



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

*Dennis C. Daley Phd, Antoine Douaihy MD*

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

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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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Playing with family in the park, coming to see the coastal world or hanging out with friends is thing that usually you will have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Relapse Prevention Counseling: Clinical Strategies to Guide Addiction Recovery and Reduce Relapse, you can enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't understand it, oh come on its referred to as reading friends.

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