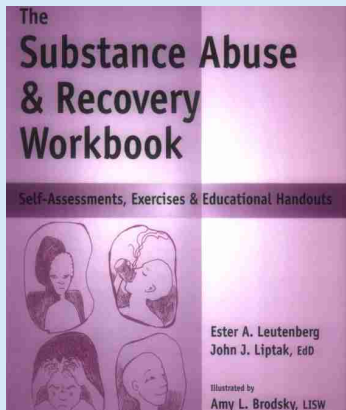


# ADDICTION RECOVERY WORKBOOKS

COMMUNITY HEALTH RESOURCE CENTER TOPIC OF THE MONTH

JANUARY 2009



## **Substance Abuse Recovery Workbook: Self-Assessments, Exercises and Education Handouts - Book, PROF #389.5 LIP**

The Substance Abuse & Recovery Workbook contains self-assessments, exploratory activities, reflective journaling exercises and educational handouts - all reproducible - to help participants discover their habitual and ineffective methods of managing substance abuse, and to explore new ways for bringing about healing. The book contains five sections that help individuals: Determine the level of their addiction; Examine personality traits that predispose them to various addictions; Measure co-dependency characteristics; Understand relapse warning signs; Identify excuses they may be using to continue their abuse of substances. Addictions come in many shapes and forms. The assessments and activities help participants deal with a wide variety of addictions including: drug and alcohol, caffeine, tobacco products, computers, gambling and more. 122 p. 2008

## **Addiction Treatment Homework Planner - Book, PROF #310 FIN**

The Addiction Treatment Homework Planner, Third Edition provides you with an array of ready-to-use, between-session assignments designed to fit virtually every therapeutic mode. 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 diagnoses. Includes 88 ready-to-copy exercises covering the most common issues encountered by clients suffering from chemical and non-chemical addictions. 436 p. 2006

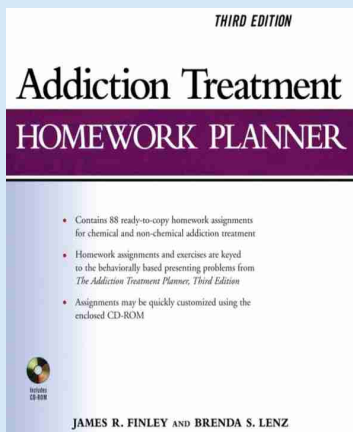
## **Freedom from Addiction Workbook - Book, PROF #212 AND**

Addictive behavior has led many down the rocky path of spiritual defeat and self-destruction, affecting entire families - sometimes for generations. The Freedom from Addiction Workbook provides a clear, step-by-step program for true lasting spiritual recovery. 204 p. 1997

## **Life Recovery Workbook: A Biblical Guide Through the 12 Steps - Book, PROF #425 ART**

As a complement to The Life Recovery Bible, The Life Recovery Workbook leads the recovering addict into reflection and practical application. By placing the 12 steps of recovery into a firm biblical context, the workbook brings scriptural principles into personal focus. Contemporary "Recovery Profiles," expanded descriptions of each of the 12 steps, and open-ended questions work in unison with The Life Recovery Bible. Far more than just teaching about the 12 steps, the workbook is a guide to an in-depth working of the steps, making the principles of recovery come alive for "one day at a time" living. 115 p. 2007

The materials featured in the publication may be borrowed from the Community Health Resource Center. Please contact Adam Hochstetler with any questions or requests. You may also browse past monthly features and a catalog containing the Resource Center's entire audio/visual collection at the following website: [www.prevcouncil.org/community.php](http://www.prevcouncil.org/community.php)

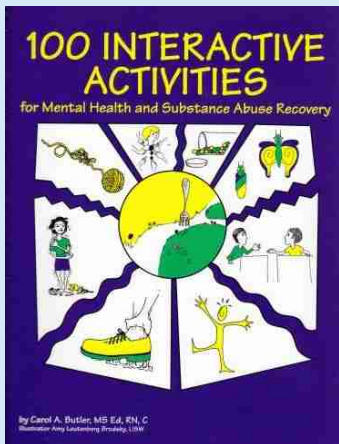


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## **100 Interactive Activities for Mental Health and Substance Abuse Recovery - Book, PROF #398.7 BUT**

Energize, empower and educate your group participants with these 100 interactive activities. Designed for clients dealing with mental health and substance abuse recovery issues. Treatment components common to both are incorporated. The 14 broad categories in this manual are: Anger Management, Assertion, Cognitive Changes, Coping, Inspiration, Mental Health and Sobriety, Problem Solving, Recovery, Relationships, Self-Development, Self-Esteem, Self-Help, Self-Knowledge, Stress Management. Designed to motivate cognitive and behavioral changes, participants learn to think, problem solve and act to promote mental health. Reproducible materials are included. 280 p. 2001

