

# REMOVING THE ROADBLOCKS



Group Psychotherapy with  
Substance Abusers and  
Family Members



*Marsha Vannicelli*

# Removing The Roadblocks Group Psychotherapy With Substance Abusers And Family Members

**Dorothy Stock Whitaker**



## **Removing The Roadblocks Group Psychotherapy With Substance Abusers And Family Members:**

Removing the Roadblocks Marsha Vannicelli, 1992-02-14 Based on the author's 18 years of experience supervising group therapists this quintessentially practical book is designed to help practitioners think through and formulate appropriate strategies in their clinical work Utilizing many clinical examples and providing explanations throughout for her interventions Vannicelli pays special attention to the therapeutic stance where the clinician positions him or herself in relation to the patient and why and how various strategies and techniques maximize the patient's opportunity for therapeutic growth A hallmark of Dr Vannicelli's approach richly illustrated in this work is her sensitivity to countertransference and the ways it can be used productively in clinical practice Alone among books in the substance abuse field REMOVING THE ROADBLOCKS analyzes the group therapy issues that arise in the three populations most commonly seen in substance abuse clinics substance abusers themselves adult children of alcoholics and other family members The author describes characteristics unique to each population and addresses overlap among them in terms of basic procedures formats and hurdles that group leaders face The book also differs from most psychotherapy texts by giving the reader an opportunity to hear the voice of an experienced therapist as she provides examples of various kinds of interventions and demonstrates how they might actually be communicated and implemented Rather than reading about psychotherapy or about various kinds of problems one has the sense of experiencing a thorough consultation with a truly seasoned supervisor A particularly useful feature is the appendix at the end of the volume which provides examples of assessment and intake questionnaires history questionnaires ground rules for treatment contracts and other practical materials Designed for all mental health professionals who work with substance abusers the book's focus on practical clinical issues also makes it ideal for paraprofessionals It is an excellent text for courses on substance abuse in social work psychology nursing and other disciplines as well as for courses in group psychotherapy

**The Group Therapy of Substance Abuse** David W. Brook, Henry I. Spitz, 2002-09-23 Gain a practical perspective on group therapy as a treatment for addiction As more and more researchers and clinicians recognize group therapy as the primary psychosocial intervention in the treatment of substance abusers there is a growing need for a comprehensive resource that places the wide range of theories and ideas about the treatment into practical perspective The Group Therapy of Substance Abuse is the first book to bridge the gap between substance abuse treatment and group psychotherapy by presenting expert analyses that address all major schools of thought The book includes clinical examples and specific recommendations for treatment techniques reflecting a variety of viewpoints from the leading clinicians scholars and teachers in the field Because of its therapeutic efficacy and cost effectiveness group therapy has come to play an increasingly important role as the psychosocial therapy of choice for an ever increasing numbers of patients with substance abuse disorders For ease of use The Group Therapy of Substance Abuse is divided into several sections including a discussion of the basic theoretical approaches on which most group treatments of substance abusers are based the uses of group

treatment approaches in specific treatment settings and the uses of group treatment with specific patient populations The Group Therapy of Substance Abuse also includes diverse perspectives on interpersonal and psychodynamic approaches to therapy cognitive behavioral methods outpatient inpatient and partial hospitalization groups network therapy and 12 step groups treatment of gay lesbian bisexual adolescent and elderly abusers therapeutic community groups Essential for professionals who treat substance abusers The Group Therapy of Substance Abuse is also an excellent textbook for scholars and students in the mental health field The book adds depth to the practicing and soon to be practicing clinician s understanding of how best to address the complex problem of addiction     Substance Abuse Joyce H. Lowinson, 2005 The premier text on substance abuse and addictive behaviors is now in its updated and expanded Fourth Edition with up to the minute insights from more than 150 experts at the front lines of patient management and research This edition features expanded coverage of the neurobiology of abused substances new pharmacologic therapies for addictions and complete information on club drugs such as Ecstasy New sections focus on addiction in children adolescents adults and the elderly and women s health issues including pregnancy The expanded behavioral addictions section now includes hoarding shopping and computer Internet abuse Includes access to a Companion website that has fully searchable text     **The Wiley-Blackwell Handbook of Group Psychotherapy** Jeffrey L. Kleinberg, 2015-06-22 Group Psychotherapy Finally we have a book about group therapy that answers the question Is there one book that covers the waterfront but is deep enough to provide more than just an overview of models and can actually help me become a better group therapist This is such a book International Journal of Group Psychotherapy This volume reflects the expansion in the field of psychodynamic group psychotherapy that today incorporates a variety of theoretical perspectives Leading experts from various countries provide the reader with a clear overview of the different approaches In addition there are chapters in this volume that deal with special populations and conditions of treatment While providing a straightforward introduction to the plethora of material in the field the volume will also serve as a comprehensive resource for any seasoned group psychotherapist Howard D Kibel Professor of Psychiatry New York Medical College and past President of the American Group Psychotherapy Association USA The Handbook of Group Psychotherapy is a user friendly guide to conducting group psychotherapy in various settings and with different populations It has been designed as a resource for new professionals including graduate students in mental health as well as more seasoned clinicians planning to integrate group psychotherapy into their work Bringing together pre eminent group psychotherapists from different theoretical perspectives and countries the articles in this volume present their approaches to conducting groups with diverse populations in different settings Written in straight forward jargon free language the articles directly speak to the needs of the mental health professional planning to begin a group or to strengthen an existing group Whether combined with a formal class in group techniques human relations or group dynamics or in an institute training group practitioners or read as part of one s own professional development this work is likely to advance the reader s clinical

