

Chemical Dependency Counselor Assistant Phase I Education Grid

Clinical supervision (CS) is emerging as the crucible in which counselors acquire knowledge and skills for the substance abuse (SA) treatment profession, providing a bridge between the classroom and the clinic. Supervision is necessary in the SA treatment field to improve client care, develop the professionalism of clinical personnel, and maintain ethical standards. Contents of this report: (1) CS and Prof. Develop. of the SA Counselor: Basic info. about CS in the SA treatment field; Presents the how to of CS.; (2) An Implementation Guide for Admin.; Will help admin. understand the benefits and rationale behind providing CS for their program's SA counselors. Provides tools for making the tasks assoc. with implementing a CS system easier. Illustrations.

Theory and Practice of Addiction Counseling by Pamela S. Lassiter and John R. Culbreth brings together contemporary theories of addiction and helps readers connect those theories to practice using a common multicultural case study. Theories covered include motivational interviewing, moral theory, developmental theory, cognitive behavioral theories, attachment theory, and sociological theory. Each chapter focuses on a single theory, describing its basic tenets, philosophical underpinnings, key concepts, and strengths and weaknesses. Each chapter also shows how practitioners using the theory would respond to a common case study, giving readers the opportunity to compare how the different theoretical approaches are applied to client situations. A final chapter discusses approaches to relapse prevention.

This book is a basic resource of knowledge about alcoholism and drug addiction. The authors cover the scientific and clinical aspects of chemical dependency in a balanced way with case vignettes to illustrate clinical issues. The book is suitable for a number of student needs. Students preparing for the Certified Alcoholism and Substance Abuse Counselor (CASAC) examination will find topics discussed that are drawn from the certification examination requirements. The text can stand as a main source for college-level courses in addictions or chemical dependency in the mental health programs, and can be used as a college or stand-alone introduction to chemical dependency and counseling. Psychologists, social workers, clergy, and other professional counselors who wish to supplement their knowledge about chemical dependency will find this text serves as a valuable reference. After an introduction to the general problems of substance abuse counseling, the authors delineate the different types of drugs and their effects, organize the relevant information used in the assessment and diagnosis of addictions, integrate knowledge of human development with causes of dependency and addiction, and explore the impact of addiction on health and the family. They then focus on the principles of chemical abuse counseling, including treatment planning, the different schools of counseling, how to understand and manage relapse, and special populations. They conclude with ethical considerations involved in treating chemical abusers. The authors believe that chemical dependency counseling is the only profession that treats substance abuse as a primary disorder and disease with its own causes, course, progression and complication. Chemical dependency counseling must deal with and absorb a complex and intriguing web of fact and theory drawn from sciences, medicine, and other fields. But the practical side of chemical dependency counseling remains an art and a science. This book offers a whole set of specific

techniques

The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition *Reflects significant developments in research and clinical practice. *Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. *Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. *41 of the 58 handouts are new or revised; all are now downloadable. See also Substance Abuse Treatment and the Stages of Change, Second Edition, by Gerard J. Connors et al., which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts.

This skill-building primer provides a framework for understanding substance abuse and teaches the basic concepts and skills necessary for effective counseling of clients with substance use disorders. In Part I, Dr. Yalisove discusses counselor roles and the fundamental principles of substance abuse counseling. He then provides a synopsis of several key substance abuse theories as well as his own Building Session Goals and Strategies method and the Eight Stage Process of Counseling approach, all of which are practical, compatible means for learning and mastering clinical counseling skills. Part II illustrates applications of the tenets of these approaches in clinical situations—from beginning counseling sessions through termination—using experiential exercises, role-plays, and clinical scenario examples. Chapters on group work, counseling clients with dual disorders, family counseling, and working with diverse client populations follow. A helpful chapter on creating client treatment plans and writing clinical reports rounds out the book. Dr. Yalisove's clear and concise writing style and his practical approach to developing critical thinking and counseling skills makes this an ideal supplemental text for addictions courses.--Amazon.com.

This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Perfect as the major resource in first courses in Substance Abuse Counseling and Drugs and Behavior or for general clinicians as an on-the-job resource. This guide is designed to increase the knowledge base of the reader/student about alcohol, tobacco, and other drugs (ATOD) and to help them more clearly understand the process of working with clients who are misusing or abusing these drugs—now updated to include the changing substance abuse problems in our nation and around the world. Recognized for its clarity, accessibility, and practical approach, this widely used text thoroughly examines substance abuse in the population, addressing ways to measure the problem and ways to treat individuals and families who seek assistance. The authors educate prospective and practicing clinicians and counselors by guiding them, step-by-step, through the process of working with substance-abuse clients. While the chapters generally build on each other as they take

readers through the theory and practice of substance abuse counseling, each chapter can be used as a stand-alone source of valuable information. Illustrative case studies with critical thinking questions.

