people in all stages of recovery who are facing situations that put them at immediate risk of relapse The process can usually be completed in 7 to 14 sessions and is compatible with brief strategic group therapy methods      Relapse Prevention Workbook Judy Lohr,2020-01-17 This guide is for anyone who has stopped using alcohol or other drugs and wants to stay sober and drug free Successful sobriety involves more than just the desire not to drink or use it also involves hard work Here you ll find the tools you need to begin This workbook is designed to help you stay sober It is not meant to take the place of a Twelve Step group counseling or an aftercare program It is to be used in conjunction with them Whether you were addicted to cocaine heroin marijuana alcohol prescription drugs or any other mind altering chemical the tools offered in this guide are meant to help you avoid relapse

**A Contemporary Approach to Substance Use Disorders and Addiction Counseling** Ford Brooks,Bill McHenry,2015-01-29 Written as an introduction to the field of addiction counseling this text covers the fundamental knowledge and skills necessary to counsel people who are struggling with addiction Drs Brooks and McHenry provide a straightforward and holistic approach to treatment and recovery from the major theoretical underpinnings to assessment and diagnosis to relapse prevention and spirituality With a focus on current clinical applications and how tos this book is ideal both for master s level addictions courses and mental health clinicians Topics covered are cultural and gender issues including work with LGBT clients drug classifications and referral assessment diagnosis and interview techniques the continuum from nonuse to addiction work in college university school and community mental health agency settings developmental approaches in treatment the role of the family grief and loss in addiction group counseling relapse and recovery spirituality and support groups addictions training certification and ethics and the importance of counselor self care Exploration questions and suggested activities are presented in each chapter Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website <https://imis.counseling.org/store> Reproduction requests for material from books published by ACA should be directed to [permissions@counseling.org](mailto:permissions@counseling.org)      *Counselor's Manual for Relapse Prevention with Chemically Dependent Criminal Offenders* Terence T. Gorski,John M. Kelley,1999-04      *Relapse Prevention Counseling* Dennis C. Daley,Antoine B. Douaihy,2015 Written specifically for clinicians this comprehensive book

makes it easy for you to implement strategies proven to reduce relapse and help your client recover from substance use disorder SUDs Each chapter will lead you step by step through valuable resources for treatment such as Tools for individual group and family sessions Treatment models and therapies Counseling strategies for co occurring disorders 12 group exercises for SUDs Tips for teaching clients to identify craving triggers to prevent relapse Best practices for medication assisted treatment Emotion management techniques Using motiva

*Relapse Prevention* Brandy A. Marks Lmhc, 2018-12-17 Tired of returning to alcohol drugs food gambling and sex for satisfaction that doesn't last Relapse Prevention is a practical bible based workbook for managing relapse situations that go beyond the 12 steps and Celebrate Recovery This workbook offers powerful biblically based processes that help you to see the reasons behind your addiction and find your way out of the wilderness of sin and into a closer relationship with the Lord your God And of course in the process you feel so good about yourself the idea of an addictive substance person or action get further from you

**Therapist's Guide to Evidence-Based Relapse Prevention** Katie A. Witkiewitz, G. Alan Marlatt, 2011-04-28 Describes the evidence based approaches to preventing relapse of major mental and substance related disorders Therapist's Guide to Evidence based Relapse Prevention combines the theoretical rationale empirical data and the practical how to for intervention programs The first section will serve to describe the cognitive behavioral model of relapse and provide a general introduction to relapse prevention techniques While Section II will focus on specific problem areas Section III will focus on diverse populations and treatment settings Incorporates theoretical and empirical support Provides step by step strategies for implementing relapse prevention techniques Includes case studies that describe application of relapse prevention techniques

Relapse Prevention Practice Brian Mulipah, 2018-02-27 Are you in recovery from substance abuse or any compulsive behaviors Here is a practical recovery workbook that will help you to promote your recovery and avoid relapse Relapse is now known as an integral part of recovery but it need not happen Yet even if it does happen there is hope because you can do something about it Others have called this book the relapse prevention therapy workbook Working through your addiction recovery process This book will work as your personal addiction treatment planner It is not just one of the regular recovery books it is a relapse prevention workbook that you can use together with your recovery bible Because of the manner in which you will use it it is essentially a relapse prevention therapy workbook even though it offers no recovery therapy This relapse prevention workbook uses a simple strategy that will help you to develop a specific plan of action and be aware of your high relapse risk situations If you are going through relapse prevention therapy relapse prevention counseling or addiction counseling this workbook has daily practical exercises that can be used in group counseling or individual setting You will learn gain new coping skills used cognitive behavioral therapy for staying sober and for relapse prevention This is a Relapse Prevention guide designed for people in recovery from alcohol abuse or other drug addiction who have a history of relapse or want to avoid relapse This is a simple workbook for addiction recovery a guide to coping with triggers that lead back to addictive behaviors This book will

lead you to Freedom from your addictions a new approach to addiction and recovery a strategy to help you to overcome addiction It is a true and tested guide for relapse prevention If you are going through cognitive behavioral therapy this workbook will be your guide to staying sober Use it as a relapse prevention therapy workbook for addiction counseling and addiction recovery Although this workbook was designed to help men and women who are in their fourth quarter 4th term or fourth set of 90 days of their first year of recovery from substance abuse and other compulsive lifestyles who have a desire to prevent relapse in their lives It will work for you no matter what phase of addiction recovery you are in If you relapsed last time here is the antidote for preventing relapse and promoting you addiction recovery Relapse Prevention Practice The Fourth Quarter Sobriety Workbook For those in recovery it will be the perfect addiction recovery gift If you are an adolescent or working with adolescents this will be a perfect adolescent relapse prevention workbook Substance abuse is indeed a problem in society particularly among adolescents who are at risk This Relapse Prevention Workbook guides you through a practice that will guide you towards whole person sobriety Please note This book is part of the Relapse Prevention Practice Sequential All the books in this sequential have basically the same text provided for your convenience to ease your transition from one 90 day phase to another The sequential is as follows Relapse Prevention Practice A Sobriety Workbook for the first 90 Days Relapse Prevention Practice The Second Quarter Sobriety Workbook Relapse Prevention Practice The Third Quarter Sobriety workbook Relapse Prevention Practice The Fourth Quarter Sobriety Workbook      **Relapse Prevention Workbook**

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