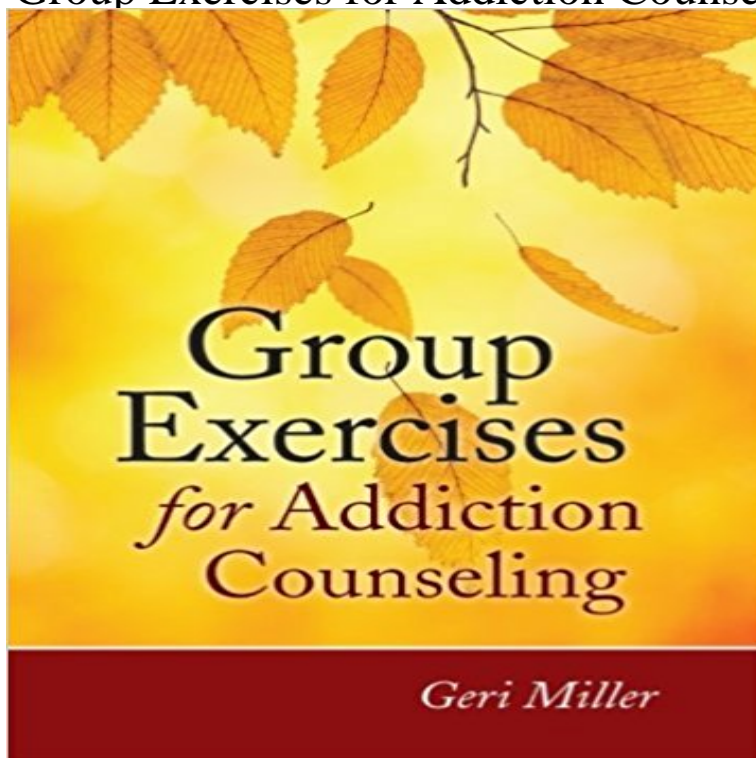


Group Exercises for Addiction Counseling



An indispensable collection of ready-to-use, proven exercises Providing immediately useful group counseling suggestions and tips for addictions counselors, *Group Exercises for Addiction Counseling* offers powerful techniques that can be adapted to any clinical practice. Written in the authors gentle yet purposeful voice, this reader-friendly resource is filled with guidance for developing an addictions counseling group; handling Stage 2 confrontations of the leader; and building group member awareness. In addition, the author helps counselors enhance client awareness of addiction-related stressors and how to cope with those stressors. *Group Exercises for Addiction Counseling* contains valuable information on: Addiction recovery Family, relationships, and culture Feelings exploration Group community building Recovery skills Values Opening and closing each group session Fostering care, respect, and honesty in the group counseling setting, the techniques found in *Group Exercises for Addiction Counseling* allow counselors to help their clients break out of dysfunctional interaction patterns and live better lives.

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