The leading text on the biological and psychological relationship between mental illness and addiction, *Dual Disorders* contains important resources for individuals and their families. Depression. Schizophrenia. Post-traumatic stress disorder. Millions of individuals diagnosed with psychiatric or emotional disorders must battle an equally menacing and powerful disease--chemical dependency. First published in 1993, *Dual Disorders* is the leading text on the biological and psychological relationship between mental illness and addiction. The third edition of this Hazelden best-seller includes the latest research, information about medications, and an explanation of diagnostic criteria. Key features and benefits: outlines the relationship between chemical dependency and psychiatric disorders; contains important resources for chemically dependent individuals and their families; and presents practical relapse prevention strategies.

Provides useful info. on the role of substance abuse in domestic violence. Useful techniques for detecting and eliciting such info. are supplied, along with ways to modify treatment to ensure victims' safety and to stop the cycle of violence. Legal issues, including duty to warn and confidentiality are discussed. A blueprint is provided for a more integrated system of care that would enhance treatment for both problems, including suggestions for establishing linkages both between substance abuse treatment providers and domestic violence support workers and with legal, health care, criminal justice, and other agencies.

For those who may have alcoholics in their personal or professional lives, this book describes the indicators of alcoholism, many of which seem too subtle and innocuous to suggest addiction. Listing more than 80 alcoholic forms of behavior and clues, such as the supreme-being complex and mental confusion, this guide links physical signs and behavioral changes to the various stages, explaining the brain chemistry that impels the afflicted person to drink addictively and act destructively. A compelling case for awareness and identification of alcohol-related symptoms and an attempt to avoid tragic and unsatisfactory events and outcomes, this behavioral examination is supplemented with endnotes, a bibliography, and recommendations for courses of action. The research conducted for this book incorporated extensive interviews with medical professionals and hundreds of recovering alcoholics.

The Beaten Path brings information on addiction, treatment, recovery, relapse and relapse prevention that is tried, tested and considered most effective by the majority in the mainstream of this field. Complicated and difficult-to-understand principles of addiction, treatment, recovery and relapse are explained in a simple, practical and interesting way. *The Beaten Path* was written for anyone who is seeking to understand why addiction begins and what can be done about it. The author, Larry Maule Jr., is a member of The Certification Board of Addictions Professionals of Florida and has worked with men, women and adolescents as a professional addictions counselor since 1989. He organized and directed the development of Restoration Ministries of Tampa Bay Inc. in 2000. Larry has also been in personal recovery since 1984. Being on both sides of treatment has given Larry the practical knowledge and experience he shares in this book.

Accessible and unbiased, *Careers in Mental Health* introduces upper-level high school students and beginning undergraduates to the different aspects of various mental health professions. Contains essential career advice for anyone considering an advanced degree in one of the "helping" professions within mental health Covers clinical psychology, counseling psychology, social work, counseling, marriage and family therapy, substance abuse counseling, and school psychology Clarifies the distinctions between professions by discussing the history

and philosophy of each field, requirements for advanced education, licensing, available jobs, salary potential, and more Includes a section with practical information applicable to all the professions, such as characteristics for success, ethical issues, the importance of critical thinking, applying to graduate school, and current issues affecting the field of mental health

This report is based on a rethinking of the concept of motivation, which is redefined here as purposeful, intentional, & positive -- directed toward the person's best interests. This report shows how substance abuse treat. staff can influence change by developing a therapeutic relationship that respects & builds on the client's autonomy & makes the treat. clinician a partner in the change process. Describes motivational interventions that can be used at all stages of the change process, from pre-contemplation & preparation to action & maintenance, & informs readers of the research, results, tools, & assessment instruments related to enhancing motivation.

Drawing on more than 120 personal interviews with addicted physicians, dentists, nurses, pharmacists, attorneys, and airline pilots and those who treat them, Professor of Biobehavioral Sciences Robert Coombs gives us a startling picture of drug abuse among "pedestal professionals" unveiling a problem that affects nearly every family in America.

Step by step, detailed instructions how to be certified, get office space, marketing, billing, appearance, rapport, legal protection...All the details, big and small. A lucrative, fulfilling career without a degree and very little start-up money. Private counseling: It's about time.

