



Mindfulness-Based Sobriety: A Clinician's Treatment Guide for Addiction Recovery Using Relapse Prevention Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing

By Nick Turner

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Mindfulness-Based Sobriety: A Clinician's Treatment Guide for Addiction Recovery Using Relapse Prevention Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing, Nick Turner, Too often, clients with substance abuse and addiction problems achieve sobriety only to relapse shortly after. As a clinician in the addiction treatment field, you are undoubtedly familiar with this common scenario, and it can be a source of extreme frustration. To make matters worse, clients may see their relapse as evidence of personal failure and inadequacy, and as a result, they may resist more treatment. What if you could break this cycle and help clients maintain their progress? Mindfulness-Based Sobriety presents a breakthrough, integrative approach to addiction recovery to help you treat clients recovering from substance abuse and addiction using mindfulness-based therapy, motivational interviewing, and relapse prevention therapy. Research has indicated that mindfulness-based therapy is highly effective in treating emotion dysregulation, stress, depression, and grief--all emotions that lie at the root of addiction. Motivational interviewing is helpful in treating addiction because it helps clients learn to change the behaviors that cause addiction. And

Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).

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