

Ideas and activities for group therapy for substance abuse

The purpose of substance abuse group therapy is to enable the individual to recover to resist drug or alcohol abuse by acquiring a new lifestyle to develop new life skills. New habits and motivation to remain drug or alcohol free are short-term goals for each substance abuse group therapy session.

Break the denial

To break denial, have each group member write a short story of how they began using drugs, including all the details prior to their remission or entry into the substance abuse group therapy process. No member should include their name in the written assignment. The therapist collects the stories and redistributes them so that no one receives their own story. Members read each story aloud, and all members silently raise their hands each time they hear a statement reading that appears to include denial of addiction or the seriousness of the consequences involved.

Using music

Inhibitions in group therapy can be reduced by allowing group members to express their feelings through sharing music. Assign each group member to bring and share at least a single CD that expresses an important aspect of their life or reveals something personal about which they would like to share with the group. Make each moment the members of the group also share the feeling they have experienced expressed in the music.

Throw it away completely

Have each group member write a list of behaviors related to drug or alcohol abuse, along with a list of negative consequences caused by the behaviors. After each behavior and consequence has been shared aloud with the group, place a trash can in the center of the circle and have each member crumple up the lists and physically throw them into the trash can at the front of the group. Each member of the group should verbally release the destructive behavior and consequences completely.

Drug Refusal Role Playing Skills

Select one member of the group to play the role of the drug refuser, while other members of the group play the roles of drug dealers, old friends, and family members trying to get the person to recover from drug use again. alcohol in

Substance Abuse Group Handouts

**California. Department of Alcohol and
Drug Programs. Prevention Services
Division**



Substance Abuse Group Handouts:

Group Therapy for Substance Use Disorders Linda Carter Sobell, Mark B. Sobell, 2011-01-01 This authoritative book presents a groundbreaking evidence based approach to conducting therapy groups for persons with substance use disorders. The approach integrates cognitive behavioral motivational interviewing and relapse prevention techniques while capitalizing on the power of group processes. Clinicians are provided with a detailed intervention framework and clear cut strategies for helping clients to set and meet their own treatment goals. More than two dozen ready to use reproducible assessment tools, handouts, homework exercises, and session outlines are supplied in a convenient large size format. This book will be invaluable to clinical psychologists, social workers, substance abuse counselors, and other clinicians who treat clients with addiction and substance use problems. It may also serve as a supplemental text in graduate level courses. *Integrated Group Therapy for Bipolar Disorder and Substance Abuse* Roger D. Weiss, Hilary S. Connery, 2011-06-23 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. *Women's Group Treatment for Substance Use Disorder* Elizabeth E. Epstein, Barbara S. McCrady, 2023 Problems with alcohol and drugs differ for women and men. In development, risk factors, negative consequences, metabolism, relapse triggers, and related issues. Left untreated, alcohol and other drug use disorders can have unwanted impacts on your functioning, health, and relationships. Based on scientific evidence accumulated over 25 years of research, this women specific cognitive behavioral program addresses the unique challenges and treatment needs of women with alcohol and/or drug use problems. Readers can use the handouts and worksheets in this workbook to follow the step by step program designed to help achieve and maintain abstinence, learn skills to prevent relapse, and help achieve improvements in quality of life, self care, coping skills, and wellness. Written to be used in a therapeutic setting and in conjunction with the companion therapist guide, the program includes easy instructions and materials to help you identify your drinking patterns and triggers, take control of your behavior, seek social network support, understand and experience the rewards of sobriety, and find positive alternatives to drinking and drug use. You also will learn useful techniques for managing strong negative emotions and negative thoughts. Overcoming alcohol or drug problems is an attainable goal with this effective and comprehensive program. *Group Activities for Families in Recovery* Joan Zimmerman, Jon L. Winek, 2012-12-11 *Group Activities for Families in Recovery* offers therapists a wealth of activities designed to help families struggling with addiction address problem areas of functioning and ultimately shift from dysfunctional patterns to healthy

