

GROUP CHECK-IN IDEAS

How are you feeling: physically, emotionally, and spiritually?

If you could be any animal, what would you be and why?

On a scale from 1 to 10, where are you at in your recovery and what does that number mean to you?

If your mood was a weather forecast, what would it be and why?

Tell about a healthy risk you've taken this week.

What brought you to treatment?

Describe yourself in three words.

What is something you want to change about yourself and what are two things you can do to accomplish this?

If you could go anywhere in the world, where would you go and why?

Describe your perfect world. (Who would be in it, what would you be doing, etc.)

Tell about a time you were happy.

Tell about a value that is important to you.

Tell about a problem you have right now.

Take a step outside of yourself and tell us what you see.

Where were you one year ago, where are you now, and where do you want to be a year from today?

Share one thing you would like to improve about yourself and discuss one way you can accomplish this.

Tell about a character defect you have and discuss two ways you can improve.

What is the scariest thing about being a part of this group?

How have you improved or changed since entering treatment?

Tell about a celebrity you admire and the reasons you admire them.

Tell about one thing you've learned and how you will apply it to your recovery program.

What is your favorite day of the week and why?

Fun Substance Abuse Group Activities

Tonia Caselman



Fun Substance Abuse Group Activities

Substance Abuse Group Activities Rosalie Bandello, 2023-11-30 Are you thinking of leading a group of people and are looking for the best activities Or do you currently lead a group and are struggling to have enough activities for the meeting If you want to help lead others with plenty of fun and engaging activities then look no further than this book Here are some of the things you ll learn in this book How to best manage group dynamics How to structure your meetings Warm up activities to get the group ready for what s to follow Longer form activities that can be used for the core part of your meeting Leading a group can be a challenging process especially without the right activities By reading this book you will be equipped with the proper tools to lead a group with helpful activities

Group Activities for Families in Recovery Joan Zimmerman, Jon L. Winek, 2012-12-11 Group Activities for Families in Recovery offers therapists a wealth of activities designed to help families struggling with addiction address problem areas of functioning and ultimately shift from dysfunctional patterns to healthy living Written by expert practitioners in family oriented substance abuse treatment programs this text focuses on group therapy as a key component to treatment Beginning with a brief overview of the issues involved in working from a systemic family therapy perspective of addiction the text discusses practical guidelines for working with families in groups and how to best utilize the exercise in the book The collection of 30 group activities are suitable for a variety of family oriented substance abuse treatment groups They are divided into seven sections covering the key issues of 1 Family Structure 2 Family Identity 3 Sober Fun 4 Toward Health 5 Anger Management 6 Healthy Communication 7 Parenting The activities are varied and include topics presented through expressive arts drawing writing acting game playing problem solving enactments worksheets and roleplaying The activities can be used individually incorporated into another program or stand alone as a 16 week or longer program They can also be adapted for use in groups where children or present or for adult family groups

Group Exercises for Addiction Counseling Geri Miller, 2016-05-31 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 author s 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

100 Interactive Activities Carol A. Butler, MS Ed Butler, 2001-01-01 This book includes 14 topics and 100 interactive activities with reproducible worksheets for mental health and substance abuse recovery programs

Engage the Group, Engage the Brain Kay Colbert, Roxanna Erickson-Klein, 2015-11-30 A comprehensive evidenced based collection of group activities for professionals in the field of addiction treatment Designed to creatively utilize the mind body connection these activities are engaging and fun linked with evidence based interventions and drawn on emerging brain research providing a window into reaching clients who may be resistant to traditional talk therapy This book uses a variety of approaches including multisensory art therapy novelty enrichment mindfulness therapeutic movement and brain resilience theory to help build both insight and skills Each activity includes a list of materials needed the objectives directions brief observations and reproducible handouts By doing tasks that stimulate a balanced variety of areas in the brain the pathway to recovery may be enhanced The authors present a model for healing from addiction that is designed for clients to take with them and use to support their ongoing recovery Kay Colbert LCSW works in private practice in Dallas Texas specializing in adult addiction mental health trauma pain management anxiety and women s issues Roxanna Erickson Klein PhD LPC works in private practice in Dallas Texas and serves on the Board of Directors of the Milton H Erickson Foundation

