

# PASSAGES THROUGH RECOVERY

An Action Plan for Preventing Relapse



TERENCE T. GORSKI

# Passages Through Recovery An Action Plan For Preventing Relapse

**Katherine Ketcham, Nicholas A. Pace,  
M.D.**



## **Passages Through Recovery An Action Plan For Preventing Relapse:**

**Passages Through Recovery** Terence T Gorski, 2009-07-30 Passages through Recovery presents an action plan for preventing relapse one that can help us understand how recovery works and what is needed to move from active addiction to sobriety Abstinence from alcohol and other drugs is only the beginning of sobriety It s the ticket to get into the theater not the movie we are going to see Passages through Recovery One of the most important things we learn in recovery is that there really is a way out of all the misery if we know which way to go But abstinence from alcohol and other drugs is just the beginning of our journey not our destination And that journey can be a rough one if we don t know what lies ahead Based on the experiences of thousands of recovering men and women Passages through Recovery presents an action plan for preventing relapse one that can help us understand how recovery works and what is needed to move from active addiction to sobriety Gorski s pioneering work describes six stages of recovery from chemical dependency and offers sound advice for working through the challenges of each stage challenges that can create frustration and lead to relapse Passages through Recovery clearly demonstrates that sobriety is more than just healing the damage It s a way of thinking acting and relating to others Gorski writes that promotes continued physical psychological social and spiritual health The skills necessary for long term sobriety are all directed at finding meaning and purpose in life Use this book as a compass in your recovery to help you stay on course

*Girlfriend of Bill* Karen Nagy, 2014-04-01 If you are dating sheltering in place with or married to someone who s walking the way of 12 step recovery you may be mystified by the landscape and language of the recovery community and wondering how you fit in to your partner s plan Karen Nagy s book is for you This ground breaking guide provides twelve key points you need to know about dating a person in addiction recovery Gain a greater understanding of your companion s recovery program and personality traits while learning to identify red flags in order to build confidence for a successful relationship Being in a new relationship is hard enough but if the person you re dating is a recovering alcoholic or addict there may be more to consider than just mutual interests and attraction For Karen Nagy dating a recovering alcoholic felt in some ways like she was seeing someone from another planet with his own language culture and social behaviors With humor compassion and a great respect for what it takes to recover from an addiction this first of its kind field guide offers an inside scoop on what people do in all those Twelve Step meetings why they need a sponsor what is a sponsor and why phrases like Live and Let Live and Easy Does It keep creeping into your conversations Nagy offers twelve key points that you need to know about dating a person in recovery She also helps you identify the warning signs of developing your own codependent tendencies by playing into your partner s addictive thinking and behavior and what to do about it By gaining a greater understanding of your companion s recovery program you can help them stay sober learn how to deal with character flaws and also build your confidence in the potential for a healthy successful relationship [Learning the Language of Addiction Counseling](#) Geri Miller, 2014-09-08 FULLY REVISED COMPREHENSIVE AND PRACTICAL Learning the Language of

Addiction Counseling Fourth Edition introduces counselors social workers and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides an engaging balanced overview of the major theoretical foundations and clinical best practices in the field Fully updated the Fourth Edition offers a positive practice oriented counseling framework and features A research based clinical application approach to addiction counseling that practitioners can turn to for fundamental practical clinical guidelines Revised chapters that reflect important changes in research and practice including new DSM 5 criteria new assessment instruments and new and expanded treatments Case studies interactive exercises end of chapter questions and other resources that facilitate the integration of knowledge into practice Personal Reflections sections at the beginning of each chapter provide an invaluable unique perspective on the author's evolving views of addiction counseling Updated and expanded online Instructor's Manual that includes brief video clips PowerPoint slides test bank questions for each chapter and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional this comprehensive book covers all of the essentials

**Ready, Set, Go!** Sandra Rasmussen, 2015-02-10 This book is for people in recovery We ask and answer basic questions about addiction relapse and recovery We believe addiction is a primary chronic disease of brain reward motivation memory and related circuitry characterized by craving loss of control physical dependence and tolerance Genetics together with bio psycho social spiritual factors account for the likelihood a person will develop an addiction or related disorder Relapse happens a return to drinking using other addictive behavior or an increase in harm from addiction Yet recovery is an idea whose time has come Recovery is a different better way of life with purpose and meaning We suggest addiction management as a way recovering people can maintain change abstinence or harm reduction reduce risks for relapse prevent relapse develop a recovery lifestyle confront relapse when necessary and achieve well being Current research recognized theories and the lived experiences of hundreds of people in recovery ground and guide book content The book has three parts and fifteen chapters A person in recovery introduces each chapter We show how to develop implement and evaluate addiction management plans Each chapter ends with summary statements and addiction management applications References and a list of websites complete the book Family and friends of recovering people will find the material useful Addiction professionals can use the book to help clients realize recovery and prevent relapse Are you ready Get set Go

