

Dual Diagnosis Recovery Workbooks

Updated for today's health care climate, the revised and expanded second edition of this popular volume offers a thorough introduction to clinical work with this difficult-to-treat population. Providing a unique synthesis of chemical dependency and mental health models, the book articulates a framework for assessment and treatment and describes a range of effective counseling and motivational strategies for adolescents and adults. The second edition is fully compatible with DSM-IV , and includes discussions of the latest developments in treatment, sample treatment plans, increased coverage of ways to incorporate 12-step concepts into mental health interventions, and a new section on trauma-based disorders in addicted female adolescents. The practical utility of the volume is enhanced by clinical vignettes, clearly presented tables, and reproducible forms.

A substance use problem exists when one experiences any type of difficulty related to using alcohol, tobacco, or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers. The difficulty can be in any area of life; medical or physical, psychological, family, interpersonal, social, academic, occupational, legal, financial, or spiritual. This expanded new edition of the successful Graywind Publications title provides

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the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counseling, it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active. The information presented is derived from a wealth of research studies, and discusses the most effective recovery strategies from the examination of cognitive-behavioral treatment. **Treatments That Work™** represents the gold standard of behavioral healthcare interventions! DT All programs have been rigorously tested in clinical trials and are backed by years of research DT 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 DT Our books are reliable and effective and make it easy for you to provide your clients with the best care available DT Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated DT A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources DT Continuing Education (CE) Credits are now available on select

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titles in collaboration with PsychoEducational Resources, Inc. (PER)

This occupational therapy workbook provides clinicians with the tools necessary to help patients with dual diagnoses acquire basic living skills. Focusing on stress management, time management, activities of daily living, and social-skills training, this guide addresses each living skill in relation to how it aids in recovery and relapse prevention for each patient's individual lifestyle and pattern of addiction. Precin's Living Skills Recovery Workbook also instructs recovering addicts on how to manage their psychiatric symptoms to promote the highest level of integration into their community. This comprehensive workbook contains a collection of activities and worksheets to teach skills necessary to improve the quality of life for individuals with dual disorders, along with 70 forms that can be filled in by patients to aid in self-awareness. Ultimately, this guide emphasizes recovery through functional development skills. Dr. Pat Precin is Assistant Professor of Occupational Therapy at Touro College, consultant, and licensed psychoanalyst with a private practice in Manhattan. Dr. Precin has over 27 years of experience working with people with mental illness and has directly supervised over 175 occupational therapy practitioner students in various clinical settings. She has authored and edited a number of books, including Client-Centered

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Reasoning: Narratives of People with Mental Illness, in addition to numerous journal articles, chapters, and grants. Readers interested in related titles from Patricia Precin will also want to see: Client-Centered Reasoning (ISBN: 9781626548596).

Dual Diagnosis Workbook Recovery Strategies for Addiction and Mental Health Problems Independence Press The Twelve Steps And Dual Disorders A Framework Of Recovery For Those Of Us With Addiction & An Emotional Or Psychiatric Illness Simon and Schuster

Despite an increased awareness of co-occurring disorders, most current treatment paradigms still focus on one problem or the other, leaving much unassessed, unaddressed, or ignored. Until now - a revolutionary new book from Dr. Charles Atkins that can break the cycles of relapse for those intertwined with substance use and mental illness. Co-Occurring Disorders is a guide to practical assessment and effective treatment approaches for working work with any number of co-occurring disorders. This step-by-step approach, demonstrated through diverse case studies, gives you the tools you need to improve and track your clinical outcomes. This is a must-have resource for both the rubber-meets-the-road clinician, who wants effective strategies and a clear direction for treatment and recovery, and the administrator who creates interventions at the system level with attention to regulatory and