living Written by expert practitioners in family oriented substance abuse treatment programs this text focuses on group therapy as a key component to treatment Beginning with a brief overview of the issues involved in working from a systemic family therapy perspective of addiction the text discusses practical guidelines for working with families in groups and how to best utilize the exercise in the book The collection of 30 group activities are suitable for a variety of family oriented substance abuse treatment groups They are divided into seven sections covering the key issues of 1 Family Structure 2 Family Identity 3 Sober Fun 4 Toward Health 5 Anger Management 6 Healthy Communication 7 Parenting The activities are varied and include topics presented through expressive arts drawing writing acting game playing problem solving enactments worksheets and roleplaying The activities can be used individually incorporated into another program or stand alone as a 16 week or longer program They can also be adapted for use in groups where children or present or for adult family groups

The Substance Abuse & Recovery Workbook John J. Liptak, Ester A. Leutenberg, 2008 This workbook written for therapists counselors psychologists teachers and group leaders contains self assessments exploratory activities reflective journaling exercises and educational handouts 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 their addiction examine personality traits that predispose them to various addictions measure co dependency characteristics understand relapse warning signs and 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

Resource Material Series, 2008 *Engage the Group, Engage the Brain* Kay Colbert, Roxanna Erickson-Klein, 2015-11-30 A comprehensive evidenced based collection of group activities for professionals in the field of addiction treatment Designed to creatively utilize the mind body connection these activities are engaging and fun linked with evidence based interventions and drawn on emerging brain research providing a window into reaching clients who may be resistant to traditional talk therapy This book uses a variety of approaches including multisensory art therapy novelty enrichment mindfulness therapeutic movement and brain resilience theory to help build both insight and skills Each activity includes a list of materials needed the objectives directions brief observations and reproducible handouts By doing tasks that stimulate a balanced variety of areas in the brain the pathway to recovery may be enhanced The authors present a model for healing from addiction that is designed for clients to take with them and use to support their ongoing recovery Kay Colbert LCSW works in private practice in Dallas Texas specializing in adult addiction mental health trauma pain management anxiety and women's issues Roxanna Erickson Klein PhD LPC works in private practice in Dallas Texas and serves on the Board of Directors of the Milton H Erickson Foundation

50 Substance Abuse Group Therapy Activities for Adults Dorothy Hattie Hunter, 2024-02-14 50 Substance Abuse Group Therapy Activities for Adults Packed with Real Life Scenarios

and Practical Exercises is an essential guide for clinicians therapists and group leaders dedicated to the field of addiction recovery This insightful book offers a comprehensive suite of activities designed to engage challenge and support adults grappling with substance use disorders Through a carefully curated selection of exercises this resource aims to facilitate meaningful change promote self reflection and foster a supportive community within the therapeutic group setting Each activity within the book is grounded in real life scenarios providing participants with relatable and tangible examples of the challenges faced during recovery These scenarios are designed to spark discussion enhance empathy and encourage the sharing of personal experiences thereby strengthening the bonds between group members and creating a safe space for healing The practical exercises range from interactive group tasks to individual reflections all aimed at addressing the key components of recovery including understanding addiction developing coping mechanisms building resilience improving communication skills and planning for a future free from substance use The activities are not only therapeutic but are also structured to be accessible and engaging ensuring that participants remain motivated and invested in their recovery journey 50 Substance Abuse Group Therapy Activities for Adults is divided into thematic sections each focusing on different aspects of recovery and personal growth This structure allows facilitators to tailor the program to the specific needs and dynamics of their group making the book a versatile tool for a wide range of therapeutic settings Beyond the activities this guide offers practical advice for facilitators on how to effectively lead groups manage dynamics and create an environment where all participants feel valued and understood It emphasizes the importance of empathy confidentiality and respect providing the foundation for a successful group therapy experience This book is not just a collection of activities it is a roadmap to recovery empowering therapists and clients alike with the tools needed to navigate the complex journey of overcoming substance abuse Whether you are looking to enrich your existing program or seeking fresh ideas to engage your group 50 Substance Abuse Group Therapy Activities for Adults Packed with Real Life Scenarios and Practical Exercises is an invaluable asset in the quest to support individuals on their path to recovery

