



Relapse Prevention Counseling: Clinical Strategies to Guide Addiction Recovery and Reduce Relapse

Dennis C. Daley Phd, Antoine Douaihy MD

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Written specifically for clinicians, this comprehensive book makes it easy for you to implement strategies proven to reduce relapse and help your client recover from substance use disorder (SUDs). Each chapter will lead you step-by-step through valuable resources for treatment such as:

Tools for individual, group and family sessions
Treatment models and therapies
Counseling strategies for co-occurring disorders
12 group exercises for SUDs
Tips for teaching clients to identify craving triggers to prevent relapse
Best practices for medication-assisted treatment
Emotion management techniques
Using motivation to make lifestyle changes
8 group exercises for co-occurring disorders



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