

Relapse Prevention Therapy Workbook Revised Edition

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RELAPSE PREVENTION WORKBOOK - Solano County

In this workbook, Terry Gorski and Steve Grinstead clarify their definition of relapse, how it happens, and most importantly how to prevent a person from entering the relapse cycle. For several years, Gorski and Grinstead have been co-teaching, modifying the process, and field testing all exercises in this newly revised, simplified, and updated version of Relapse Prevention Therapy.

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Relapse Prevention Therapy Workbook, Revised Edition by ...

In this workbook, the definition of relapse is clarified, how it happens, and most importantly how to prevent a person from entering the relapse cycle. If a person completes the 14 developmental exercises, they may never have to experience the pain of relapse again. This workbook is 120 pages. The Table of Contents is as follows: 1.

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This module also offers guidance for building a relapse prevention plan and informs clients of what they should do if they relapse. This workbook include Quick Review exercises to reinforce lessons, reflection exercises that bridge content with real-life experience, and Thinking Reports to ensure treatment methods are part of ongoing aftercare. Also available in Spanish in early 2020. Product features: Updated and Revised

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Relapse Prevention Therapy (RPT) is a cognitive-behavioral approach to the treatment of addictive behaviors that specifically addresses the nature of the relapse process and suggest coping strategies useful in maintaining change (Marlatt & Gordon, 1985; Parks, Marlatt, & Anderson, 2001). It is based on the idea that addictive behaviors

Relapse Prevention Therapy Workbook, Revised Edition

RELAPSE PREVENTION WORKBOOK Revised 12/01/2011 Introduction Relapse prevention is both the goal of all treatment as well as a specific intervention modality. This workbook is designed to help you in your program of recovery by guiding you through the development of a first draft of a relapse prevention plan. Relapse prevention was

Clinical Guidelines for Implementing Relapse Prevention ...

This book is a tool to help you prevent a relapse. Relapse is defined as a return to a pattern of living that leads to an inability to sustain recovery/remission. This work-book is designed to encourage you to take an active role in your wellness. The workbook is designed to assist you to recognize early signs of relapse and to independently develop