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Autore	Greenfield Shelly F.
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Nota di contenuto	Cover; Half Title Page; Also by Shelly F. Greenfield; Title Page; Copyright; Dedication; About the Author; Preface; Acknowledgments; Contents; Part I. Introduction to the Women's Recovery Group; 1. Treating Women with Substance Use Disorders; How This Book Is Organized; Prevalence and Course of SUDs in Women; Outcomes of Treatment of SUDs in Women; A Rationale for Women-Only Treatment Groups; Overview of the WRG; The Distinction between the WRG and Other Group Approaches; Outcomes Research on the WRG; 2. Conducting the Women's Recovery Group; Therapist Characteristics and Style Key Elements of the WRG Patient Characteristics: Who Is Appropriate for the WRG?; Conducting the WRG in Open versus Closed Group Format; Choosing the Number of Group Sessions and Topics; Setting Up the Group Room and Checklist of Materials Needed Each Week; Conducting the Pre-Group Meeting; Conducting the Group Sessions; Tips for Managing Common Clinical Situations; Adapting the WRG to Individual 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.
