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Autore	Finley James R. <1948->
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Nota di contenuto	Cover; Title Page; Copyright; Contents; PracticePlanners® Series Preface; Preface; Section 1: Adult-Child-of-an-Alcoholic (ACA) Traits; Exercise 1.A Addressing ACA Traits in Recovery; Exercise 1.B Understanding Family History; Section 2: Anger; Exercise 2.A Is My Anger Due to Feeling Threatened?; Exercise 2.B Is My Anger Due to Unmet Expectations?; Section 3: Antisocial Behavior; Exercise 3.A Benefits of Helping Others; Exercise 3.B Taking Inventory of Destructive Behaviors; Section 4: Anxiety; Exercise 4.A Anxiety Triggers and Warning Signs; Exercise 4.B Coping With Stress Section 5: Attention-Deficit/Hyperactivity Disorder (ADHD)-AdolescentExercise 5.A Developing a Recovery Program; Exercise 5.B Staying Attentive and Other Negotiating Skills; Section 6: Attention-Deficit/Hyperactivity Disorder (ADHD)-Adult; Exercise 6.A From Recklessness to Calculated Risks; Exercise 6.B Getting Organized; Exercise 6.C Self-Soothing: Calm Down, Slow Down; Section 7: Bipolar Disorder; Exercise 7.A Early Warning Signs of Mania/Hypomania; Exercise 7.B Mania, Addiction, and Recovery; Section 8: Borderline Traits; Exercise 8.A Forming Stable Relationships Exercise 8.B Seeing That We're All Just HumanSection 9: Childhood

Trauma; Exercise 9.A Corresponding With My Childhood Self; Exercise 9.B Setting and Maintaining Boundaries; Section 10: Chronic Pain; Exercise 10.A Coping With Addiction and Chronic Pain; Exercise 10.B Managing Pain Without Addictive Drugs; Section 11: Conduct Disorder/Delinquency; Exercise 11.A How Do You Do That?; Exercise 11.B Trading Places; Section 12: Dangerousness/Lethality; Exercise 12.A Anger as a Drug; Exercise 12.B Managing Risk; Section 13: Dependent Traits; Exercise 13.A Building My Support Network Exercise 13.B How Interdependent Am I?Section 14: Eating Disorders and Obesity; Exercise 14.A Creating a Preliminary Eating and Health Plan; Exercise 14.B Eating Patterns Self-Assessment; Section 15: Family Conflicts; Exercise 15.A Creating Positive Family Rituals; Exercise 15.B Identifying Conflict Themes; Section 16: Gambling; Exercise 16.A Consequences and Benefits; Exercise 16.B Understanding Nonchemical Addictions; Section 17: Grief/Loss Unresolved; Exercise 17.A Am I Having Difficulty Letting Go?; Exercise 17.B Moving on After Loss; Exercises for Grief and loss; My "Moving on" Plan Exercise 17.C What Would They Want for Me?Section 18: Impulsivity; Exercise 18.A Handling Crisis Without Impulsivity; Exercise 18.B Learning to Think Things Through; Section 19: Legal Problems; Exercise 19.A Handling Tough Situations in a Healthy Way; Exercise 19.B What's Addiction Got to Do With My Problems?; Section 20: Living Environment Deficiency; Exercise 20.A Assessing My Environment; Exercise 20.B What Would My Ideal Life Look Like?; Section 21: Medical Issues; Exercise 21.A Coping With Addiction and Other Medical Problems; Exercise 21.B Physical and Emotional Self-Care Section 22: Narcissistic Traits

Sommario/riassunto

"The Addiction Treatment Homework Planner provides an array of ready-to-use, between-session assignments designed to fit virtually every treatment setting and therapeutic mode including individual therapy, family therapy, and group counseling. This easy-to-use sourcebook features: 100 ready-to-copy exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions, such as anxiety, impulsivity, occupational problems, and childhood problems A quick-reference format - the interactive assignments are grouped by behavioral problems including alcoholism, nicotine dependence, and substance abuse, as well as those problems that do not involve psychoactive substances, such as problem gambling, eating disorders, and sexual addictions Offers special attention to the patient placement Criteria (PPC) developed by the American Society of Addiction Medicine (ASAM). A checklist included in the Appendix helps evaluate clients on each of the ASAM six assessment dimensions Expert guidance on how and when to make the most efficient use of the exercises A CD-ROM that contains all the exercises allows you to customize the exercises to suit you and your clients' unique styles and needs "--