"The perfect handbook for the clinical supervisor." —Nancy Waite-O'Brien, director, Education and Training, Betty Ford Center "An outstanding contribution to the professional well-being of the addiction field." —Thomas McGovern, editor, Addiction

Treatment Quarterly "Forever useful." —S. Beckett, education and training coordinator, National Association of Alcohol and Drug Abuse Counselors

Drawing from the author's vast experience as teacher, researcher, and practitioner, Lawrence Shulman's DYNAMICS AND SKILLS OF GROUP COUNSELING equips students in the helping professions with a solid introduction to methods for effective group counseling. Guided by theory, empirical research, years of teaching experience, his own group practice, and the wisdom of colleagues, Shulman's text brings concepts to life with vivid cases that include Record of Service reports and dialogue from actual groups. These illustrative examples connect theory to current practice and address the day-to-day realities of leading counseling groups. Extremely practical, the book presents students with a clear format on how to run a group built around four phases of work: the preliminary (preparatory) phase; the beginning (contracting) phase; the middle (work) phase; and the ending and transition phase. Recognizing the broad applications of these methods, the latter part of the text shows how these lessons can be applied to a wide range of settings. Reflecting the latest research and practices, DYNAMICS AND SKILLS OF GROUP COUNSELING delivers an insightful, authoritative, and comprehensive introduction to the field. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

For those who show heavier patterns of drinking, frequent binge drinking, regular nicotine intake, or early onset of substance use, interventions are required to prevent serious consequences of problem use and alter the path toward substance use disorder (SUD).² Such interventions include practices shown to delay substance use initiation in adolescents and reduce substance misuse and its associated consequences in young adulthood. Effective prevention practices address factors that place young adults at

increased risk for substance misuse-or protect them from substance misuse-and often focus on youth who may be more vulnerable due to their life circumstances, sexual orientation, and preexisting health conditions.

This manual presents the first empirically studied, integrative treatment approach developed specifically for co-occurring PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety--to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach "safe coping skills" that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, topics can be conducted in any order and in a range of different formats and settings. The volume is designed for maximum ease of use with a large-size format and helpful reproducible therapist sheets and handouts, which purchasers can also download and print at the companion Web page. See also the author's self-help guide *Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both*, an ideal client recommendation.

Motivational Interviewing and Stages of Change without CE Hours Test

The unpredictability and anxiety associated with the coronavirus pandemic can cloud and confuse everybody's thinking. Excuses, self-deception and addictive logic can harm your recovery and relationships. Don't let it. Author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individuals and offers hope to those seeking a healthy and rewarding recovery. Abnormal thinking in addiction was originally recognized by members of Alcoholics Anonymous, who coined the term "stinking thinking." Addictive thinking often appears rational superficially, hence addicts as well as their family members are easily seduced by the attendant--and erroneous--reasoning process it can foster. In *Addictive Thinking*, author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual. This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought. Ultimately, *Addictive Thinking* offers hope to those seeking a healthy and rewarding life recovery.

"Created to meet the unique needs of addiction professionals, this practical resource offers suggestions for effectively using activities in groups. It addresses common issues counselors frequently need to discuss with clients and provides an array of "tried and true" techniques and exercises designed to help clients develop interpersonal relationship skills and the individual awareness needed to make responsible choices. The accompanying CD-ROM contains all the exercises allowing therapists to customize them to fit their needs"--Provided by publisher.

Fundamentals of Addiction is an essential reference for counsellors and a comprehensive textbook for college and university level students in courses that address addictions. Written by more than 50 experts in addiction treatment and related fields, each chapter includes case examples, practice tips and print and online resources. This fourth edition of *Alcohol & Drug Problems* was renamed *Fundamentals of*

Addiction to include behavioural or "process" addictions. Extensively revised, updated and expanded, this new edition is a valuable guide to helping people overcome the harmful, sometimes devastating, effects of addiction. Written by more than 50 experts in addiction treatment and related fields, Fundamentals of Addiction is a comprehensive guide to helping people overcome the harmful, sometimes devastating, effects of addiction.

"The book has two primary goals. The first is to challenge and strengthen the reader's understanding of addiction by exploring how others in the field have come to know it. We hope that this will enable the reader to create a clear and logically consistent perspective on addiction. The second goal is to show the reader how theory and research are important to both the prevention and the treatment of substance abuse. This information should provide the reader with an array of strategies for addressing substance abuse problems and help make him or her an effective practitioner"--

Includes Practice Test Questions Addiction Counselor Exam Secrets helps you ace the Addiction Counseling Exam, without weeks and months of endless studying. Our comprehensive Addiction Counselor Exam Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. Addiction Counselor Exam Secrets includes: The 5 Secret Keys to Addiction Counselor Exam Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; A comprehensive Concepts review including: National Drug Control Strategy, Psychoanalytical Therapy, Professional Issues, Self-referral Process, Rational-Emotive-Behavioral Theory, Alcoholics Anonymous, Hallucinogens, Chemical Dependence, Addictive Behaviors, Stage Theory of Addiction model, Prescription Drugs, Alcohol, Psychoactive Chemicals, Benzodiazepines, Recovery/Relapse Grid, Professional Issues, Control Theory/Reality Theory, Gorski and Miller, Codependency, Ethical Decision Making, Domestic Violence, Sequential Treatment, Effects of Cocaine, Self-disclosure, Non-verbal Responses, Suicide Assessment, Effects of PCP, Axis I Disorders, Peter Bell, Counselor Practice, Person-Centered Therapy, Individual Therapy principles, and much more...