competency and strengthen their self confidence as a leader Using a personal style and speaking from years of experience the contributors provide hands on suggestions as to how a group leader really works From determining patient or client needs developing treatment goals and constructing a group to handling emergencies the contributors address the needs of the new group leader The articles also address issues of diversity and globalism as well as trauma and resiliency making this a truly post 9 11 contribution

**Complex Dilemmas in Group Therapy** Lise Motherwell, Joseph J. Shay, 2014-04-24 Group work presents the therapist with many situations considerations and ultimately decisions that are unique to the practice of group psychotherapy The second edition of *Complex Dilemmas in Group Therapy* includes advice and insights from more than fifty of the most eminent group therapists in the world and is edited by two leading thinkers and practitioners in the field In its pages clinicians will find expert guidance on some of the most difficult situations group therapists face and they will come away from the book with a host of practical strategies for facilitating their work as well as deeper and broader understanding of the overarching ideas that underpin the practice of successful group therapy

**Addiction Counseling Competencies**, 2006 Correctional Counseling, Treatment, and Rehabilitation Robert D. Hanser, 2023-12-01 Written for the undergraduate and graduate future practitioner *Correctional Counseling Treatment and Rehabilitation* will provide an overview of how counseling exists within the correctional environment both in institutional settings and community based settings Author Robert D Hanser recognized for both scholarship and practice in correctional mental health treatment uniquely positions this text to offer a real world practitioner focused approach to the topic *Correctional Counseling Treatment and Rehabilitation* approaches the reader with the presumption that there is a basic understanding of issues in corrections however there is not any true exposure to offender treatment Explaining the techniques and processes that are utilized in the actual treatment process this text will equip all future correctional practitioners with an understanding of basic concepts within correctional counseling and treatment that are up to date and relevant to the world of practitioners With a hands on approach this new text will guide students through how to apply this material throughout

*Substance Abuse Treatment and the Stages of Change* Gerard J. Connors, Carlo C. DiClemente, Mary Marden Velasquez, Dennis M. Donovan, 2012-12-18 A widely adopted practitioner resource and course text this book shows how to apply knowledge about behavior change in general and the stages of change model in particular to make substance abuse treatment more effective The authors are leaders in the field who describe ways to tailor interventions for clients with varying levels of motivation or readiness to change They draw on cutting edge theory and research on the transtheoretical model to explain what works and what doesn't work at different stages of change Rich clinical examples illustrate the what's why's and how to's of using the stages of change model to inform treatment planning and intervention for individuals groups couples and families New to This Edition Reflects the ongoing development of the stages of change model and research advances over the past decade Chapter on stage based brief interventions in health care social service and community settings Group treatment chapter has

