

RECOVERY FROM ABUSIVE GROUPS

Healing from the trauma
of authoritarian leaders

Wendy Ford



American Family Foundation

Recovery From Abusive Groups

David J Decker



Recovery From Abusive Groups:

Understanding Religious Abuse and Recovery Patrick J. Knapp, 2021-04-21 Currently there are at least four major identifiable perspectives on how people best understand and recover from religious abuse Both secular and faith based Christian adherents can be variously identified in each of these approaches This book examines these viewpoints and evaluates their various strengths and limitations It concludes that each perspective is helpful to the extent possible given the limitations of its respective philosophic or theological assumptions This book summarizes each viewpoint and suggests a larger contextual perspective helpful to better understand involvement in and recovery from religiously abusive environments The conclusion is an integration of the various conceptual frameworks and a different model SECURE is described that includes essential principles and practical strategies necessary for recovery from religious abuse Suggestions are made for future research and study both for academics with interest in the cultic studies and counseling fields and for various people negatively affected by religious abuse and in need of recovery

Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery Gary L. Fisher, Nancy A. Roget, 2009 This collection provides authoritative coverage of neurobiology of addiction models of addiction sociocultural perspectives on drug use family and community factors prevention theories and techniques professional issues the criminal justice system and substance abuse assessment and diagnosis and more

Substance Abuse Group Therapy Activities for Adults Catherine Johnson,, Shreya Maon , Saveria McCullough, 2023 Substance Abuse Group Therapy Activities for Adults Substance Abuse Group Therapy Activities for Adults A Complete Guide with 1000 Exercises and Examples for Effective Recovery and Healing is a comprehensive resource designed to help mental health professionals addiction counselors and group facilitators develop and implement effective group therapy programs for adults struggling with substance abuse This practical and engaging guide offers a wide range of activities exercises and examples that foster personal growth promote healing and support lasting recovery Drawing on the latest research and evidence based practices this book provides a solid foundation in the fundamental principles of group therapy for substance abuse treatment Topics covered include The benefits of group therapy for individuals coping with addiction Different types of group therapy models and their unique advantages Strategies for creating a safe supportive and inclusive group environment Techniques for facilitating open and honest communication among group members Approaches to addressing common challenges and barriers in group therapy With 800 carefully curated exercises and examples this comprehensive guide offers a wealth of activities to engage group members encourage self reflection and promote meaningful change The activities are organized into several thematic sections each addressing a key aspect of the recovery process Building Trust and Connection These activities focus on fostering a sense of belonging and support within the group helping members to build trust develop empathy and form strong connections with one another Self Awareness and Self Reflection This section includes exercises that encourage group members to explore their thoughts feelings and behaviors

related to substance abuse gaining valuable insights into their personal experiences and patterns of use Coping Skills and Relapse Prevention These activities help group members develop essential skills for managing stress coping with cravings and preventing relapse empowering them to take control of their recovery journey Emotional Regulation and Mindfulness This section offers exercises that teach group members how to effectively manage difficult emotions cultivate self compassion and practice mindfulness promoting emotional well being and resilience Communication and Relationship Building These activities focus on enhancing interpersonal skills improving communication and fostering healthy relationships supporting group members in their efforts to rebuild connections with loved ones and establish new supportive networks Goal Setting and Personal Growth This section includes exercises that encourage group members to set realistic achievable goals for their recovery and personal growth helping them to stay motivated and committed to lasting change In addition to these thematic sections the book also features numerous real world examples and case studies that illustrate the transformative power of group therapy for individuals coping with substance abuse These inspiring stories offer valuable insights and lessons for mental health professionals addiction counselors and group facilitators seeking to develop effective evidence based programs for their clients The final section of the book examines the broader implications of substance abuse treatment exploring the role of community resources family involvement and ongoing support in promoting lasting recovery and healing Topics covered include The importance of aftercare and continued support for individuals in recovery Strategies for engaging family members and loved ones in the treatment process The role of peer support groups and community resources in sustaining recovery

Rising Above Abuse: A Journey to Happiness and Healing After Abuse Heather York ,2025-01-04 Finding your inner peace after abuse

The Substance Abuse Handbook Pedro Ruiz,Eric C. Strain,John Langrod,2007 The Substance Abuse Handbook succinctly presents the most clinically relevant information from Lowinson Ruiz Millman and Langrod s Substance Abuse A Comprehensive Textbook Fourth Edition In a user friendly format this portable handbook provides all the information health care professionals need to diagnose and treat addictive disorders and associated medical conditions Major sections cover etiological factors substances of abuse compulsive and addictive behaviors evaluation and diagnostic classification treatment modalities management of associated medical conditions substance abuse in children adolescents and the elderly women s issues special groups and settings models of prevention training and education and policy issues

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 Handbook of Group Counseling and Psychotherapy Janice L.

