

Recovering Together Program Curriculum Guide Substance Abuse

An Intuitive Food Program Curriculum for the Treatment of Eating Disorders. The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. Get Your Loved One Sober describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.

This 2018 30th anniversary edition honors the 40th anniversary of the tragedy in Jonestown, Guyana. On November 18th, 1978, over 900 people including a U.S. congressman Leo Ryan died because of Cult Leader Jim Jones. Over 300 were children forced to drink cyanide-laced Kool-Aid by their parents who believed they were doing God's will. The techniques of undue influence have evolved dramatically, and continue to do so. Today, a vast array of methods exist to deceive, manipulate, and indoctrinate people into closed systems of obedience and dependency. If you are reading this updated book for the first time, please know that you have found a safe, respectful, compassionate place. This book can help you protect or regain your sanity, freedom, and health. It can also help you protect others from the use of mind control techniques. In this 30th anniversary volume you will find:

- New stories of people who fell under the sway of cults and other forms of undue influence but who were able to break free.*
- New information on the many sophisticated ways that social media are now used for mind control.*
- Updates on the many types of organizations that use mind control.*
- Information on the neuroscience behind mind control.*
- A look at what legislators, courts, mental health professionals, and ordinary citizens can do to resist mind control and make our world a safer place. Sadly, the essential information in this book is still not widely known or understood. People around the world remain largely unprepared for the new realities of mind control. But you are far from helpless. There is a great deal you can do to stay safe, sane, and whole - and to help the people you care about to do the same. And if someone you love is already part of a mind control group, there is much you can do to help them break free and rebuild their life. This book will give you the tools you need. As*

you read this book, you will learn to develop, use, and trust your critical thinking skills; your intuition; your bodily and emotional awareness; your ability to ask the right questions; and your skill at doing quick, useful research. You will also learn to create a healthy balance of openness and skepticism. As you will see, the entire process begins and ends with discernment.

Field Hearing Before the Committee on Education and the Workforce, U.S. House of Representatives, One Hundred Ninth Congress, Second Session, August 31, 2006, in Albuquerque, New Mexico

A Program for Treating Addiction

Freedom from Our Addictions

On Our Own, Together

Get Your Loved One Sober

Helping Women Recover, Package

DARE To Be You (DTBY) is a program that has both a conceptual foundation and is demonstrably effective in building assets linked to a decrease in problem behaviors. Its success is based on working not only with the individual child, but also with multiple systems that affect the child. These systems include family, peers, school and the broader community. The DTBY curricula is age-appropriate and adapted to account for changing developmental needs. While this volume focuses on the DTBY program for families with 2 to 5 year old children, references are made to the programs for school aged children and teens. This program has proven effective in diverse settings including a Native American community; an urban setting of mixed cultures; a traditional Hispanic and Anglo rural community; and a poor, isolated agricultural region.

Helping Men Recover A Program for Treating Addiction, Workbook John Wiley & Sons

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but "What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before

shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

A Man's Workbook, Special Edition for the Criminal Justice System

Child Maltreatment Issues

The New Cure for Substance Addiction

A Program for Treating Addiction, Workbook

Trauma Recovery and Empowerment

An intimate insiders' examination of various consumer services for mental health clients.

Since it was first published in 1999, *Helping Women Recover* has set the standard for best practice in the field of women's treatment. *Helping Women Recover* is based on Dr. Covington's Women's Integrated Treatment (WIT) model. It offers a program specifically designed to meet the unique needs of women who are addicted to alcohol and other drugs or have co-occurring disorders. This thoroughly revised and updated edition includes evidence-based and empirically tested therapeutic interventions which are used to treat addiction and trauma in an innovative way. The *Helping Women Recover* program offers counselors, mental health professionals, and program administrators the tools they need to implement a gender-responsive, trauma-informed treatment program in group therapy settings or with individual clients. Included in SAMHSA's National Registry of Evidence-based Programs and Practices.