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reimbursement demands. Also included is a comprehensive state-by-state Guide to Mental Health and Substance Abuse Agencies and Prescription Monitoring Programs Evidence-Based Integrated Treatment, finding the right tool for the job: • Motivational Interviewing • Cognitive-Behavioral Therapy and Strategies • Skills Training • Mindfulness Training • Mutual Self-Help & Peer-Based interventions • Wellness interventions • Recovery based • Family interventions • Assertive Community Treatment and Targeted Case Management • Psychopharmacology including opioid and nicotine replacement strategies Diagnosis-Specific Issues in Co-Occurring Disorders: • ADHD • Depression and Bipolar Disorders • Anxiety and PTSD • Schizophrenia and other Psychotic Disorders • Personality Disorders Substance-Specific Issues in Co-Occurring Disorders: • Alcohol • Opioids • Tobacco • Cocaine and other Stimulants, including "Bath Salts" • Cannabis & Synthetic Cannabis • The Internet and other sources of Drugs Reviews: "A comprehensive, user-friendly compilation of assessment and intervention strategies to be used for clients. It includes a number of worksheets for both clinicians and clients, and is a valuable tool for treatment decision-making." -- Donald Meichenbaum, PhD, noted author and speaker, a CBT founder, and voted one of the 10 most influential psychotherapists of the 20th century

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"This book is wonderful. I plan to adopt it as a textbook for my MSW Co-Occurring Disorder Program." -- Jaak Rakfeldt, Ph.D., Co-Occurring Disorder Cohort Program, MSW Coordinator, Southern Connecticut State University Professor "So much valuable information in a user friendly manner, clinicians as well as others will find this book useful in their practice. This resource is a powerful tool and I am especially proud of the way he connects issues related to gender and trauma." -- Colette Anderson, LCSW, CEO The Connecticut Women's Consortium "A clear, concise and straightforward and up to date text on co-occurring disorders has been glaringly lacking in the Behavioral Health Field. Co-Occurring Disorders: The Integrated Assessment and Treatment of Substance Use and Mental Disorders offers students and clinicians at all levels a comprehensive view of the challenges of treating those with a co-occurring mental health and substance use disorder. Written in plain language, Atkins provides a clinical road map beginning with an outline of key issues and ending with treatment planning. Atkins also does what most don't and that is to stress the importance of peer support, natural supports and self-help. Co-Occurring Disorders: The Integrated Assessment and Treatment of Substance Use and Mental Disorders is an important addition to any educator's and clinician's bookshelf." --Eileen M. Russo, MA, LADC, Assistant Professor, Drug and

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Alcohol Recovery Counselor Program, Gateway Community College, New Haven, CT "As a person that has lived with bipolar disorder for many years and has proudly disclosed my personal journey of recovery, I know there are many people who would greatly benefit from the treatments suggested in this powerful book-co-occurring services are rarely done in such a comprehensive way." -- Dr. Karen A. Kangas, Director of Operations, Advocacy Unlimited, Inc.

The National Institute on Drug Abuse (NIDA) reports that six of ten individuals with a substance use disorder meet criteria for another mental illness diagnosis. These co-occurring disorders present significant challenges for both chemical dependency and mental health practitioners across levels of treatment intensity. To answer these challenges, Dialectical Behavior Therapy (DBT) has emerged as a highly teachable and applicable approach for people with complex co-morbidities. This workbook outlines the acceptance-based philosophies of DBT with straight-forward guidelines for implementing them in Integrated Dual Disorder Treatment (IDDT) settings along with comprehensive explanations of DBT skills tailored for those with dual disorders. Includes reproducible handouts

A REVOLUTIONARY NEW APPROACH TO ADDICTION RECOVERY FROM AN ADDICTION EXPERT Rewired is a new, breakthrough approach

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to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, Rewired will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude. Rewired addresses the whole self; just as addiction affects every part of one's life, so too must its treatment. By helping us to build a healthy space to support our own recovery, we can rewrite the negative behaviors that result in addiction. Usable in conjunction with or in place of 12-step programs, Rewired allows for a more holistic approach, helping to create a personalized treatment plan that is right for you. Each section in Rewired includes: - Personal anecdotes from the author's own struggles with alcoholism and addiction - Inspiring true success stories of patients overcoming their addictions - Questions to engage you into finding what is missing from your recovery - Positive affirmations and intentions to guide and motivate

With all the variables, both physical and emotional, that play into overcoming addiction, Rewired enables us to stay strong and positive as we progress on the path to recovery. Rewired teaches patience and compassion, the two cornerstones of a new, humanist approach to curing addiction. Remember,

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addicts are not broken people that need to be fixed—they just have a few crossed wires. 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.