## **Overcoming Your Alcohol or Drug Problem: Effective Strategies - Workbook - Book, PROF #312 DAL**

This expanded new edition provides 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. 177 p. 2006

## **Relapse Prevention Counseling Workbook: Practical Exercises for Managing High-Risk Situations - Book, PROF #390.5 GOR**

This workbook presents seven powerful clinical processes that quickly identify and manage the high-risk situations that cause relapse. Special emphasis is placed on the management of irrational thoughts, unmanageable feelings, self-destructive urges, and self-defeating behaviors. This counseling process is appropriate for people in all stages of recovery who are facing situations that put them at immediate risk of relapse. 71 p. 2000

## **Remembering Who We Are: A Workbook - A Practical Guide to a Restored Life Based on an Adaptation of AA's 12 Steps - Book, PROF #563 PRE**

Remembering Who We Are: a workbook based on an adaptation of AA's 12 steps is an experience, a process toward creating an environment for healing and restoration. This workbook is a manageable and practical guide for persons affected by addictions and this too is an entry into a more disciplined spiritual life, a step by step journey to uncover forgotten dreams and purpose for living. 179 p. 2006

### REMEMBERING WHO WE ARE : A WORKBOOK

A PRACTICAL GUIDE TO A RESTORED LIFE  
BASED ON AN ADAPTATION OF AA'S 12 STEPS



CAROL ANN PRESTON



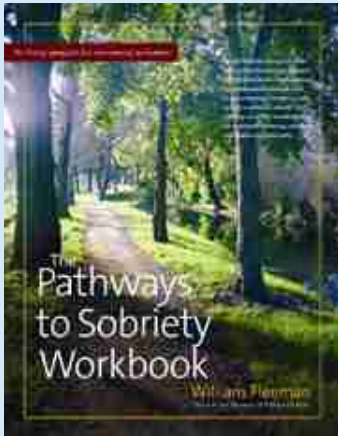
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## **Pathways to Sobriety Workbook - Book, PROF #618 FLE**

Author William Fleeman believes chemically dependent people use drugs to transform painful feelings like anxiety, fear, and depression into pleasurable feelings like confidence, courage, and elation. This book helps readers unlearn this destructive pattern through a cognitive/behavioral approach. Chapters cover self-assessment, steps of recovery, what to avoid, methods and skills, anger and forgiveness, relapse prevention, and more. 244 p. 2004

## **Woman's Addiction Workbook: Your Guide to In-Depth Healing - Book, PROF #083 NAJ**

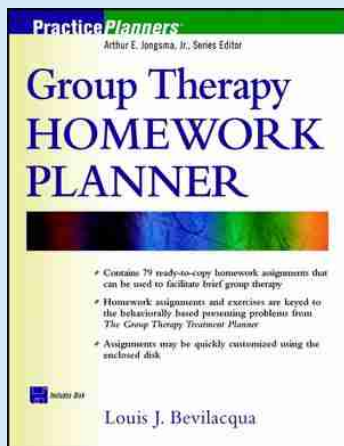
In this vital, strengths-building workbook, the chair of Harvard Medical School's Division on Addictions Women's Initiative offers a new step-by-step program that teaches women how to best address their addictions, and introduces pivotal techniques for exploring underlying factors that drive them. Women learn how their addiction differs from that of men and how to identify addictive life patterns and understand co-occurring disorders. 210 p. 2002

## **Stop the Chaos: How to Get Control of Your Life by Beating Alcohol and Drugs - Book, PROF #554 TIG**

This comprehensive, practical guide identifies the telltale signs of addiction, offers suggestions for living alcohol- or drug-free, and teaches the skills necessary for healthy thinking and living. 189 p. 1999

## **Group Therapy Homework Planner - Book, PROF #604 BEV**

Group Therapy Homework Planner provides you with an array of ready-to-use, between-session assignments designed to help clients in group therapy. This easy-to-use sourcebook features: 79 ready-to-copy exercises covering the most common issues encountered in group therapy A quick-reference format the interactive assignments are grouped by behavioral problem, such as anxiety, bulimia, chemical dependence, and depression Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross-referenced to The Group Therapy Treatment Planner so you can quickly identify the right exercise for a given situation or behavioral problem A computer disk that contains all the exercises in a word-processing format allowing you to customize them to suit you and your clients' unique styles and needs. 280 p. 2002



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## **Featured Articles**

Why People Change? The Role of Cognitive-Control Processes in the Onset and Cessation of Substance Abuse Disorders. *International Journal of Methods in Psychiatric Research*, 17, S4-S15. (2008 Supplement)

A Brief Scale for Measuring Helping Activities in Recovery: The Brief Helper Therapy Scale. *Substance Use & Misuse*, 42 (11), 1767-1781. (2007)

Contact Adam Hochstetler to obtain a copy of the above articles.