**The Addiction Treatment Planner** Robert R. Perkinson, 2005-11-07 The Addiction Treatment Planner Third Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies This Third Edition includes new language for evidence based care that fits mandates set forth by the American Society of Addiction Medicine ASAM which are being adopted by most state accrediting bodies New chapters cover chronic pain dangerousness lethality

opioid dependence and self care Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans Organized around 42 main presenting problems including chemical and nonchemical addictions such as substance abuse eating disorders schizoid traits and others Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM IV TR diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA

A Contemporary Approach to Substance Use Disorders and Addiction Counseling Ford Brooks, Bill McHenry, 2023-09-18 A unique offering of both knowledge and information this third edition reflects the latest practices and time tested data Brooks and McHenry offer relevant case examples that showcase the therapy process as it relates to clients with a substance use disorder and the impact on their families New approaches and techniques of medication assisted treatment with opiate addiction harm reduction the use of peer recovery specialists and drug courts and the importance of addressing trauma in the treatment process are thoroughly presented to ensure effective work with clients from intake through recovery With a look at the impact of the COVID 19 pandemic included mental health professionals will gain an empathic understanding of the nonlinear process of recovery A supplemental Instructor's Guide is available by request from ACA Requests for digital versions from ACA can be found on [www.wiley.com](http://www.wiley.com) To purchase print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to [publications@counseling.org](mailto:publications@counseling.org)

*The New Template for Recovery* Portman, 2010-08 The New Template for Recovery is for people who believe they have the ability to make important changes in their lives including quitting drinking It is designed for those who want to succeed at sobriety but want something different than or in addition to what standard treatment programs and AA have to offer If you want to pursue a forward going approach to recovery and to become excited rather than depressed about life without alcohol this book may be the place for you to find the motivation the knowledge and the pathway to succeed If you are drawn to the idea of an independent recovery from an alcohol use problem know that you are not alone and rest assured that millions of people gain lasting sobriety on their own Indeed an irrepressible body of research finds that many possibly most people in successful recovery manage to quit drinking on their own The New Template for Recovery provides a clear and practical self directed guide to sobriety and a better life by the use of a template for recovery that can be crafted and followed according to each person's needs Learn The level of alcohol use problem that you have How to safely manage alcohol withdrawal Why you are not to blame The pros and cons of AA and standard treatment programs The psychological and physical addiction processes and effects Discover The foreword going template model for recovery How to focus on the life areas of recovery that are important to you Powerful relapse prevention strategies The motivation to recreate your life your way T Christopher Portman Ph D earned his doctorate at the University of Oregon He has directed both outpatient and

inpatient treatment programs and has taught many addiction courses and seminars in the Pacific Northwest He presently lives in Bellingham Washington where his practice focuses on the treatment of addictions and related mental health and relationship problems

**Teens Under the Influence** Katherine Ketcham, Nicholas A. Pace, M.D., 2008-11-26 Across the United States in small towns and major cities in suburbs and slums in public and private schools thousands of kids are experimenting with drugs Many of them will become addicts some will die The first and only book to focus entirely on adolescent alcohol and other drug use Teens Under the Influence addresses the immediate dangers that threaten these kids exploring the short and long term effects of their addiction and giving parents solid sensitive practical advice to combat this growing epidemic Knowledge is the key to defeating drug addictions and that is what this comprehensive timely new book provides Full of candid true stories from adolescent drug users with facts based on the most recent scientific research Teens Under the Influence tells you exactly what you need to know to deal with your child s problem covering such important topics as The common myths and misconceptions about drug addiction The crucial differences between adult and adolescent dependency The reasons kids get hooked The stages of adolescent addiction The different kinds of drugs kids use and combine Various treatment options and how to choose the best treatment for your child Strategies for handling relapses Teens Under the Influence offers practical help that may save your child s life It may save the life of a friend And it may save your own

*Addiction Treatment* Sandra Rasmussen, 2000-06-21 American Journal of Nursing 2001 Book of the Year Award in Psychiatric Mental Health Nursing Building upon generic concepts and skills of caring and helping this book provides a foundation for addiction practice by health and social services professionals Chapters emphasize the knowledge considered essential in every area and each chapter identifies the skills required and suggests topics for further study