This revised and expanded third edition of the gold-standard for intervention provides clear steps for harnessing the power of family, friends, and professionals to create a better future with loved ones suffering from addiction. Over the course of the last twenty years, Love First has become the go-to intervention guide for tens of thousands of families. This trailblazing book empowers and equips families and friends to use the power of love and honesty to give their addicted loved ones a chance to reach for help. Updated with the latest addiction science as well as insights gained from decades of front-line experience in family interventions, this revised and expanded edition contains

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practical tools for taking the next step together: transforming the intervention team into an ongoing community of loving support, lasting accountability, and lifelong recovery.

In this portable recovery aftercare program, Earnie Larsen coaches readers through one full year of sobriety with personal, practical, actionable steps to help them refocus on the core concepts that are essential to sober living. Make no mistake about the intention of the guidance offered in this book. This is not just another "nice recovery book"--one that you read and then put aside, hopefully taking away a few good thoughts. My intention is that the material offered here should be chewed, pulled apart, scrutinized, and internalized. This book is designed to be worked. It is intended to provide support, insights, and exercises that will do something about the high relapse rate of people starting recovery.>-Earnie Larsen, From the introduction In this invaluable guide, renowned author and lecturer Earnie Larsen brings you a portable recovery aftercare program that you can easily integrate into your personal life ?and take with you anywhere you go. Now That You're Sober is an all-purpose, year-long compendium of recovery wisdom and inspiration to help those who are newly sober focus on practical applications of Twelve Step principles. Like a traditional aftercare program, it is designed to keep the basics of recovery front and center in your consciousness, as it is the loss of this awareness that causes relapse. In his characteristic down-to-earth, tell-it-like-it-is style, Larsen serves as your recovery coach, providing guidance and inspiration when you feel

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vulnerable in your sobriety, and helping you to move past common stumbling blocks and flourish in your daily life. Each of his fifty-two entries includes a motivational essay, or pep talk, centered on a key element of recovery, followed by personal, practical, actionable steps to help you refocus on the concepts and behaviors that are essential in a recovering person's life. Earnie Larsen is a nationally known pioneer in the field of recovery from addictive and unwanted behaviors. He has authored and produced more than fifty-five motivational self-help books and resources on a variety of topics ranging from managing interpersonal relationships to spirituality.

101 Tips for Recovering from Addictions can help transform the life of any recovering addict from bleak to bright. These practical suggestions give hope, from seeing the light at the end of the tunnel, to realizing this light holds a promising future to reclaim. Readers will learn: How to keep hope and seek help, even in the darkest of days How to deal with the major monster of denial How to plan to become consistently productive How to take care of your brain and body so that you're happier and healthier How to routinely remember to never give up How to push through and know that recovery can be realized And much, much more "101 Tips for Recovering from Addictions" is a great resource, giving a simple, fun and easily digestible format to a treasure trove of accumulated wisdom from the Winners who have overcome addictions to have a happy and healthy life." --Sarah Graham, addiction expert and member of UK Advisory Council on the Misuse of Drugs (ACMD)

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"Having worked with people struggling with addictions for many years, I recognized many of the tools I regularly use among Rick Singer's 101 Tips for Recovering from Addictions-- I know they work. Therefore, I can confidently recommend this little book as inspiration, and as a guide." --Bob Rich, Ph.D. author of several self-help and inspirational books "101 Tips for Recovering from Addictions" is a thoughtful, inspirational, must have for anyone in the addiction field or going through addiction themselves. Singer's own story is passionate, loving and realistic." --Mari Sweeting, Recovery Coach, Substance Abuse Counselor and DUI Instructor, Sonoma County, California "101 Tips for Recovering from Addictions" provides a safe space, a space to learn tools that will encourage personal strength as you explore within and work to overcome your addiction. With this book and personal dedication you can move towards freedom." --Robin Marvel, author of Framing a Family: Building a Foundation to Raise Confident Children Learn more at www.RickSingerBooks.com

Self-Help: Substance Abuse & Addictions - General

Millions of people with addictions have pursued their recovery journeys through Alcoholics Anonymous' twelve-step program. However, many people with addictions also suffer from mental health disorders, which more traditional twelve-step workbooks do not address. Similarly, the healthcare system has generally failed to implement addiction-mental health integrated treatments. Since 1996, Dual Diagnosis Anonymous has addressed this crucial healthcare need via personal, community, and political advocacy for those persons that are dually

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diagnosed and their families. A culmination of decades' worth of ideas and advice, *Dual Diagnosis Anonymous: A Journey Through the Twelve Steps Plus Five* is a strategic workbook that offers hope for achieving recovery from the dual diagnosis of addiction and mental illness.