DeLucia-Waack,2004 The Handbook of Group Counseling and Psychotherapy is a comprehensive reference guide for group practitioners and researchers alike Each chapter reviews the literature and current research as well as suggestions for practice in the psycho educational arena counselling and therapy groups The Handbook encourages the notion that the field is improved through increased collaboration between researchers and practitioners Through a review of cutting edge research and practice the Handbook includes 48 articles by renowned experts in group work the history and theory of group work topics across the lifespan an entire section on multicultural issues a variety of clinical problems and settings appendices include the Association for Specialists in Group Work Training Standards Best Practice Standards and Principles for Diversity Competent Group Workers The Handbook is divided into seven sections Current and Historical Perspectives on the Field of Group Counselling and Psychotherapy reviews and analyzes the many contributions and contributors that have made group counselling and psychotherapy a vital and potent treatment method The chapter outlines review articles spanning four decades and outlines the evolution of group themes over the last 100 years Best Practices in Group Counselling and Psychotherapy uses research theory and group counseling experience to provide group leaders and researches with the most current and best practices in conducting group counseling and psychotherapy Multicultural Groups follows the ASGW Principles for Diversity Competent Group Workers and is intended to provide group leaders with essential information about different cultural groups and their world views perceptions of groups naturalistic healing methods suggested group interventions and implications for groups Chapters cover Native Americans Latinos Asians and African Americans disabled persons and gender and sexuality Groups Across Settings includes examples of psycho educational counseling and psychotherapy groups in a variety of settings This section presents readers with theoretical and empirical support for group

work in such settings as the Veterans Administration system university counselling centers and more Groups Across the Lifespan consist of chapters across many age groups For children and adolescents cognitive and developmental issues are addressed For adults socialization and interpersonal issues are addressed including separate chapters for male and female groups Finally a chapter on the elderly deals with cognitive health and life review issues Special Topics Groups presents a continuum of different types of groups used to treat people with interpersonal and developmental issues such as grief substance abuse depression and others Each chapter in this section provides definitions and descriptions of the issues along with theoretical and empirical support Finally Critical Issues and Emerging Topics attempts to reflect the zeitgeist and provide a glimpse into group interventions for the future Emerging issues such as online groups prevention groups and peer led mutual help groups receive careful attention and analysis The Handbook of Group Counseling and Psychotherapy the first reference devoted to this emerging and rapidly growing field is essential for academics researchers professionals and librarians serving the group therapy community There is no similar reference available and it will prove a landmark volume for years to come

Integrated Group Therapy for Bipolar Disorder and Substance Abuse Roger D. Weiss, Hilary S. Connery, 2011-06-23 Packed with practical clinical tools this book presents an empirically supported treatment expressly designed for clients with both bipolar disorder and substance use disorders Integrated group therapy teaches essential recovery behaviors and relapse prevention skills that apply to both illnesses The volume provides a complete session by session overview of the approach including clear guidelines for setting up and running groups implementing the cognitive behavioral treatment techniques and troubleshooting frequently encountered problems In a large size format for easy reference and photocopying the book features more than 30 reproducible handouts forms and bulletin board materials

Group Work with Sexually Abused Children Lynn Grotzky, Caryl Camerer, Lynn Damiano, 2000 This easy to follow manual presents techniques for working with groups of children who have been sexually abused It begins with an overview of the theory and literature of group therapy with children and then offers seven sections on psycho social skill building techniques trust building self esteem identifying and expressing feelings healing the inner child relationships boundary setting and prevention skills

Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors Carlton Munson, Sandra L. Knauer, 2014-01-02 Explore the connection between sexual victimization addiction and compulsive behaviors This book demonstrates clearly what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse Anyone who has been sexually abused is likely to have one of the addictions or compulsive behaviors described herein The information in *Recovering from Sexual Abuse Addictions and Compulsive Behaviors* regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction *Recovering from Sexual Abuse Addictions and Compulsive Behaviors*