**Integrating Spirituality and Religion Into Counseling** Craig S. Cashwell, J. Scott Young, 2014-12-01 In this book experts in the field discuss how spiritual and religious issues can be successfully integrated into counseling in a manner that is respectful of client beliefs and practices Designed as an introductory text for counselors in training and clinicians it describes the knowledge base and skills necessary to effectively engage clients in an exploration of their spiritual and religious lives to further the therapeutic process Through an examination of the 2009 ASERVIC Competencies for Addressing Spiritual and Religious Issues in Counseling and the use of evidence based tools and techniques this book will guide you in providing services to clients presenting with these deeply sensitive and personal issues Numerous strategies for clinical application are offered throughout the book and new chapters on mindfulness ritual 12 step spirituality prayer and feminine spirituality enhance application to practice Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here <https://imis.counseling.org/store/detail.aspx?id=78161> Reproduction requests for material from books published by ACA should be directed to [publications@counseling.org](mailto:publications@counseling.org)

**The Selfish Brain** Robert Dupont, 2000-03-16 In a thoughtful and well reasoned book Robert L DuPont examines the biological basis of drug seeking

behaviour Why is it so easy for some people to become addicts And sadly why is it so hard for these people to shake their addictions Well reviewed in hardcover this title is written for professionals people in recovery and their families DuPont encourages addicts to address the many issues of denial that stand in the way of recovery     **Addiction Counseling** Alan Cavaiaola, Amanda L. Giordano, Nedeljko Golubovic, 2021-11-10 Equips the upcoming generation of addiction counselors with crucial knowledge to skillfully treat current and future addictions Grounded in leading edge evidence based research this hands on text applies a step by step approach to addictions counseling This book encompasses assessment diagnosis and treatment planning case management and relapse prevention with an incisive focus on process addictions and co occurring disorders The text covers all essential topics as outlined in the gold standard SAMSHA Counselor Training Manual Included are detailed guidelines on how to write succinct treatment plans and conduct effective client sessions case studies role playing exercises and clinical applications to assessment and diagnosis treatment planning and case management Counselor Perspectives interviews with experienced clinicians working with varied populations throughout the country offer the wisdom of those who have been there Critical topics unique to the book include the role of neuroscience in addiction treatment relapse prevention and advocacy In addition the text offers specific chapters on process addictions and co occurring disorders as well as a separate chapter on multicultural counseling covering gender racial ethnic sexual orientation age religion and disability issues It is also distinguished by an abundance of downloadable forms and documents including screening instruments treatment plan format templates treatment plan examples biopsychosocial assessment forms informed consent forms confidentiality forms case management forms and more Pedagogical elements to help learners process and apply concepts include key terms learning activities discussion questions recommended readings resources and chapter summaries Faculty aides include an instructor s manual with sample syllabi CACREP mapping tools test bank and PowerPoint slides This essential resource will be valued as a primary textbook for any course that focuses on addiction counseling and treatment Purchase includes digital access for use on most mobile devices or computers Key Features Describes a variety of etiological models and how they become a means of assessing biopsychosocial risk factors Delivers step by step guidelines on how to write concise treatment plans and for conducting effective treatment sessions Devotes a chapter to motivational interviewing to promote willingness to change Includes cutting edge research pertaining to neuroscience and its applications and evidence based treatment practices Provides separate chapter on multicultural counseling and substance use disorders among people of diverse races ethnicities genders class ages and spirituality Offers real world insights with Notes from the Field feature Facilitates practical application through role play exercises treatment technique and assessment case examples biopsychosocial assessment guidelines how to provide client feedback and more Includes multiple digital downloadable tools

*Gestalt Therapy for Addictive and Self-Medicating Behaviors* Philip Brownell, 2011-12-20 This volume describes the most current gestalt approaches to treating substance abuse and other self medicating behaviors by a leading practitioner and

