



## Living in Balance: Recovery Management: Moving from a Life of Addiction to a Life of Recovery (Mixed media product)

By Jeffrey A. Hoffman, Mim J. Landry, Barry D. Caudill

Hazelden Information Educational Services, United States, 2016. Mixed media product. Book Condition: New. Revised and Updated for DSM-5. 229 x 152 mm. Language: N/A. Brand New Book. Updated to meet DMS-5 classifications, this flexible program draws from cognitive-behavioural, experiential, and Twelve Step approaches to help clients achieve lifelong recovery. Sessions can be easily customised for specific client populations or treatment tracks. The Core Program is made up of twelve unique sessions to help clients address life issues that are central to achieving successful recovery. Session topics are: \* Definitions, Terms, and Self-Assessment. \* Alcohol and Other Drug Education. \* Triggers, Cravings, and Avoiding Relapse. \* Planning for Sobriety. \* Alcohol and Tobacco. \* Spirituality. \* Sex, Alcohol, and Other Drugs. \* Stress and Emotional Well-Being. \* Skills for Reducing Stress. \* Negative Emotions. \* Anger and Communication. \* Relapse Prevention Basics. All client materials are reproducible and provided on a CD-ROM, allowing you to print and use only what you need. The CD-ROM contains clinical studies, session handouts and role plays. Also included with the Core Program is an audio CD of relaxation and visualisation exercises with soothing narration and music to help clients release tension, breathe deeply, and relax fully. This unique component has been completely revised and re-mastered...



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