Integrated Treatment for Co-Occurring Disorders addresses a complex client population, which presents service providers with significant professional challenges. Underlying personality disorders compromise treatment effectiveness for medical, other psychiatric, or trauma services, as well as the ability these individuals have in adhering to probation, parole, or court-ordered treatment requirements. A co-occurring substance use disorder amplifies the difficulties experienced by personality-disordered individuals, exacerbates the precarious nature of their relationships, and raises the skill level needed by service providers attempting to help them. There can be significant professional satisfaction in working effectively with the interplay of addiction and disorders of personality. The book brings focus to the specifics of assessment and treatment for this type of co-occurring disorder and suggests that greater adaptability, fewer self-sabotaging behaviors, and an abstinent lifestyle are all possible. Recovery from both disorders is the journey these individuals take toward greater maturation, reliable impulse control, and coping skills that are not dependent upon the evasion of the demands of living or use of substances to manage stress or uncomfortable affect. Recovery is possible, and service providers can assist

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these clients on their path to wellness.

Research has shown that, for many teens, trauma can lead to addiction. Now, for the first time ever, two mental health experts offer a powerful, integrative program to effectively treat teens with these co-occurring issues.

Trauma and addiction often present side by side.

However, up until now, clinicians have lacked the tools needed to treat these two issues together. Based in cognitive behavioral therapy (CBT) and mindfulness—two proven-effective therapies for addiction and mental health issues—*Treating Co-occurring Adolescent PTSD and Addiction* is essential for anyone working with adolescents with addiction and post-traumatic stress disorder (PTSD). Developed and researched explicitly for dual diagnosis adolescent clients, this book provides a range of mindfulness practices and tools to help your client be present in what he or she is experiencing—instead of slipping into a pattern of avoidance. In addition, the cognitive behavioral strategies can help adolescents who are at risk of recurrent trauma, and who could therefore benefit from practicing coping strategies to assist them in their current daily situations. This is a must-have resource for any mental health provider treating adolescents with dual diagnosis of PTSD and addiction.

This volume reviews a range of empirically supported approaches to prevention and treatment of adolescent substance use problems. The focus is on motivationally based brief interventions that can be delivered in a variety of contexts, that address key developmental considerations, and that draw on cutting-edge knowledge

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on addictive behavior change. From expert contributors, coverage encompasses alcohol skills training; integrative behavioral and family therapy; motivational interviewing; interventions for dually diagnosed youth; Internet-based education, prevention, and treatment; and applications to HIV prevention. The volume is extensively referenced and includes numerous clinical illustrations and vignettes.

The increasing number of individuals with co-existing substance misuse and psychiatric disorders presents a key challenge to mental health and addiction nurses. This practice-based text focuses on the management and intervention strategies to effectively meet the needs of this client group in both community and residential settings. *Dual Diagnosis Nursing* is a comprehensive text for practitioners on contemporary approaches to working with dual disorder and dual diagnosis patients. It explores both clinical and theoretical perspectives in a variety of different care and treatment settings, addressing key issues such as needs of special populations, multi-dimensional assessment, dealing with emergencies, prescribing and medication management, nursing and psychological interventions, spiritual needs, carers' interventions and professional development. This book provides a comprehensive, state of the art overview that covers both the diagnosis and the treatment of dual disorders – joint psychiatric and substance use disorders associated with a worse outcome and disease progression than single psychiatric or addictive disorders. The book is

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designed to be highly relevant to clinical work and the organization of care systems and meets the real need for a European perspective on dual disorders that takes into account the realities of European treatment organization. All chapters have been written by European authors on the basis of existing European treatment programs or guidelines and European research. The book will be invaluable for all health professionals working in mental health and addiction care, who are increasingly confronted with patients suffering from dual disorders.