"Understanding the need for gender-responsive treatment services for men is critical for anyone who will be using this curriculum. It is also important to understand the process of trauma and its effects on addiction and recovery. There is much room for improvement in traditional treatment for men, and a discussion of the history of the development of gender-responsive services for both men and women can help to explain this. This chapter provides a brief overview of these issues as well as the theoretical foundation for this curriculum"--

Living Out the Message of Christ: The Journey Continues, Participant's Guide 8 Mindfulness-Based Sobriety

A Systems Approach to the Early Prevention of Problem Behaviors

Facilitator's Guide for Residential and Outpatient Treatment Programs

Helping Men Recover

Recovery and Preservation of Native American Languages

Full of practical application and down-to-earth insight, *The Adams Recovery Center Workbook* expands on Adams Recovery Center's trio of addiction resources to inspire meaningful reflection and empower readers to build new lives of long-term sobriety.

The latest, fully-revised and updated edition of classic and best-selling work in the field Since it was first published in 1999, *Helping Women Recover* has set the standard for best practice in the field of women's treatment. *Helping Women Recover* is a manualized treatment intervention

based on Dr. Covington's Women's Integrated Treatment (WIT) model—offering a program developed to meet the unique needs of women addicted to alcohol, other drugs, and those with co-occurring disorders. Included in SAMHSA's National Registry of Evidence-based Programs and Practices, The Helping Women Recover program offers counselors, mental health professionals, and program administrators the tools they need to implement a gender-responsive, trauma-informed treatment program in group settings or with individual women in criminal justice settings. Now in its third edition, this binder set including both a facilitator's guide and a hands on participant's journal, has been updated with new material on opioid addictions, how to become trauma-informed and gender-responsive, LGBTQ issues, and more. Updated references, further reading suggestions, and a chapter for facilitators which includes the challenges of working in the criminal justice system help practitioners to effectively implement the program in daily practice. A vital tool for all mental health and addiction treatment professionals, Helping Women Recover: Draws from the most up-to-date theory and practical applications in the fields of addiction and trauma Covers the historical background and fundamental principles of gender-responsive services Provides guidance for facilitating an effective woman's treatment program Offers real-world insights on the role of the facilitator Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery & Empowerment and Women for Sobriety New Life Program Acceptance Statements Helping Women Recover is essential for mental health and addiction treatment professionals including counselors, therapists, social workers, psychologists, and psychiatrists who work with women in HWR is essential for anyone providing services to women in criminal justice settings.

Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition Technique

A Report to Congress

Taking an Honest and Spiritual Inventory Participant's Guide 2

A Family's Guide to Intervention

Celebrate Recovery Leader's Guide, Updated Edition

Helping Women Recover

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

This one-of-a-kind guide serves as a rich and essential resource for mental health professionals working with women whose lives have been shattered by the trauma of sexual, physical, or emotional abuse. The book presents a practical, step-by-step guide to implementing a group recovery program for female trauma survivors.

An essential workbook for practitioners treating men with substance use disorders and addiction issues In the second edition of Helping Men Recover: A Program for Treating Addiction, Workbook, a team of

distinguished practitioners delivers effective resources and tools to accompany their step-by-step guide to treating substance use disorders in men. The provided templates, questions, exercises, and other resources address four areas, including the self, relationships, sexuality, and spirituality, and allow men to process and record the therapeutic experience as they move through it. This new Workbook presents new exercises to use in group sessions, informational summaries, and insightful individual reflection questions and activities that clients can use following group sessions.

A Man's Workbook offers a companion product that is tied seamlessly to the Helping Men Recover Facilitator's Guide. This participant workbook has four modules (self, relationships, sexuality, and spirituality) and allows men to process and record the therapeutic experience. It contains exercises for use in group sessions, summaries of information presented from the facilitator's guide, and reflection questions and activities for use after group sessions. This version is designed specifically for men in criminal justice settings.

Daily Meditations for Women

Each Day a New Beginning

Helping Women Recover, Correctional Package, A Program for Treating Addiction, Special Edition for Use in Correctional Settings (Package includes Facilitator's Guide and A Woman's Journal)

Helping Men Recover, Community Version Set

Getting Right with God, Yourself, and Others Participant's Guide 3

Alcoholics Anonymous

In this new version of the classic group recovery training package, Stephanie Covington, Dan Griffin, and Rick Dauer include important new evidence-based data and new proven techniques for this unique and exclusive program, as well as new ways to treat trauma and substance abuse, new principles for gender responsive strategies with male offenders, and a new module on sexuality and men's recovery. A Man's Workbook is tied seamlessly to the facilitator's guide. It contains exercises for use in group sessions, summaries of information presented from the facilitator's guide, and reflection questions and activities for use after group sessions.

