



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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