Improving Treatment Compliance

A gentle, spiritual and supportive approach to bolster our recovery, *The Twelve Steps and Dual Disorders* provides an adaptation and discussion of each of the Twelve Steps of Dual Recovery Anonymous. With compassion and encouragement, this book helps us to begin and strengthen our recovery from our addictions and emotional or psychiatric illnesses. A gentle, spiritual and supportive approach to bolster our recovery, *The Twelve Steps and Dual Disorders* provides an adaptation and discussion of each of the Twelve Steps of Dual Recovery Anonymous.

Practicing Alcohol Moderation is designed to be used by clients of behavioral health care providers who have utilized *The Clinician's Guide to Alcohol Moderation*. This groundbreaking workbook can be used on its own or in conjunction with therapy, and additionally as a resource for family members whose

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loved ones are struggling with alcohol. It gives transparent, easy-to-follow, research-based explanations with questionnaires, checklists, quizzes, and worksheets. Each chapter begins with a brief overview and is interspersed with exercises and client experiences, combining research-based information with practical self-assessments, tools, and questions to answer to practice alcohol moderation. Readers can take the Alcohol Moderation Assessment to determine their likelihood of success in practicing alcohol moderation. The book provides the resources to create a personalized Alcohol Moderation Plan and suggests ways to manage its success for clinicians and general audiences alike.

Written specifically for clinicians, this comprehensive books 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

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disorders

Evaluate medications and treatment programs Break free from addictive substances or behaviors and get a fresh start Think you have an addiction? This compassionate guide helps you identify the problem and work towards a healthy, realistic approach to recovery, explaining the latest clinical and self-help treatments for both adults and teens. This book also offers tips on reducing cravings, handling your relationships, and staying well for the long run.

Discover how to * Identify the reasons for addiction * Choose the best treatment plan * Handle slips and relapses * Detect addictions in a loved one * Find help and support

The treatment of coexisting chemical dependency and psychiatric disorders has long been a serious challenge for care providers. With the advent of managed care, counselors, case managers, and other professionals increasingly are called upon to treat very ill and troubled clients in outpatient settings. This popular volume offers a thorough introduction to clinical work with this difficult-to-treat population. Providing a unique synthesis of chemical dependency and mental health models, the book articulates a framework for assessment and treatment and describes a range of effective counseling and motivational strategies for adolescents and adults. The practical utility of the volume is enhanced by numerous clinical vignettes

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and clearly presented tables to aid in assessment. Appendices feature helpful reproducible forms. This manual presents the first empirically studied, integrative treatment approach developed specifically for co-occurring PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety--to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach "safe coping skills" that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, topics can be conducted in any order and in a range of different formats and settings. The volume is designed for maximum ease of use with a large-size format and helpful reproducible therapist sheets and handouts, which purchasers can also download and print at the companion Web page. See also the author's self-help guide *Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both*, an ideal client recommendation.

Addiction and trauma are two of the most common and

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difficult issues that people face. In this motivating book, leading expert Lisa Najavits explains the link between addiction and trauma and presents science-based self-help strategies that you can use no matter where you are in your recovery. Every chapter features inspiring words from people who have "been there," plus carefully designed reflection questions, exercises, and other practical tools. Learn how you can:

- *Build coping skills so that the future is better than the past.
- *Keep yourself safe and find support.
- *Set your own goals and make a plan to achieve them at your own pace.
- *Choose compassion over self-blame and shame.
- *Move toward your best self--the person you want to be.

If you are a family member or friend seeking to support a loved one--or a helping professional--this book is also for you. Now in a convenient large-size format, the revised edition features added materials for professional and peer counselors. First edition title: *Recovery from Trauma, Addiction, or Both*. Mental health professionals, see also the author's *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*, which presents an evidence-based treatment approach developed specifically for PTSD and substance abuse.

Marya Hornbacher, author of the international best-sellers *Madness and Wasted*, offers an enlightening examination of the Twelve Steps for those with co-occurring addiction and mental health disorders. Marya Hornbacher, author of the international best sellers *Madness: A Bipolar Life and Wasted: A Memoir of Anorexia and Bulimia*, offers an enlightening examination of the Twelve Steps for those with co-occurring addiction and mental health disorders. In this beautifully written recovery handbook, New York Times best-selling author Marya Hornbacher applies the wisdom earned from her struggle with a severe mental illness and addiction to offer an honest and illuminating examination of the Twelve Steps of Alcoholics Anonymous for those with co-occurring

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addiction and mental health disorders. Relaying her recovery experiences, and those of the people with whom she has shared her journey, Hornbacher guides readers through the maze of special issues that make working each Step a unique challenge for those with co-occurring disorders. She addresses the difficulty that many with a mental illness have with finding support in a recovery program that often discourages talk about emotional problems, and the therapy and medication that they require. At the same time, Hornbacher reveals how the Twelve Steps can offer insights, spiritual sustenance, and practical guidance to enhance stability for those who truly have to approach sanity and sobriety one day at a time.