There is a way the church can help the wounded move beyond their hurts, habits, and hang-ups to experience the forgiveness of Christ. Celebrate Recovery helps the church fulfill its role as Christ's healing agent. You don't have to lead alone. To lead people forward in spiritual, physical, and emotional restoration is to walk in the footsteps of Christ. And that's why the Celebrate Recovery Leader's Guide is so important. With everything you need to encourage lasting life-change, the leader's guide is the best way to facilitate Celebrate Recovery in your church and help people look forward to a whole new future. The Celebrate Recovery Leader's Guide includes: Fresh testimonies A 90-day start-up strategy A clear, easy-to-follow

format Step-by-step instructions for each meeting Guide for conducting leader training Teaching notes for the 25 lessons of The Journey Begins (Participant Guides 1-4) Overview of the 25 lessons of The Journey Continues (Participant Guides 5-8) Along with a willing heart, this leader's guide is invaluable for leading men and women forward in complete restoration and transformation through Christ.

Too often, clients with substance abuse and addiction problems achieve sobriety only to relapse shortly after. As a clinician in the addiction treatment field, you are undoubtedly familiar with this common scenario, and it can be a source of extreme frustration. To make matters worse, clients may see their relapse as evidence of personal failure and inadequacy, and as a result, they may resist more treatment. What if you could break this cycle and help clients maintain their progress? Mindfulness-Based Sobriety presents a breakthrough, integrative approach to addiction recovery to help you treat clients recovering from substance abuse and addiction using mindfulness-based therapy, motivational interviewing, and relapse prevention therapy. Research has indicated that mindfulness-based therapy is highly effective in treating emotion dysregulation, stress, depression, and grief—all emotions that lie at the root of addiction. Motivational interviewing is helpful in treating addiction because it helps clients learn to change the behaviors that cause addiction. And finally, relapse prevention therapy teaches individuals with addiction to anticipate and cope with potential relapse. This book combines all three of these highly effective treatments. This powerful manual was developed by Gateway Foundation clinicians in order to better fulfill the mission of reducing substance abuse and co-occurring mental health problems. The book provides two curricula: an outpatient treatment curriculum and a residential treatment curriculum. Both are user-friendly and can be implemented in an open group format, which means that you can say goodbye to the days of tailoring one-on-one treatment to fit a group setting. The integrative approach outlined in this book will help your clients conquer substance abuse by identifying their own values, strengthening their motivation, and tackling other mental health problems that may lie at the root of their addiction.

Furthermore, the book's strong emphasis on relapse prevention means that you can help clients stay on the path to sobriety.

Real World Recovery

Smoking and Health, a National Status Report

Energy Research Abstracts

Helping Women Recover, Community Package, A Program for Treating Addiction (Package includes Facilitator's Guide, and A Woman's

Journal)

The Thinking Skills for Work Program

Growing in Christ While Helping Others Participant's Guide 4

According to the Centers for Disease Control and Prevention, every year, 1 in 4 adolescents experience verbal, physical, emotional, or sexual abuse from a dating partner. This evidence-based program helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive relationships. It is during the critical pre-teen and teen years that young people begin to learn the skills needed to create and foster positive relationships.

The basic text for Alcoholics Anonymous.

