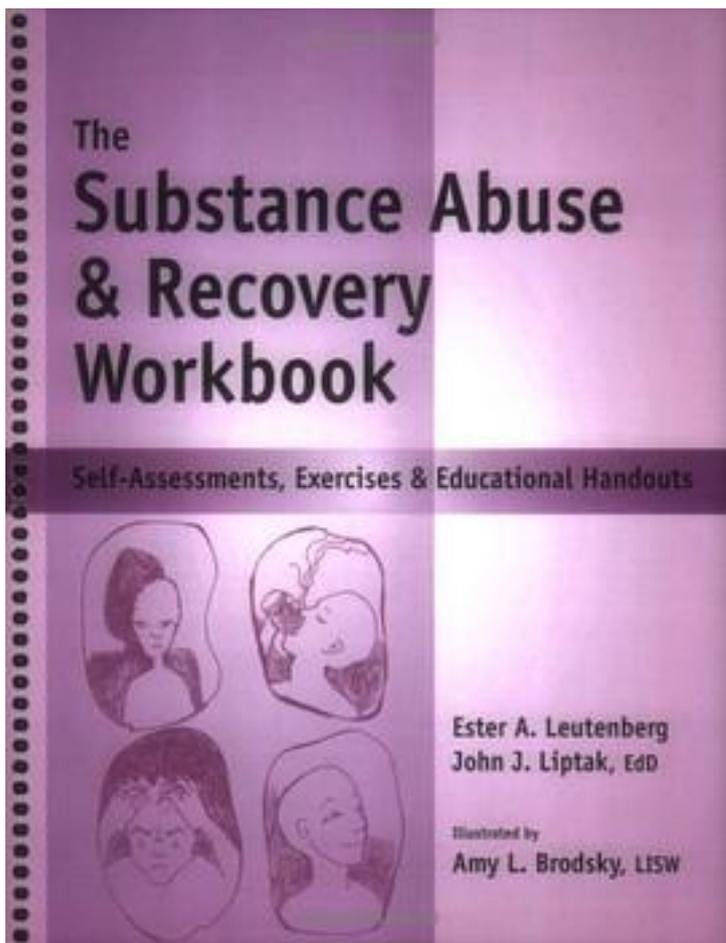


# Substance Abuse & Recovery Workbook (The)



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出版者:Whole Person Associates Inc

出版时间:2008-02-01

装帧:Spiral-bound

isbn:9781570252259

This workbook written for therapists, counselors, psychologists, teachers and group leaders contains self-assessments, exploratory activities, reflective journaling exercises and educational handouts to help participants discover their habitual and ineffective

methods of managing substance abuse, and to explore new ways for bringing about healing. The book contains five sections that help individuals: determine the level their addiction, examine personality traits that predispose them to various addictions, measure co-dependency characteristics, understand relapse warning signs, and identify excuses they may be using to continue their abuse of substances. Addictions come in many shapes and forms. the assessments and activities helpl participants deal with a wide variety of addictions including: drup and alchohol, caffeine, tobacco products, computers, gambling, and more.

作者介绍:

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