This book is a basic overview of current evidence-based practices for treating co-occurring disorders and is designed to provide clinicians with the basic knowledge and skills required to effectively assess and treat co-occurring disorders.

'Dual Diagnosis' presents a model which integrates the two issues of substance abuse and psychiatric disorder, for treatment in a single setting.

Updated for today's health care climate, the revised and expanded second edition of this popular volume offers a thorough introduction to clinical work with this difficult-to-treat population. Providing a unique synthesis of chemical dependency and mental health models, the book articulates a framework for assessment and treatment and describes a range of effective counseling and motivational strategies for adolescents and adults. The second edition includes discussions of the latest developments in treatment, sample treatment plans, increased coverage of ways to incorporate 12-step concepts into mental health interventions, and a new section on trauma-based disorders in addicted female adolescents. The practical utility of the volume is enhanced

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by clinical vignettes, clearly presented tables, and reproducible forms.

Living with Co-occurring Addiction and Mental Health Disorders

Since the publication of the Institute of Medicine (IOM) report *Clinical Practice Guidelines We Can Trust* in 2011, there has been an increasing emphasis on assuring that clinical practice guidelines are trustworthy, developed in a transparent fashion, and based on a systematic review of the available research evidence. To align with the IOM recommendations and to meet the new requirements for inclusion of a guideline in the National Guidelines Clearinghouse of the Agency for Healthcare Research and Quality (AHRQ), American Psychiatric Association (APA) has adopted a new process for practice guideline development. Under this new process APA's practice guidelines also seek to provide better clinical utility and usability. Rather than a broad overview of treatment for a disorder, new practice guidelines focus on a set of discrete clinical questions of relevance to an overarching subject area. A systematic review of evidence is conducted to address these clinical questions and involves a detailed assessment of individual studies. The quality of the overall body of evidence is also rated and is summarized in the practice guideline. With the new process, recommendations are determined by weighing potential benefits and harms of an intervention in a specific clinical context. Clear, concise, and actionable recommendation statements help clinicians to incorporate recommendations into clinical practice, with the goal of improving quality of care. The new practice guideline format is also designed to be more user friendly by dividing information into modules on specific clinical questions. Each module has a consistent organization, which will assist users in finding clinically useful and relevant information quickly and easily.

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This new edition of the practice guidelines on psychiatric evaluation for adults is the first set of the APA's guidelines developed under the new guideline development process. These guidelines address the following nine topics, in the context of an initial psychiatric evaluation: review of psychiatric symptoms, trauma history, and treatment history; substance use assessment; assessment of suicide risk; assessment for risk of aggressive behaviors; assessment of cultural factors; assessment of medical health; quantitative assessment; involvement of the patient in treatment decision making; and documentation of the psychiatric evaluation. Each guideline recommends or suggests topics to include during an initial psychiatric evaluation. Findings from an expert opinion survey have also been taken into consideration in making recommendations or suggestions. In addition to reviewing the available evidence on psychiatry evaluation, each guideline also provides guidance to clinicians on implementing these recommendations to enhance patient care.

This comprehensive clinical handbook provides virtually everything needed to plan, deliver, and evaluate effective treatment for persons with substance abuse problems and persistent mental illness. From authors at the forefront of the dual disorders field, the book is grounded in decades of influential research. Presented are clear guidelines for developing integrated treatment programs, performing state-of-the-art assessments, and implementing a wide range of individual, group, and family interventions. Also addressed are residential and other housing services, involuntary interventions, vocational rehabilitation, and psychopharmacology for dual disorders. Throughout, the emphasis is on workable ways to combine psychiatric and substance abuse services into a cohesive, unitary system of care. Designed in a convenient large-size format with lay-flat

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binding for ease of photocopying, the volume contains all needed assessment forms, treatment planning materials, and client handouts, most with permission to reproduce.