Based on a decade of research and theory, Substance Use Disorders and Addictions examines co-occurring psychiatric disorders as the norm with substance use disorders and addictions. With more than 20 years of experience in the field as a clinician, a researcher, a program developer, and an instructor, Keith Morgen encourages a holistic approach to working with individuals, using a single case example throughout the text to encourage the sequential application of concepts to co-occurring disorders. With DSM-5 diagnostic criteria, the 2014 ACA code of ethics, and 2016 CACREP standards integrated throughout, readers will benefit from this applied and cutting-edge introduction to the field.

The best-selling Chemical Dependency Counseling: A Practical Guide provides counselors and front-line mental health professionals with the information and skills they need to use evidence-based treatments, including motivational enhancement, cognitive behavioral therapy, skills training, medication, and 12-step facilitation. Guiding the counselor step by step through treatment, author Robert R. Perkinson presents state-of-the-art tools, forms, and tests necessary for client success while meeting the highest standards demanded by accrediting bodies. The Fifth

Edition of this landmark text has been updated to include coverage of current topics of concern for counselors, including full compliance with DSM-5, new coverage of steps 6 – 12 in 12-step facilitation, discussions on synthetic and designer drugs, new psychotherapeutic medications, new survey data on patterns of use and abuse, a list of online recovery support groups for clients, and a new section on Recommendations for a Successful First Year in Recovery.

Written as an introduction to the field of addiction counseling, this text covers the fundamental knowledge and skills necessary to counsel people who are struggling with addiction. Drs. Brooks and McHenry provide a straightforward and holistic approach to treatment and recovery, from the major theoretical underpinnings, to assessment and diagnosis, to relapse prevention and spirituality. With a focus on current clinical applications and how-tos, this book is ideal both for master's-level addictions courses and mental health clinicians. Topics covered are cultural and gender issues, including work with LGBT clients; drug classifications and referral; assessment, diagnosis, and interview techniques; the continuum from nonuse to addiction; work in college/university, school, and community/mental health agency settings; developmental approaches in treatment; the role of the family; grief and loss in addiction; group counseling; relapse and recovery; spirituality and support groups; addictions training, certification, and ethics; and the importance of counselor self-care. Exploration questions and suggested activities are presented in each chapter. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

This volume provides a comprehensive review of the essentials of the Therapeutic Community (TC) theory and its practical "whole person" approach to the treatment of substance abuse disorders and related problems. Part I outlines the perspective of the traditional views of the substance abuse disorder, the substance abuser, and the basic components of this approach. Part II explains the organizational structure of the TC, its work components, and the role of residents and staff. The chapters in Part III describe the essential activities of TC life that relate most directly to the recovery process and the goals of rehabilitation. The final part outlines how individuals change in the TC behaviorally, cognitively, and emotionally. This is an invaluable resource for all addictions professionals and students.

Careers in Mental Health Opportunities in Psychology, Counseling, and Social Work John Wiley & Sons

SUBSTANCE ABUSE COUNSELING, Fifth Edition, is at the cutting edge of the addiction field, combining a focus on the most current empirical studies with a firm belief that clients must be treated with a collaborative and respectful approach. These core values lay the basis for individualized treatment planning, attention to the client's social environment, a multicultural perspective, and a recognition that client advocacy is part of the counselor's role. Authors Lewis, Dana, and Blevins believe strongly that clients differ not only in the specific behaviors and consequences associated with their drug use but also in culture, gender, social environments, physical concerns, mental health, and a host of other variables. Using an integrated approach, the authors describe innovative methods for meeting clients' needs through personalized assessment, treatment planning, and behavior change strategies, showing students how to select the most effective treatment modalities for each client. Updated with new references, this edition features a stronger emphasis on motivational interviewing, expanded material on ethical considerations, coverage of cultural and diversity considerations in every chapter, and digital downloads of key forms that appear throughout the text. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Offers guidance on how to integrate evidence-based practices (EBP) for substance abuse treatment (SAT) into clinical practice. It suggests

