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Therapy; Therapist Self-Assessment in Conducting the WRG; Part II. Group Sessions; Session 1. The Effect of Drugs and Alcohol on Women's Health

Session 2. How to Manage Triggers and High-Risk Situations Session 3. Overcoming Obstacles to Recovery; Session 4. Managing Mood, Anxiety, and Eating Problems without Using Substances; Session 5. Women and Their Partners: The Effect on Recovery; Session 6. Coping with Stress; Session 7. Women as Caretakers: Can You Take Care of Yourself While You Are Taking Care of Others?; Session 8. Using Self-Help Groups to Help Yourself; Session 9. Women's Use of Substances through the Life Cycle; Session 10. Violence and Abuse: Getting Help; Session 11. The Issue of Disclosure: To Tell or Not to Tell? Session 12. Substance Use and Women's Reproductive Health Session 13. Can You Have Fun without Using Drugs or Alcohol?; Session 14. Achieving a Balance in Your Life; Appendix A. Reproducible Participant Materials; Appendix B. Reproducible Therapist Materials; References; Index

Sommario/riassunto

Filling a crucial need, this manual presents the Women's Recovery Group (WRG), an empirically supported treatment approach that emphasizes self-care and developing skills for relapse prevention and recovery. Grounded in cognitive-behavioral therapy, WRG is designed for a broad population of women with alcohol and drug use disorders, regardless of their specific substance of abuse, age, or co-occurring disorders. Step-by-step intervention guidelines are accompanied by ready-to-use clinical tools, including 80 reproducible participant handouts, session outlines, bulletin board materials, and more.