Substance Abuse Education in Nursing: Curriculum modules
Madeline A. Naegle, 1991 Substance abuse is a crisis of international concern Substance Abuse Education in Nursing Volume II expands upon the content in Volume I and is particularly suited to the advanced baccalaureate level of education Volume II offers nurse educators as well as educators preparing physicians social workers teachers and counselors the most current information on the recognition and treatment of this tragic disease As a comprehensive resource educators will find this book indispensable when updating existing curricula developing learner objectives and assessing educational outcomes

P.S. I Love You Irene Clouse Newlon, 1998 This 12 session curriculum for adults needing basic parenting skills makes it easy for staff or volunteers to present an effective parenting skills program **Life Management Skills III** Kathy L. Korb-Khalsa, Stacey D. Azok, Estelle A. Leutenberg, 1994 50 Activity Based Handouts Topics Include Aging Body Image Communication Conflict Resolution Coping Skills Creative Expression Feedback Healthy Living Job Readiness Nurturance

Relapse Prevention Relationships Roles Self Awareness Self Empowerment Self Esteem Social Skills Stress Management Issues 5 Pages Mens Issues 5 Pages Womens Issues Save time and money by reducing your preparation time with high quality materials These reproducible books each cover a wide variety of topics Youll use these activity handouts as a primary focus for individual sessions and groups Reverse side has two suggested activities for each handout The engaging graphics and illustrations provide an important visual aid in one to one sessions or groups These high quality books with heavy paper stock will last and last Some topics are duplicated No handouts are the same *Worker/ownership Training Program* Faith Franck,1986 *Couples and Family Client Education Handout Planner* Laurie C. Grand,2003-04-11 Includes 62 elegantly designed client handouts that provide information in a clear user friendly format Ideal for use in waiting rooms at presentations or as newsletters to help you inform clients and market your practice Enclosed CD ROM contains all of the handouts that you can print out and distribute to your clients Help educate your couples and families on a variety of mental health topics The Couples and Family Client Education Handout Planner provides you with an array of ready to use handouts designed to educate your clients on a variety of issues and concerns related to their mental health and personal growth This easy to use sourcebook features 62 fact filled handouts on various psychological and emotional disorders and life skills techniques Listings of resources where clients can go for reliable in depth information Handouts that provide educational information on a wide variety of mental health issues affecting couples and families including addiction depression parent teen conflicts financial stress separation and divorce and many others A CD ROM that contains handouts in a PDF format allowing you to easily print out and distribute them to suit you your clients and your practice s unique style and needs

PADS, Prevention Activities Data System User's Guide California. Department of Alcohol and Drug Programs. Prevention Services Division,2001 **Exploring Professional Knowledge and Practices Collaboratively in Problem-based Discussions** Wen-Yu Lee,2004 **Christian Social Action** ,1994 **Resources in Education** ,1997

The Addiction Counselor's Documentation Sourcebook James R. Finley,Brenda S. Lenz,2005-05-13 All of the requisite forms addiction treatment professionals need a crucial time saver in today s healthcare system Treating addiction in today s healthcare environment means that mental health professionals must manage an imposing amount of paperwork Government and private grant funding insurance and benefits programs regulatory compliance and the need for data on treatment effectiveness evidence based treatment all require proper documentation If these forms are missing the results can range from bureaucratic headaches to problems serious enough to close a practice Now fully updated and revised The Addiction Counselor s Documentation Sourcebook The Complete Paperwork Resource for Treating Clients with Addictions Second Edition provides the most useful and current forms for accurate and comprehensive documentation and record keeping These ready to use forms will save you and your practice hours that would otherwise be spent creating and collating them freeing you to devote more energy to the important matters of treatment A companion CD ROM includes all documents

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Korb-Khalsa, Estelle A. Leutenberg, 1999

Exceptional Child Education Resources, 1992

Whispering the Techniques of Language: An Emotional Quest through **Substance Abuse Group Handouts**

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