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Complete Living in Balance Collection, Core Program: Revised and Updated for DSM-5, Moving from a Life of Addiction to a Life of Recovery (Mixed media product)

By Jeffrey A. Hoffman, Mim J. Landry, Barry D. Caudill

Hazelden Information & Educational Services, United States, 2016. Mixed media product. Condition: New. Language: English. Brand new Book. Updated to meet DMS-5 classifications, this flexible program includes the Core Curriculum, the Recovery Management Sessions, and the Co-occurring Disorders Sessions. Living in Balance draws from cognitive-behavioural, experiential, and Twelve Step approaches. Sessions can be easily customised for specific client populations or treatment tracks. Sessions 1-12 comprise the core of the program and address basic issues commonly faced by clients in early recovery. Twenty-five supplemental sessions (Sessions 13-37) include in-depth, focused topics that are easily customisable for different client populations. Also available are ten Living in Balance with Co-occurring Disorders sessions (Sessions 38-47) that integrate a client's mental health disorder into their addiction treatment program and help to bring their life into balance. All client materials are reproducible and provided on a CD-ROM, allowing you to print and use only what you need. The CD-ROM contains clinical studies, session handouts and role plays. Also included with the Core Program is an audio CD of relaxation and visualisation exercises with soothing narration and music to help clients release tension, breathe deeply, and relax fully. This unique component has been completely revised and re-mastered...


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