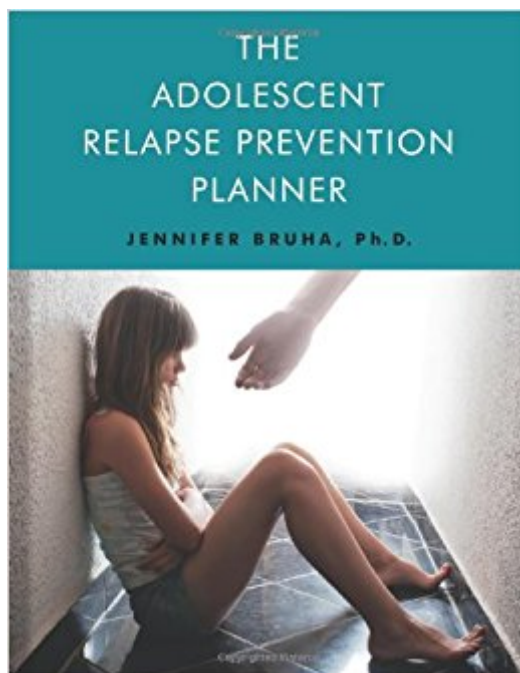


The book was found

The Adolescent Relapse Prevention Planner



Synopsis

*2013 International Book Awards Winner in Psychology/Mental Health

(<http://www.prweb.com/>) Substance abuse continues to be a problem in society, particularly among adolescents, who are exposed at younger ages to new and stronger drugs with higher addictive potential and greater availability. In response, award-winning teen addictions clinician and research expert Dr. Jennifer Bruha has created an insightful and innovative new workbook that helps counselors, parents and adolescents themselves deal with the challenges of teen addiction and craft a realistic plan for change. The Adolescent Relapse Prevention Planner contains a variety of educational information, discussion topics and exercises around substance abuse that can be used both for individuals and groups. The writing tone, as well as the structure of the exercises, are geared to the teen level; the entire process is designed to be intriguing, thought-provoking, psycho-educational and even fun – making treatment and the recovery process more personally empowering, manageable and more achievable. Bruha addresses recovery from addiction through the stages of change, from overcoming denial and acknowledging that they have a problem with substance abuse; learning more about drugs and exploring the short- and long-term consequences; examining ways to quit, and how to set up structures to prevent relapse; and maintaining a healthy lifestyle every day, then every week and every month. The Adolescent Relapse Prevention Planner offers several unique components not available in other recovery literature, including: Exercises and discussion topics at the end of each section that can be adapted for individuals or groups Drug education, including the short- and long-term health effects of stimulants, depressants and hallucinogens The Adolescent Relapse Prevention Examples and stories using real-life teen situations such as peer pressure, relationships, emotions, impulsiveness and honest communication Family and genetics issues in substance abuse and addiction, including a section on making a family tree to identify family system patterns in substance abuse, mental health problems and trauma Graphic of the cycle of addiction which clearly illustrates the need to step out of self-defeating behaviors and relationships Self-care, the key to creating real change; including discussions and exercises on mindfulness (a burgeoning topic in psychology and addiction research) "In this high-stress world, where temptations are everywhere. . . adolescents search for that quick fix to escape from reality," Bruha writes in the book's introduction. "Unfortunately for many, that desire for a quick fix leads to substance abuse and even addiction, which impacts puberty and adolescent development physically, psychologically and emotionally. This presents unique challenges in treatment and recovery. This workbook addresses the challenges adolescents face in their own recovery, regardless of where they fit in the stages of

change process.

Book Information

Paperback: 224 pages

Publisher: Turning Stone Press (August 6, 2012)

Language: English

ISBN-10: 1618520253

ISBN-13: 978-1618520258

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 4 customer reviews

Best Sellers Rank: #410,101 in Books (See Top 100 in Books) #28 in Books > Teens >

Personal Health > Drug & Alcohol Abuse #327 in Books > Health, Fitness & Dieting >

Addiction & Recovery > Drug Dependency #709 in Books > Teens > Social Issues

Customer Reviews

Jennifer Bruha, Ph.D. was born and raised in the San Francisco bay area, the eldest of two daughters to Donald and Janis Bruha. She attended the University of California, Los Angeles, where she earned a bachelor's degree in Psychology, followed by a master's degree in Counseling Psychology and a Certificate in Chemical Dependency Counseling from Notre Dame de Namur University. She earned a second master's degree and Doctorate (Ph.D.) in Clinical Psychology from the Institute of Transpersonal Psychology. Jennifer has been working as a clinician since 2003 at Our Common Ground, an adolescent residential treatment facility in Redwood City, California, and at the East Palo Alto adult treatment facility since 2009. She designed the Drug Education and Relapse Prevention curriculum at both facilities and continues to facilitate both groups. Her clinical and research interests include addiction, eating disorders, and trauma. In 2010, she was awarded the Alice Kahn Ladas Research Award for her research in mindfulness and eating disorders from the United States Association of Body Psychotherapy. The Adolescent Relapse Prevention Planner is her first book.