been significantly revised Expanded coverage of the change processes relevant to each stage See also Group Treatment for Substance Abuse Second Edition by Mary Marden Velasquez et al a manual for a group based approach grounded in the transtheoretical model Handbook of Child and Adolescent Group Therapy Craig Haen, Seth Aronson, 2016-10-14 This handbook describes in detail different contemporary approaches to group work with children and adolescents Further this volume illustrates the application of these models to work with the youth of today whether victims of trauma adolescents struggling with LGBT issues or youth with varying common diagnoses such as autism spectrum disorders depression and anxiety It offers chapters presenting a variety of clinical approaches written by experts in these approaches from classic play therapy and dialectical behavior therapy to cutting edge attachment based intervention mindfulness and sensorimotor psychotherapy Because of its broad scope the book is suitable for a wide audience from students to first time group leaders to seasoned practitioners *Therapist's Guide to Substance Abuse Intervention* Sharon L. Johnson, 2003-04-28 Author of AP's bestselling Therapist's Guide to Clinical Intervention now turns her attention to substance abuse intervention The book will follow a similar format to her previous book presenting information in easy to read outline form with relevant forms patient questionnaires checklists business documents etc Part I discusses the social impact of substance abuse and provides a general overview of the physiological and psychological characteristics of abuse DSM IV definition of abuse and classifications of the varying types of drugs Part II is the main section of the book and covers assessment different stages of abuse recovery and treatment choices Coverage includes the discussion of myriad self help choices e g AA group therapy brief therapy and more Discussion will also include making a determination of treatment as inpatient or outpatient and issues relevant to special populations teenagers geriatrics comorbidity patients etc Part III presents skill building resources Part IV covers prevention quality assurance and also includes a glossary Outlines treatment goals and objectives Outlines for assessing special circumstances Offers skill building resources to supplement treatment **Addiction Recovery Tools** Robert H. Coombs, 2001-09-12 *Addiction Recovery Tools A Practical Handbook* presents verified recovery tools with a methodical when and how approach for each available tool Including both Western and Eastern methods the book catalogs the motivational medical pharmaceutical cognitive behavioral psychosocial and holistic tools accessible in a wide variety of settings and programs The contributors all experienced addiction recovery specialists present comprehensive descriptions of each tool as well as practical aids worksheets lists scales guidelines and interactive exercises to help the practitioner incorporate the tool into practice Further instructional resources are supplied for training continuing education and career enhancement *Addiction Recovery Tools* is an invaluable resource for anyone studying or working in substance abuse counseling social work clinical psychology group work psychotherapy or public health who is searching for a definitive handbook on addiction recovery strategies *Counselling for Alcohol Problems* Richard Velleman, 2011-02-07 *Counselling for Alcohol Problems* third edition is a practical and bestselling guide to working with people who have problems with their

use of alcohol It is the key book recommended by most alcohol counselling courses in the UK including the Scottish national alcohol counsellors training scheme The author provides clear guidance for counsellors and demonstrates the need to treat every client as an individual attempting to understand and therefore enable the client to understand what they are doing and why This new edition includes New content on the current political social and counselling context surrounding alcohol use A wider range of case studies New ideas that help students and trainees develop the skills and strategies they need for working with their clients Further guidance for generic or non alcohol counsellors who face alcohol problems with their clients This third edition is an invaluable resource for practitioners both those specialising in work with alcohol misusers and those who encounter problem drinkers in the context of a more general counselling practice Group Psychotherapy with Addicted Populations Philip J. Flores, Jeffrey Roth, Barney Straus, 2023-06-09 This newly updated and streamlined edition of Group Psychotherapy with Addicted Populations provides proven strategies for combating alcohol and drug addiction through group psychotherapy The interventions discussed in the book build on a foundation of addiction as an attachment disorder rooted in the understanding of addiction as a family disease An appreciation of group and organizational dynamics is used to address the complex experience of developmental trauma that underlies addiction Having identified the essential theoretical underpinnings of supporting recovery from addiction in Part One the second half of the book gives a thorough nuts and bolts description of constructing a psychotherapy group and engaging productively in the successive phases of its development from initiation of treatment to termination The book concludes with specific recommendations for group psychotherapists to increase their competence with groups deepen their appreciation of group and organizational dynamics and develop a community of support for their own well being These methods are important for psychotherapists working with addicted populations who are inexperienced with group psychotherapy as well as seasoned group psychotherapists wishing to enhance their work **Addiction Treatment** Sandra Rasmussen, 2000-06-21 American Journal of Nursing 2001 Book of the Year Award in Psychiatric Mental Health Nursing Developed by a highly experienced author working in both nursing and psychology environments Addiction Treatment presents the caregiver with a brief global perspective of different types of addictions techniques for identifying and assessing the addicted client and strategies for effective change The book utilizes assessment planning and intervention summaries to enable the reader to scan for immediate recall and application Chapter objectives enable readers to use the book as a continuing education tool and the appendix provides an overview of perspectives on addiction and its treatment by a variety of organizations heavily invested in the care of the addicted client Illustrative cases with both successful and unsuccessful outcomes are included throughout **Group Psychotherapy and Addiction** Bill Reading, Martin Weegmann, 2008-09-15 Rich traditions of group therapy permeate the substance misuse field from residential and day centre group programmes and the fellowship group tradition to the panoply of support education and relapse prevention groups offered by out patient services There are specialist groups e g art therapy and psychodrama

and groups for special population e g relatives prisoners and adult children of alcoholics This important collection is written by many well known experts several renowned on the international stage with perspectives from the UK USA and Scandinavia They share their extensive experiences in the conceptualisation setting up and running of therapy groups Ultimately all are concerned in their groups to increase empathic contact and thereby to facilitate opportunities for addicts to embark upon change With no equivalent UK book of its kind the reader has a rare opportunity to consider this subject in impressive scope diversity and depth Using Groups to Help People Dorothy Stock Whitaker,2003-09-02 This new edition

of Using Groups to Help People focuses on anticipating and solving problems in group work The new edition reflects the changes of the last decade and will prove valuable to all those involved in group work **Clinical Guide to Alcohol**