A Step-by-Step Guide to a Powerful Process for Healing Women with Addiction While there is a wealth of material available for the treatment of addiction, most of the information is based on research focused on men-not women. Helping Women Recover fills this void and offers a program specifically designed to meet the unique needs of women who are addicted to alcohol and other drugs. The Helping Women Recover program offers counselors, mental health professionals, and program administrators the tools they need to implement this healing process in group therapy settings or with individual clients. "A clear and comprehensive guide. Covington provides addiction professionals with a precise and detailed curriculum based on her knowledge, caring, and years of experience addressing the special needs of addicted women."—Monessa Overby, vice president, clinical services, Betty Ford Center "An excellent tool for integrating women's issues with relapse prevention therapy. Helping Women Recover is practical, easy to use, and helps guide clinicians to work on the deeper recovery issues with addicted women."—Terence T. Gorski, founder, clinical director, National Relapse Prevention Certification School "A well-written, thorough, eminently practical, and wise curriculum for all women-therapists and clients, teachers and students. She combines a deep understanding of female psychology with the realities of male-oriented culture to create a supportive model that emphasizes positive self-exploration and discovery. Covington provides a detailed teaching map-what to say, when, and why. Novice and experienced counselors can run with this outstanding plan. Underlying the text is the assurance that the author understands women, what safety means to them, how important it is as a base for healing, and how to achieve it."—Stephanie Brown, director, The Addictions Institute and author of Treating Alcoholism "A comprehensive, practical, and extraordinarily valuable guide for anyone involved in creating, implementing, or facilitating women's treatment programs."—Janet L. Surrey, founding scholar, Jean Baker Miller Training Institute, Stone Center, Wellesley College "Helping Women Recover is vital to our work with the chemically dependent female-and there is no one who understands gender-specific work better than Stephanie Covington!" —Claudia Black, author of It Will Never Happen to Me "Helping Women Recover is an exciting curriculum for women in which the facilitator is given clear and detailed instructions. To participate in these sessions would be a healing and revealing experience."—Anne Geller, associate professor of clinical medicine, Columbia University and past president, American Society of Addiction Medicine

A Clinician's Guide for Working with Women in Groups

Addiction and Art

Scientific and Technical Aerospace Reports

A Comprehensive Guide to the Process of Healing Addiction

Rational Recovery

State & Local Programs on Smoking and Health

A Program for Implementing a Christ-Centered Recovery Ministry in Your Church Alcoholism - Divorce - Sexual Abuse - Codependency - Domestic Violence - Drug Addiction - Sexual Addiction - Food Addiction - Gambling

Addiction and others. There is a way the church can help the hurting move beyond their wounds to experience the healing and forgiveness of Christ. Since 1991, more than 200,000 people have participated in the Celebrate Recovery programs offered at more than 3,500 churches, prisons, and rescue missions. Drawn from the Beatitudes, Celebrate Recovery helps people resolve painful problems in the context of the church as a whole.

Drawn from the Beatitudes, Celebrate Recovery helps people resolve painful problems in the context of the church as a whole. Rather than setting up an isolated recovery community, it helps participants and their churches come together and discover new levels of care, acceptance, trust, and grace.

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

A Clinician's Treatment Guide for Addiction Recovery Using Relapse Prevention Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing

State and Local Programs on Smoking and Health Recovery

A Mans Workbook

A Program for Treating Addiction, Facilitator's Guide

Celebrate Recovery Updated Leader's Guide

With millions of copies sold, these inspirational daily meditations speak to the common experiences, shared struggles, and unique strengths of women in recovery from all addictions. Discover why Each Day a New Beginning has become a classic for recovering women everywhere. Beloved author Karen Casey shares wisdom on spirituality, acceptance, self-esteem, relationships, perfectionism, the importance of connecting with other women, and many other topics essential for continued sobriety and personal growth. These daily meditations begin with quotations from exceptional and diverse women from around the world and end with actionable affirmations for the twenty-four hours ahead. In this perfect companion for AA, NA, and other Twelve Step programs, all recovering women will find messages that inspire them to live their best lives. Helping Men Recover is the first gender-responsive, trauma-informed treatment program for men. The materials, based on the widely used, evidence-based women's curriculum, Helping Women Recover, are grounded in research, theory,

