

# Managing Your Drug or Alcohol Problem

## CLIENT *Workbook*

Dennis C. Daley

G. Alan Marlatt

# Managing Your Drug Alcohol Problem Client Workbook

**Dennis C. Daley**



## **Managing Your Drug Alcohol Problem Client Workbook:**

**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

**Managing Your Drug Or Alcohol Problem** Dennis C. Daley, G. Alan Marlatt, 1997 Managing Your Substance Use Disorder Dennis C. Daley, Antoine B. Douaihy, 2019-09-06 Managing Your Substance Use Disorder Client Workbook is an interactive recovery guide that engages readers who have a substance use disorder in an active process of learning strategies to manage the daily challenges of sobriety and recovery and to reduce the risk of lapse and relapse Designed to accompany Managing Substance Use Disorder Practitioner Guide this Workbook provides detailed information about substances of use reader friendly checklists and engaging activities in order to personalize the reader's recovery plan The book then reviews current trends in substance use and disorders causes and effects of these disorders substance related disorders treatment approaches medications and psychosocial mutual support programs and the impact of substance use on the family and concerned significant others and integrates the best scientifically supported interventions with the authors extensive experiences as scientist clinicians This Workbook addresses the most common challenges faced by individuals with substance use disorders such as managing cravings resisting social pressures to use coping with negative emotions and moods building a social support network involving family or concerned significant others and reducing lapse and relapse risk

Learning the Language of Addiction Counseling Geri Miller, 2014-09-09 FULLY REVISED COMPREHENSIVE AND PRACTICAL Learning the Language of Addiction Counseling Fourth Edition introduces counselors social workers and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides an engaging balanced overview of the major theoretical foundations and clinical best practices in the field Fully updated the Fourth Edition offers a positive practice oriented counseling framework and features A research based clinical application approach to addiction counseling that practitioners can turn to for fundamental practical clinical guidelines Revised chapters that reflect important changes in research and practice including

new DSM 5 criteria new assessment instruments and new and expanded treatments Case studies interactive exercises end of chapter questions and other resources that facilitate the integration of knowledge into practice Personal Reflections sections at the beginning of each chapter provide an invaluable unique perspective on the author's evolving views of addiction counseling Updated and expanded online Instructor's Manual that includes brief video clips PowerPoint slides test bank questions for each chapter and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional this comprehensive book covers all of the essentials

**The Complete Adult Psychotherapy Treatment Planner** Arthur E. Jongsma, Jr., L. Mark Peterson, Timothy J. Bruce, 2021-04-22 The revised edition of the clinicians time saving Psychotherapy Treatment Planner Revised and updated the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients The authors provide all the elements necessary to quickly and easily develop formal customizable treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This revised edition includes new client Short Term Objectives and clinician Therapeutic Interventions that are grounded in evidence based treatment wherever research data provides support to an intervention approach If no research support is available a best practice standard is provided This new edition also offers two new presenting problem chapters Loneliness and Opioid Use Disorder and the authors have updated the content throughout the book to improve clarity conciseness and accuracy This important book Offers a completely updated resource that helps clinicians quickly develop effective evidence based treatment plans Includes an easy to use format locating treatment plan components by Presenting Problem or DSM 5 diagnosis Contains over 3 000 prewritten treatment Symptoms Goals Objectives and Interventions to select from Presents evidence based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists therapists counselors social workers addiction counselors psychiatrists and other mental health professionals The Complete Adult Psychotherapy Treatment Planner Sixth Edition has been updated to contain the most recent interventions that are evidence based