**Treatment** Robert J. Meyers,Jane Ellen Smith,1995-08-04 This book is the first complete guide to implementing the Community Reinforcement Approach CRA an empirically based highly effective cognitive behavioral program for treating alcohol problems CRA acknowledges the powerful role of environmental contingencies in encouraging or discouraging drinking and attempts to rearrange these contingencies so that a non drinking lifestyle is more rewarding than a drinking one Unique in its breadth the approach utilizes social recreational familial and vocational strategies to aid clients in the recovery process This authoritative manual is a hands on guide to applying these therapeutic procedures The authors present a step by step guide to each component of the treatment plan many of which have been shown to be effective forms of treatment in themselves Topics include behavioral skills training social and recreational counseling marital therapy motivational enhancement job counseling and relapse prevention Each chapter provides detailed instructions for conducting a procedure describes what difficulties to expect and presents strategies for overcoming them Sample dialogues between clients and therapists annotated by the authors further illuminate the treatment process The book concludes with a chapter that both addresses the common mistakes made when implementing CRA and emphasizes the flexibility and benefits of this total treatment plan This book is an invaluable resource for a wide range of practitioners including psychologists psychiatrists substance abuse counselors and social workers **Group Counseling: Concepts and Procedures Fourth**

**Edition** Robert C. Berg,Garry L. Landreth,Kevin A. Fall,2013-08-21 The fourth edition of this well respected text first published in 1979 is a timely and thorough revision of the existing material Group Counseling has done well over the years due in large part to its comprehensive history of group work as a counseling specialty the practical nature of the authors explanations the diversity of sources the authors draw upon and the international acclaim of Dr Landreth s work on play and filial therapy This text will provide both novice and experienced counselors with a framework from which to expand their group counseling skills and knowledge **Group Psychotherapy with Adult Children of Alcoholics** Marsha

Vannicelli,1993-02-22 For all therapists who work with adult children of alcoholics ACOAs this comprehensive guide provides expert guidance in setting up and running a psychotherapy group Successfully integrating theory and practice the book



surveys the current ACOA literature explains the rationale for group therapy describes how to set up a group and suggests specific group leader techniques Also included are insightful discussions on countertransference issues the preparation and training of ACOA group leaders and key areas for future research      *Chemical Dependency Treatment* L Donald Mcvinney, 2014-04-04 The most revolutionary humanistic guide to counteracting chemical dependency on the market *Chemical Dependency Treatment Innovative Group Approaches* presents group models of intervention with substance using and chemically dependent clients across the continuum of care In it you ll find strategies that will help you engineer your own effective group interventions at different stages of the treatment process Taking into account the ravaging nature of addiction and the rampant spread of AIDS this book gives you the sensitivity and skills necessary to seek out the earliest possible healing for your beloved family and friends In *Chemical Dependency Treatment* you ll build upon existing literature on the subject of group work within the chemical dependency field In doing so you ll glean your own individualized expertise from this excellent collection of essays and qualify yourself to orchestrate compassionate and holistic chemical dependency interventions You ll get detailed information about early community based intervention for injected drug use IDU the transition from inpatient to outpatient status for chemically dependent clients psychoeducational help for chemically dependent gays and lesbians strategies for hospital based early recovery groups for HIV infected inner city clients treatment during the early phases of outpatient therapy outpatient group psychotherapy with cluster B personality disordered men multiple oppression in group psychotherapy If you know someone who is chemically dependent or if you re interested in becoming more informed about what your family or community can do to quell the epidemic of chemical dependency *Chemical Dependency Treatment* will put you on the sure pathway to a more caring more immediate group intervention

## Whispering the Secrets of Language: An Mental Journey through **Removing The Roadblocks Group Psychotherapy With Substance Abusers And Family Members**

In a digitally-driven world wherever monitors reign great and immediate conversation drowns out the subtleties of language, the profound secrets and mental subtleties hidden within phrases frequently go unheard. Yet, located within the pages of **Removing The Roadblocks Group Psychotherapy With Substance Abusers And Family Members** a fascinating literary prize blinking with fresh thoughts, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, that marvelous opus invites readers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very material of each word. Within the psychological depths of the poignant evaluation, we shall embark upon a sincere exploration of the book is primary styles, dissect its interesting publishing design, and fail to the powerful resonance it evokes deep within the recesses of readers hearts.

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