and clinical practice. Included in this package are a facilitator's guide and a participant's workbook. These materials are an ideal resource for drug and alcohol counselors, mental health professionals, and program administrators for outpatient, residential, and community-based treatment centers. Helping Men Recover is presented in an eighteen-session format. The facilitator's guide offers a step-by-step manual that contains the theory, structure, and content needed to run effective groups. The participant's workbook is designed so that men can process, record, and refer back to their therapeutic experience. The program model is organized into four modules: self, relationships, sexuality, and spirituality. These are the four areas that recovering men have identified as triggers for relapse and as necessary for growth and healing. In addition, all the materials are designed to be user-friendly and self-instructive. Praise for Helping Men Recover "I have been inspired by reading your curriculum Helping Men Recover. Too often men are taught not to show emotion or share feelings. The way you present the material will help men from all walks of life find their way through the recovery process, while exploring their spirituality, emotions, and relationships with strength and courage. White Bison, the Wellbriety Movement, and I fully support this program. Thanks for your work in helping other men recover."—Don Coyhis, president, White Bison, Inc. "A superb work that fully understands and articulates the unique challenges faced by men in recovery from alcohol and drug abuse. Dr. Covington, a true pioneer in gender-responsive approaches, and her colleagues offer a powerful set of resources for this work. The model's emphases on trauma and on spirituality are especially welcome, giving this material a timely, strengths-based orientation."—Roger D. Fallot, PhD, Community Connections, Washington, DC Stephanie S. Covington, PhD, LCSW, is a clinician, author, and organizational consultant. She is a pioneer in the design and implementation of gender-responsive treatment services for women in public, private, and institutional settings. She is the author of Helping Women Recover. Dan Griffin, MA, has worked in a variety of areas in the mental health and addictions fields, including research, case management, public advocacy, teaching, and counseling, and in the drug court field in Minnesota and nationally for the past eight years. He is the recipient of the first Hazelden fellowship. Rick Dauer, LADC, is the clinical director at River Ridge Treatment Center in Burnsville, Minnesota. He is a professional in the field of chemical dependence and has extensive experience in residential, outpatient, and corrections-based treatment programs.

From leading developers of psychosocial treatments for people with severe mental illnesses, this manual presents a research-based program proven to help participants acquire and sustain meaningful employment. Thinking Skills for Work (TSW) integrates self-management strategies and computer-based cognitive training exercises to enhance clients' capacities in such key areas as attention, memory, planning, and organization. Individualized Action Plans offer targeted support for getting a job, performing optimally on the job, mastering specific tasks

and routines, and overcoming interpersonal challenges. In a convenient large-size format, the book includes rich case illustrations and extensive reproducible handouts. Purchasers get access to a companion website where they can download and print the handouts, as well as supplemental assessment forms and a Guide to TSW Computer-Based Training.

Love First

DARE To Be You

Alternatives to Nagging, Pleading, and Threatening

Safe Dates

Resources in Education

The Conscious Recovery Method

Since it was first published in 1999, Helping Women Recover has set the standard for best practice in the field of women's treatment. Helping Women Recover is based on Dr. Covington's Women's Integrated Treatment (WIT) model. It offers a program specifically designed to meet the unique needs of women in correctional settings who are addicted to alcohol and other drugs or have co-occurring disorders. This thoroughly revised and updated edition includes evidence-based and empirically tested therapeutic interventions that are used to treat substance abuse and trauma in an innovative way. The Helping Women Recover program offers counselors, mental health professionals, and program administrators the tools they need to implement a gender-responsive, trauma-informed treatment program within the criminal justice system.

Stunning and occasionally unsettling, this unique portfolio reveals addiction art as a powerful complement to addiction science.

The purpose of Conscious Recovery is to offer a spiritual perspective that can assist your clients in addressing the underlying root causes of their addictive behaviors. It is intended to enhance any program, therapy, or other support system in which they are currently engaged. Its aim is not to provide definitive answers, but to introduce questions that can assist your clients in accessing their own inner wisdom and rediscover their true nature. They are their own best teacher, and they hold the key to ending their own suffering. Conscious Recovery can assist them in deepening their understanding of addiction, provide them with a roadmap toward liberation, and offer tools to assist them in living their most dynamic and connected life. This curriculum is designed to be a companion to the book Conscious Recovery, and The Conscious Recovery Workbook, but can certainly stand on its own as a recovery tool. It's intended to assist you in helping your clients break the cycle of their addictive behavior and heal the root cause of their destructive patterns. You may notice certain concepts repeating throughout the curriculum. This is intentional. This repetition will allow these concepts and practices to be understood and integrated from different levels of awareness as you and your clients progress through the curriculum and shift the trajectory of their recovery and healing. We are so grateful you have chosen to take this journey with us. We hope you enjoy working with this material.

Cognitive Remediation for Successful Employment and Psychiatric Recovery

A Recovery Program Based on Eight Principles from the Beatitudes

The Adams Recovery Center Workbook

Peer Programs for People with Mental Illness

Combating Cult Mind Control: The #1 Best-selling Guide to Protection, Rescue,

***and Recovery from Destructive Cults
An Adolescent Dating Abuse Prevention Curriculum***