*Integrated Treatment for Mood and Substance Use Disorders* Joseph J. Westermeyer, Roger D. Weiss, Douglas M. Ziedonis, 2003-04-29 People with mood disorders often have simultaneous problems with addiction and those with substance abuse problems are especially susceptible to mood disorder The treatment of such patients can be particularly complicated and many receive treatment for only one of their disorders In this book fourteen clinicians discuss the extent of the problem methods of assessment typical courses and treatments including both psychotherapy and pharmacotherapy They address the all too frequent necessity of proceeding with treatment before a clear diagnosis is known and they claim that distinguishing between primary and secondary disorders is initially less critical than previously assumed Contending that clinicians treating comorbid mood substance problems must be both more

flexible and more watchful than those treating either disorder alone the authors also describe various models of care Throughout the book they provide differing points of view on such issues as the value of pharmacotherapy for those still abusing psychoactive substances Written for those who treat addictions including counselors clergy and employee assistance staff as well as for traditional mental health professionals Integrated Treatment for Mood and Substance Use Disorders is an invaluable reference for any clinician who works with dually diagnosed clients Edward V Nunes Columbia University and the New York State Psychiatric Institute

**The Addiction Treatment Planner** Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-03-29 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients The Addiction Treatment Planner Sixth 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 payers and state and federal agencies This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You ll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you ll find new chapters on some of today s most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home Quickly and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving treatment goals objectives and interventions plus space to record your own customized treatment plan This book s easy to use reference format helps locate treatment plan components by presenting behavioral problem or DSM 5 diagnosis Inside you ll also find a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA The Addiction Treatment Planner Sixth Edition will liberate you to focus on what s really important in your clinical work

Substance Abuse Robert F. Forman, 2006

**Cognitive Therapy in a Nutshell** Michael Neenan, Windy Dryden, 2010-11-17 Cognitive Behavioural Therapy in a Nutshell Second Edition is a concise introduction to one of the most widely practised approaches to counselling and psychotherapy Leading authors Michael Neenan and Windy Dryden explain the model and the core techniques used during the therapeutic process to elicit and examine negative automatic thoughts uncover and explore underlying assumptions rules and core beliefs schemas and maintain gains from therapy For newcomers to the subject this revised and updated edition of Cognitive Therapy in a Nutshell provides the ideal place to start and a springboard to further study

**Analgesia** Anna J

Lastpeglerpegler,Jan Harley,2011-06-01 DescriptionAnalgesia is a two part journey conveying the memories and experiences of life battling against clinical depression and anorexia nervosa expressed through poetry This is a collection of vivid recollections raw at times yet honestly portrayed through these 64 poems About the AuthorAnna J Last was born in Ipswich in 1977 and has lived on the Suffolk coast for most of her life In 1995 Anna gained a BA Hons in Geography from the University of Hull and in 2001 gained an MA in Library and Information Studies from University College London Anna is a qualified librarian Analgesia is her first collection of poems      *The Addiction Progress Notes Planner* David J. Berghuis,Katy Pastoor,Arthur E. Jongsma, Jr.,2022-05-03 An invaluable practice resource for practitioners engaged in addictions treatment In *The Addiction Progress Notes Planner Sixth Edition* a team of distinguished mental health professionals delivers complete pre written session and patient presentation descriptions for every behavioral problem in the Addictions Treatment Planner Sixth Edition Each note can be simply and quickly adapted to fit a real world client need or treatment situation while remaining completely unified with the client s treatment plan This new edition offers new and revised evidence based objectives and interventions organized around 46 behavior based presentations including alcoholism nicotine dependence substance abuse problem gambling eating disorders and sexual addictions The resource also offers A wide array of treatment approaches that correspond to the behavioral problems and DSM V diagnostic categories included in the Addiction Treatment Planner Sixth Edition Sample progress notes conforming to the requirements of most third party payors and accrediting agencies including CARF TJC COA and the NCQA Brand new chapters on Opioid Use Disorder Panic Agoraphobia and Vocational Stress The Addiction Progress Notes Planner is an indispensable practice aid for addictions counselors mental health counselors social workers psychologists psychiatrists and anyone else treating clients suffering from addictions