Leading trauma and addiction specialist Lisa Najavits (creator of the evidence-based Seeking Safety treatment model) has trained thousands of therapists in innovative techniques to help people heal and reclaim their lives.

Now she puts an array of science-based self-help strategies directly in the hands of readers. This motivating book is packed with compassionate stories and carefully designed reflection questions, exercises, and practical tools that can be downloaded and printed for ease of use. Dr. Najavits explains the links between trauma and addiction and guides people experiencing either (or both) to make meaningful changes. Each concise chapter offers practical ideas that readers will return to again and again to keep themselves safe while building skills for coping with painful past events--and finding a brighter way forward. Mental health professionals, see also the author's *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*, which presents an evidence-based treatment approach developed specifically for PTSD and substance abuse. This is a holistic, trauma-informed recovery guide to address emotional/mental health and addiction challenges simultaneously. Surrounding these significant challenges is often a crisis of identity where the self has felt or become fragmented. Identifying and reintegrating forgotten, dismissed, and/or disowned aspects of self, *The Integrative Dual Recovery Workbook* teaches how recovery from co-occurring disorders entails working

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toward reclaiming your identity to feel more whole. Images are illustrated in vivid, color throughout the book to enhance your interest and learning along your recovery journey! The following are just some of the evidenced-based approaches and best practices used in this guide: Relapse Prevention and Sobriety Enhancement, Motivational Interviewing and Stages of Change, the Enhanced Recovery Model, Perceptual Adjustment Therapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), education in the latest neuroscience research. This workbook is also a broad assessment tool and the following scales, screens, and inventories are included: FACE screening, substance use inventory using color coding, the Drug Abuse Screening Test (DAST), Scale of Seven Key Holistic Recovery Areas, the Dissociative Experiences Scale II (DES), timeline of emotional/mental health and addiction challenges, family history assessment and genogram, Positive Intentions and States of Addiction Assessment, First Use Memory Inventory, Cost Benefits Assessment (CBA), Vulnerability to Stress Scale, Life Events and Stress Scale, Early Warning Signs Assessment (for both mental health and addiction challenges), Past Relapse and Triggers Assessment. The Integrative Dual Recovery Workbook is used by Full Circle Counseling and Wellness (fullcirclewnc.org), and Recovering Self Counseling (recoveringselfcounseling.com). "It is not in attempting to become someone different but only when identifying and embracing who we are, that the process of recovery seems to unfold." - Matt Bram

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A groundbreaking, science-based approach to addiction that addresses it as the chronic brain disease it is and offers a proven lifelong treatment plan. In *The Anatomy of Addiction*, readers will discover information and advice on: - normal vs. problem drinking - new medications that are now available - medical and psychiatric complications of different addictions - the importance of treating a dual diagnosis (such as addiction and borderline personality disorder or depression) - maintenance therapy - when and how to seek treatment, and the roles family members should play - effective strategies for treating the teenage addict - inpatient and outpatient treatment services

Using proven research and methods, top addiction professional Akibur Mohammad, MD, addresses how to understand and treat multiple types of addiction, from heroin and opiates to alcohol and prescription pills. As engaging as it is informative, *The Anatomy of Addiction* is a crucial, science-based action plan to help addicts--and their families, friends, and caregivers--conquer addiction once and for all.

Dual Diagnosis Workbook is full of exercises which pertain to different areas in the dual diagnosed individuals life which need to be changed or improved on. The exercises are formed in a positive way to improve on the individuals way of looking at their life and behavior. It is to gently guide the individual to make the necessary changes to make the positive changes where dual diagnosis illnesses have distorted the individuals way of thinking or behaving. Dual diagnosis has affected men and women in all areas of their life. the illnesses have taken away their appropriate judgment in

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certain areas of their life. The exercises will guide them back to a more positive and constructive way of thinking and behaving for a healthier life.

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

The Bipolar Addict: Drinks, Drugs, Delirium & Why Sober Is the New Cool delivers an insider's look into the invisible world of those living with a co-occurring disorder of manic depression and addiction. These true tales of survival, including the author's own, offer insight into a secret tribe of mentally ill heroes, the promise of sobriety and the triumph of stability.

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