examines issues that survivors often have regarding trust and friendship sexuality and sexual addiction marriage and family religious addiction as opposed to spirituality alcohol and substance abuse workaholism weight issues and eating disorders violence as the result of shame fear and depression caused by abuse Recovering from Sexual Abuse Addictions and Compulsive Behaviors is more than a litany of the problems that survivors face This valuable work will show you HOW the survivor came to employ addictive or compulsive behaviors WHY the survivor continues to employ these self abusive behaviors despite the pain caused by the addiction WHAT the survivor needs to do to aid recovery WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors With its complete bibliography and up to date information on sexual abuse addictions and compulsive behaviors Recovering from Sexual Abuse Addictions and Compulsive Behaviors will show you the full course of sexual abuse and its aftermath bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion and ultimately recovery *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 **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 *Criminal Conduct and Substance Abuse Treatment for Adolescents* Harvey B. Milkman, Kenneth W. Wanberg, 2005 Adolescents are a particularly vulnerable patient population in the justice system Mental health providers can get specific tools for improving evaluation and treatment

of at risk youth with this comprehensive and developmentally appropriate treatment program Using an adolescent focused format this protocol identifies psychological biological and social factors that contribute to the onset of adolescent deviance

Intensive Outpatient Treatment for Alcohol and Other Drug Abuse Anna Marsh,Sandra Clunies,1999 Prepared to facilitate the transfer of state of the art protocols and guidelines for the treatment of alcohol and other drug AOD abuse from acknowledged clinical research and administrative experts to the Nation s AOD abuse treatment resources Includes placement criteria and expected treatment outcomes components of an effective IOT intensive outpatient treatment program staffing issues and guidelines the treatment needs of special groups special fiscal and administrative issues and legal issues for IOT programs Extensive references Sample IOT program schedules

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 ll 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

Substance Abuse Treatment for Persons With HIV/AIDS - TIP 37 U.S. Department Of Health And Human Services,2019-11-22 Major research advances have substantially improved our understanding of the biology of HIV and the pathogenesis i e origin and development of AIDS The pathogenesis of AIDS is now known to result from the ability of HIV to replicate at the rate of a billion new virions viral particles per day and nearly 10 trillion new virions over the course of HIV infection This countered by the ability of the body to produce CD4 T cell lymphocytes a primary target cell for HIV sets the stage for the struggle between HIV and the immune system a struggle that lasts from the first day of HIV infection to end stage disease and death

Concise Guide to Group Psychotherapy Sophia Vinogradov,Irvin D. Yalom,1989 This guide examines the unique therapeutic value of group psychotherapy Written for the clinician in need of concise clinically relevant information this book discusses how the patient patient and the patient therapist interactions in a group setting can affect changes in maladaptive behavior

Helping Victims of Sexual Abuse Lynn Heitritter,Jeanette Vought,2006-06 This solidly biblical and sensitive guide from two medical and counseling professionals is full of helpful information for Christian communities ministering to children and families recovering from sexual abuse

Pharmacology and Treatment of Substance Abuse Lee M. Cohen,Frank L. Collins, Jr.,Alice Young,Dennis E. McChargue,Thad R. Leffingwell,Katrina L. Cook,2013-03 Given the prevalence of substance abuse in general clinical populations it is important for healthcare providers to have knowledge and skill in the treatment of these problems Evidence Based Practice EBP involves the integration of the best evidence with clinical expertise and patient values This text is designed as a bridge for practitioners that will provide up

to date evidence reviews as well as information on how to best keep up with emerging trends in the field The editors have gathered expert authors to provide a much needed summary of the current status of the evidence based practice for both the assessment and treatment of specific substance use disorders

Stopping The Violence: A Group Model To Change Men'S Abusive Att...Workbook David J Decker,2013-04-03 This informative and helpful guide will assist your clients in making positive strides toward a nonviolent life Some of the tips and suggestions that are further explained in this workbook include Acknowledge to yourself and to others that you have a problem with anger abuse and control Address mental health and chemical use issues if they are present in your life Come to know that when you become abusive you are always feeling inadequate powerless and unlovable Realize that controlling and abusive behavior hurts you and those you love Understand that anger is different from abuse and control Recognize that becoming abusive is always a choice Instead of blaming others take responsibility for what you feel how you think and how you act Accept that you cannot control or change other people Remember that you can always take a time out Think about the possible consequences before you become controlling and abusive Identify what triggers your anger and your abusive and controlling attitudes and behaviors Notice what you are thinking Your thoughts can increase your escalation or calm you down Become aware of all your feelings not just your anger and learn to respectfully communicate them to others Turn conflicts into positive problem solving opportunities Control abuse and violence are learned Think about the messages you received from your family and from society about what it is to be a man Redefine manhood as nonviolent and nonabusive Take the risk to count on other men for emotional support Learn to feel a genuine sense of pride by taking control of how you view the world and how you act Start to believe that you can truly change the controlling and abusive parts of who you have been

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