**The Continuum of Care Treatment Planner** Chris E. Stout,Timothy J. Bruce,Arthur E. Jongsma, Jr.,2025-04-03 Create customized formal treatment plans with over 1 000 professional goal and intervention statements The Continuum of Care Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the process of planning treatments for adults and adolescents The authors provide a thorough introduction to treatment planning along with the elements necessary to quickly and easily develop formal customizable treatment plans Treatment planning statements satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This planner provides treatment planning components foranxiety bipolar disorder depression eating disorders posttraumatic stress disorder substance use disorders and beyond Following the user friendly format that has made the Treatment Planners series so popular this book smooths the planning process so you can spend less time on paperwork and more time with clients Get definitions treatment goals and objectives therapeutic interventions and DSM 5 diagnoses for mental disorders in adults and adolescents Employover 1 000 polished goals and intervention statements as components of provider approved treatment plans Use workbook space to record customized goals objectives and interventions Access a sample plan that

meets all requirements of third party payers and accrediting agencies including the JCAHO This updated edition of The Continuum of Care Treatment Planner is a valuable resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals who work with adult and adolescent clients **Substance Abuse:**

**Administrative Issues in Outpatient Treatment (TIP 46)** U.S. Department of Health and Human Services, 2019-11-23

The primary audience for this TIP is administrators of outpatient substance abuse treatment programs A few words about this audience are in order Whereas TIP 8 addressed intensive outpatient treatment the current TIP drops the word intensive from its title because the consensus panel hopes that this TIP will find an audience beyond administrators of IOT programs Most of the concepts and guidelines included in this TIP apply to the administration of all substance abuse outpatient treatment OT programs On those rare occasions when information applies only to IOT programs the authors have been sure to make this clear Although the term administrator is used most often to describe the audience for this book the terms executive and director appear as well and are used interchangeably with administrator These overlapping terms emphasize the varied roles and responsibilities that administrators assume *Therapy Manuals for Drug Addiction* Dennis C.

Daley, 2002 *Therapy Manuals for Drug Addiction*, 1998 **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 **The Adult**

**Psychotherapy Progress Notes Planner** Arthur E. Jongsma, Jr., Katy Pastoor, David J. Berghuis, 2021-04-16 The Adult Psychotherapy PROGRESS NOTES PLANNER PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS Fully revised and updated throughout The Adult Psychotherapy Progress Notes Planner Sixth Edition enables practitioners to quickly and easily create progress notes that completely integrate with a client's treatment plan Each of the more than 1 000 prewritten session and patient presentation descriptions directly link to the corresponding behavioral problem contained in The Complete Adult Psychotherapy Treatment Planner Sixth Edition Organized around 44 behaviorally based problems aligned with DSM V diagnostic categories the Progress Notes Planner covers an extensive range of treatment approaches for anxiety bipolar disorders attention deficit hyperactivity disorder ADHD dependency trauma cognitive deficiency and more Part of the market leading Wiley PracticePlanners series The Adult Psychotherapy Progress Notes Planner will save you hours of time by allowing you to rapidly adapt your notes to each individual patient's behavioral definitions symptom presentations or therapeutic interventions An essential resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals working with adult clients The Adult Psychotherapy Progress Notes Planner Provides more than 8 000 prewritten easy to modify progress notes summarizing patient presentation and the interventions implemented within the session Features sample progress notes conforming to the requirements of most third party health care payors and accrediting agencies including CARF The Joint

Commission TJC COA and the NCQA Include a brand new chapter that coordinates with the Treatment Planner's chapter on loneliness. Additional resources in the PracticePlanners series. Treatment Planners cover all the necessary elements for developing formal treatment plans including detailed problem definitions, long term goals, short term objectives, therapeutic interventions, and DSM-5 diagnoses. Homework Planners feature behaviorally based, ready to use assignments to speed treatment and keep clients engaged between sessions. For more information on our PracticePlanners including our full line of Treatment Planners, visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners).

### **Overcoming Your Alcohol or Drug**

**Problem** Dennis C. Daley, G. Alan Marlatt, 2006-06-15. This expanded edition of the successful Graywind title *Managing Your Drug and Alcohol Problem: Therapist Guide* provides an evidence-based treatment protocol for all types of substance use disorders. Designed to accompany the *Managing Your Addictive Behavior Workbook*, Second Edition, 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. In addition to addressing professional approaches, attitudes toward the substance-abusing client, assessment, psychosocial, and pharmacotherapeutic treatment, and self-help programs, this expanded edition also includes a new chapter on the management of a co-occurring psychiatric disorder. *Treatments That Work* 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).