From the Introduction to The Adolescent Relapse Prevention Planner: Substance abuse continues to be a problem, particularly among adolescents, who are exposed at younger ages to new and stronger drugs with higher addictive potential and greater availability. Prescription drug use has exploded as prescriptions are more widely marketed to the public and are made available over the

internet. Illicit drug use, likewise, is on the rise. Marijuana and other “natural” drugs, whether legal or illegal, are still popular, as they are relatively cheap, compared to other drugs, and are more socially acceptable. Additionally, over-the-counter drugs such as cough and cold medications and cough syrups have become an inexpensive and easy way to get high. Consequently, this leaves more adolescents feeling unmotivated and unwilling to attend school, complete homework, and fulfill responsibilities, opening the gateway for drug experimentation, behavioral problems, and dropping out of school. In this high stress world, where temptations are everywhere, the economy is in crisis, crime and violence are on the rise, and families are increasingly defined by dysfunction and/or single-parent households, adolescents search for that quick fix to escape from reality. Unfortunately, for many, that desire for a quick fix leads to substance abuse and even addiction, which impacts puberty and adolescent development physically, psychologically, and emotionally. This presents unique challenges in treatment and recovery. Adolescent treatment programs and specialists are grossly underfunded and unavailable, leading to the importance of relapse prevention planning that takes into consideration the special circumstances of adolescence. This workbook addresses these challenges adolescents face in their recovery, regardless of where they fit in the stages of change process. This workbook is intended for use by professionals treating adolescents with substance abuse problems, by treatment programs, and even by adolescents themselves. This may be used as a curriculum or guide for groups that focus on problem identification, drug education, and relapse prevention, or as an adjunct to day treatment, outpatient, inpatient, and residential programs.

ALL THIS INFORMATION COMES IN HANDY FOR SOMEONE THAT IS STARTING IN THE SUBSTANCE ABUSE FIELD. BASICALLY ALL THIS INFORMATION CAN BE FOUND ON GOOGLE. BASIC INFORMATION.

What an excellent workbook! I found this very useful in my therapy groups.

Very useful and easy to use with a group or individual. Informative. The treatment team also liked the workbook. Thanks for making my job easier.

Our adolescent female clients enjoy the material and are learning and growing from the book. We highly recommend this book.

[Download to continue reading...](#)

The Adolescent Relapse Prevention Planner 2017-2018: 12 Month (August 2017 To July 2018 - Schedule Organizer and Journal Notebook - Academic Planner, Weekly Planner, Monthly Planner: 2017-2018 Planner (Volume 2) Staying Sober: A Guide for Relapse Prevention Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide Drug Abuse Relapse (Drug Abuse Prevention Library) Neinstein's Adolescent and Young Adult Health Care: A Practical Guide (Adolescent Health Care a Practical Guide) 2017-2018 Academic Planner: August 2017 To July 2018 - Academic Planner Weekly And Monthly: 2017-2018 Planner (Volume 5) My Weekly Planner - (Black Marble) Daily Planner / Appointment Book: (6x9) To Do Notebook, Weekly To-Do Lists, Weekly and Daily Planner, Durable Matte Cover 2017-2018: August 2017 To July 2018 - Wooden and Flower Cover - Weekly Planner, Monthly Calendar With Pocket - Academic Planner Journal Notebook: 2017-2018 Planner (Volume 7) 2017-2018 Academic Planner Weekly and Monthly: Calendar Schedule Organizer with Inspirational Quotes, Funny Days and Goals Planner with Blooming Floral Cover (2017-2018 calendar planner) (Volume 1) 2017-2018 Weekly Planner: August 2017 To July 2018 - Academic Planner Weekly And Monthly: 2017-2018 Planner (Volume 5) Handbook of Adolescent Behavioral Problems: Evidence-Based Approaches to Prevention and Treatment Adolescent Substance Abuse: Evidence-Based Approaches to Prevention and Treatment (Issues in Children's and Families' Lives) The Adolescent Psychotherapy Treatment Planner: Includes DSM-5 Updates 12 Stupid Things That Mess Up Recovery: Avoiding Relapse through Self-Awareness and Right Action Never Relapse Into Watching Porn Again: A Deep Inner Game Guide To Building Your Inner Strength and Reaching The 90-Days Porn Free Streak Passages Through Recovery: An Action Plan for Preventing Relapse Morbid Symptoms: Relapse in the Arab Uprising (Stanford Studies in Middle Eastern and Islamic Societies and Cultures) Stability, Retention, and Relapse in Orthodontics Crime Prevention through Housing Design: Policy and Practice (Crime Prevention and Security Management)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)