scholar in the field It is based on the gestalt view of the self medicating dynamic as one of pattern repetition and difficulty overcoming rigid patterns of response to sensory experience and life s routine demands The book provides a practical model for helping clients with the gamut of self medicating behaviors substance and alcohol abuse overeating gambling overworking rage and others and describes a recovery program as a system created to change one s lifestyle over time through the development of disciplines that ultimately shape one s life The volume will also be helpful to therapists in other modalities as an alternative therapy when treating self medicating clients as well as a spiritual alternative to the 12 step approach Key Features Applies current gestalt therapy approaches to the spectrum of addictive behaviors Provides practical treatment models for self medicating behaviors Written by a prominent practitioner and scholar of gestalt therapy Offers a spiritual alternative to the 12 step approach to recovery *Dual Diagnosis* Katie Evans,J. Michael Sullivan,2012-01-20 Updated for today s health care climate the revised and expanded second edition of this popular volume offers a thorough introduction to clinical work with this difficult to treat population Providing a unique synthesis of chemical dependency and mental health models the book articulates a framework for assessment and treatment and describes a range of effective counseling and motivational strategies for adolescents and adults The second edition includes discussions of the latest developments in treatment sample treatment plans increased coverage of ways to incorporate 12 step concepts into mental health interventions and a new section on trauma based disorders in addicted female adolescents The practical utility of the volume is enhanced by clinical vignettes clearly presented tables and reproducible forms **Substance Use Disorders and Addictions** Keith Morgen,2024-09-18 Based on current research and theory Substance Use Disorders and Addictions Second Edition examines co occurring psychiatric disorders as the norm with substance use disorders and addictions With more than 25 years of experience in the field as a clinician a researcher a program developer and an instructor Keith Morgen encourages a holistic approach to working with individuals using three case examples throughout the text to encourage the sequential application of concepts to co occurring disorders The second edition includes coverage of the DSM 5 TR diagnostic criteria the 4th edition ASAM Placement Criteria and the 2024 CACREP and MPCAC Counseling Accreditation standards This second edition comes with over 300 new and recent scholarly sources Readers will benefit from this applied and cutting edge introduction to the field **The Addiction Counselor's Desk Reference** Robert Holman Coombs,William A. Howatt,2005-02-01 The Addiction Counselor s Desk Reference is a comprehensive compilation of information about the full spectrum of addictive disorders their consequences and treatment This unique text includes detailed definitions and practical illustrations of addiction related terminology addictive disorders and behaviors descriptions of treatment models and techniques as well as lists of relevant websites government resources and treatment centers Addiction professionals will find this information packed guide to be an invaluable practice tool The most up to date resource of its kind Contains detailed definitions practical illustrations relevant websites government resources and information about treatment centers Written

by a leading authority on addiction research prevention and treatment      **Recovery the Road Ahead** Ph D Nate Lowe, M. S. Boone, 2011-02-01 Recovery The Road Ahead was written for alcoholic addicts who struggle with addictions It is a step by step guide that supports individuals in early recovery The first year of Sobriety is the most crucial time for an individual who struggles with addictions This guide has proven results for those who used it      **Substance Use Disorders and Addictions** Keith Morgen, 2024-09-24 Experienced researcher and clinician Keith Morgen summarizes cutting edge research into an applied introduction in Substance Use Disorders and Addictions Second Edition Updated with the DSM 5 TR s diagnostic criteria Morgen provides a holistic approach to treating individuals with addiction and co occurring psychiatric disorder      **Family Interventions in Substance Abuse** Oliver Morgan, Cheryl Lizke, 2013-09-13 Leading clinicians discuss the latest evidence based approaches to working with families that have an addicted or substance abusing member Family Intervention in Substance Abuse Current Best Practices gathers together in one easy to read volume the most effective family based clinical approaches to work with families and the difficult issues of substance abuse The field s most respected and best known clinicians discuss the latest interventions that prove most effective and how to easily integrate them into clinical practice This unique text is ideal for clinical trainers and professors working with students in the addictions and family therapy fields Family Intervention in Substance Abuse Current Best Practices provides students practicing professionals and educators with a range of clinical strategies from engaging resistant substance abusers into treatment to therapy from a systemic viewpoint to relapse prevention This essential text comprehensively discusses nine of the most current and evidence based approaches to working with families that have an addicted or substance abusing member Each chapter contains basic theoretical descriptions case applications practical points for implementation reviews of the outcome studies and extensive bibliographies Topics discussed in Family Intervention in Substance Abuse Current Best Practices include Family systems interventions Motivational Interviewing stages of family recovery from addiction integration of clinical work with Twelve Step programs strategies for engaging reluctant alcohol and other drug abusers working with adolescent alcohol and other drug abusers behavioral couples work for alcoholism and drug abuse and more Family Intervention in Substance Abuse Current Best Practices is an invaluable resource for students counselors social workers addiction specialists marriage and family therapists psychologists psychiatrists and professors and trainers in the fields of addiction and family therapy      *Love First* Jeff Jay, Debra Jay, 2021-04-27 Love First provides clear steps for families friends and professionals to create a loving and effective intervention plan for helping those who have an addiction This revised and expanded twentieth anniversary edition adds new intervention techniques for alcohol and other drug addictions plus contemporary insights from the authors decades of front line work with those who are addicted and their families Also new are tools to help families undertake the treatment journey together and transition from intervention team to ongoing community of support for lifelong recovery

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