### **The College Student Counseling Treatment Planner**

Chris E. Stout, Timothy J. Bruce, Arthur E. Jongsma, Jr., 2025-09-16. Guide to develop formal treatment plans for third-party payers and state and federal review agencies. Pressure from accrediting agencies and other outside parties has increased the need for clinicians to produce effective, high-quality treatment plans. *Treatment Planners* provide all the elements necessary to quickly and easily develop formal treatment plans that satisfy the needs of most third-party payers and state and federal review agencies. This second edition has been updated with new chapters and appendices and enables readers to stimulate clinical thought to improve the quality and comprehensiveness of treatment plans and to reduce the time involved in recordkeeping. In this new edition, readers will find new chapters on Anxiety, Attention Deficit Hyperactivity Disorder, Bipolar Disorder, Low Self-Esteem, Obsessive Compulsive and related Disorders, Opioid Use Disorder, Panic Disorder, Agoraphobia.



Sexual Promiscuity Sleep Disturbance Social Anxiety and Specific Phobia New Objectives and Interventions consistent with identified evidence based practices Integrated DSM 5 diagnostic labels and codes into the Diagnostic Suggestions section of each chapter More suggested homework assignments integrated into the Interventions Treatment Planners help practitioners clarify simplify and accelerate the treatment planning process so they spend less time on paperwork and more time with their clients

*Treating Addiction* William R. Miller, Alyssa A. Forcehimes, Allen Zweben, 2019-07-16 This widely respected text and practitioner guide now revised and expanded provides a roadmap for effective clinical practice with clients with substance use disorders Specialists and nonspecialists alike benefit from the authors expert guidance for planning treatment and selecting from a menu of evidence based treatment methods Assessment and intervention strategies are described in detail and the importance of the therapeutic relationship is emphasized throughout Lauded for its clarity and accessibility the text includes engaging case examples up to date knowledge about specific substances personal reflections from the authors application exercises reflection questions and end of chapter bulleted key points New to This Edition Chapters on additional treatment approaches mindfulness contingency management and ways to work with concerned significant others Chapters on overcoming treatment roadblocks and implementing evidence based treatments with integrity Covers the new four process framework for motivational interviewing diagnostic changes in DSM 5 and advances in pharmacotherapy Updated throughout with current research and clinical recommendations

This book delves into Managing Your Drug Alcohol Problem Client Workbook. Managing Your Drug Alcohol Problem Client Workbook is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Managing Your Drug Alcohol Problem Client Workbook, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Managing Your Drug Alcohol Problem Client Workbook
    - Chapter 2: Essential Elements of Managing Your Drug Alcohol Problem Client Workbook
    - Chapter 3: Managing Your Drug Alcohol Problem Client Workbook in Everyday Life
    - Chapter 4: Managing Your Drug Alcohol Problem Client Workbook in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Managing Your Drug Alcohol Problem Client Workbook. The first chapter will explore what Managing Your Drug Alcohol Problem Client Workbook is, why Managing Your Drug Alcohol Problem Client Workbook is vital, and how to effectively learn about Managing Your Drug Alcohol Problem Client Workbook.
  3. In chapter 2, the author will delve into the foundational concepts of Managing Your Drug Alcohol Problem Client Workbook. The second chapter will elucidate the essential principles that must be understood to grasp Managing Your Drug Alcohol Problem Client Workbook in its entirety.
  4. In chapter 3, the author will examine the practical applications of Managing Your Drug Alcohol Problem Client Workbook in daily life. This chapter will showcase real-world examples of how Managing Your Drug Alcohol Problem Client Workbook can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Managing Your Drug Alcohol Problem Client Workbook in specific contexts. The fourth chapter will explore how Managing Your Drug Alcohol Problem Client Workbook is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Managing Your Drug Alcohol Problem Client Workbook. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Managing Your Drug Alcohol Problem Client Workbook.

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### **Managing Your Drug Alcohol Problem Client Workbook Introduction**

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