103 Group Activities and Treatment Ideas & Practical Strategies Judith A. Belmont, 2006 This book assists in breaking through treatment resistance and defensiveness Dozens of reproducible handouts experiential activities exercises self discovery tools and more are included

Group Treatment for Substance Abuse, Second Edition Mary Marden Velasquez, Cathy Crouch, Nanette Stokes Stephens, Carlo C. DiClemente, 2015-10-22 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

Substance Abuse Group Therapy Activities for Adults Catherine Johnson,,Shreya Maon ,Saveria McCullough,2023 Substance Abuse Group Therapy Activities for Adults Substance Abuse Group Therapy Activities for Adults A Complete Guide with 1000 Exercises and Examples for Effective Recovery and Healing is a comprehensive resource designed to help mental health professionals addiction counselors and group facilitators develop and implement effective group therapy programs for adults struggling with substance abuse This practical and engaging guide offers a wide range of activities exercises and examples that foster personal growth promote healing and support lasting recovery Drawing on the latest research and evidence based practices this book provides a solid foundation in the fundamental principles of group therapy for substance abuse treatment Topics covered include The benefits of group therapy for individuals coping with addiction Different types of group therapy models and their unique advantages Strategies for creating a safe supportive and inclusive group environment Techniques for facilitating open and honest communication among group members Approaches to addressing common challenges and barriers in group therapy With 800 carefully curated exercises and examples this comprehensive guide offers a wealth of activities to engage group members encourage self reflection and promote meaningful change The activities are organized into several thematic sections each addressing a key aspect of the recovery process Building Trust and Connection These activities focus on fostering a sense of belonging and support within the group helping members to build trust develop empathy and form strong connections with one another Self Awareness and Self Reflection This section includes exercises that encourage group members to explore their thoughts feelings and behaviors related to substance abuse gaining valuable insights into their personal experiences and patterns of use Coping Skills and Relapse Prevention These activities help group members develop essential skills for managing stress coping with cravings and preventing relapse empowering them to take control of their recovery journey Emotional Regulation and Mindfulness This section offers exercises that teach group members how to effectively manage difficult emotions cultivate self compassion and practice mindfulness promoting emotional well being and resilience Communication and Relationship Building These activities focus on enhancing interpersonal skills improving communication and fostering healthy relationships supporting group members in their efforts to rebuild connections with loved ones and establish new supportive networks Goal Setting and Personal Growth This section includes exercises that encourage group members to set realistic achievable goals for their recovery and personal growth helping them to stay motivated and committed to lasting change In addition to these thematic sections the book also features numerous real world examples and case studies that illustrate the transformative power of group therapy for individuals coping with substance abuse These inspiring stories offer valuable insights and lessons for mental health professionals addiction counselors and group facilitators seeking to develop effective evidence based programs for their clients The final section of the book examines the broader implications of substance abuse treatment exploring the role of community resources family involvement and ongoing support in promoting lasting recovery and healing Topics covered include The importance of aftercare and continued support for individuals in recovery Strategies for engaging family members and loved ones in the treatment process The role of peer support groups and community resources in sustaining recovery

Overcoming Your Alcohol or Drug Problem Dennis C. Daley, G. Alan Marlatt, 2006-06-15 A substance use problem exists when one experiences any type of difficulty related to using alcohol tobacco or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers The difficulty can be in any area of life medical or physical psychological family interpersonal social academic occupational legal financial or spiritual This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem Designed to be used in conjunction with therapy or counseling it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active The information presented is derived from a wealth of research studies and discusses the most effective recovery strategies from the examination of cognitive behavioral treatment TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER

Ten Great Therapy Groups Kristen Brown LCSW, 2020-05-05 Ten Great Therapy Groups is the best friend of any groups facilitator wanting to provide engaging and thoughtful group topics Inside the workbook there are over 20 hours of engaging group topics and materials at your disposal The best part is that the groups will only take 10-20 minutes to prepare for Ten Great Therapy Groups is evidence based and proven effective with several group populations The groups are fun and supportive Never again will you have to experience that dreadful feeling of being unprepared for group Ten Great Therapy Group is the accumulation of expertise in group facilitation and demonstrates how to run groups that engage your clients and provide them with useful tools for life and recovery Kristen Brown is a Licensed Clinical Social Worker with over ten years of experience providing group therapy to Substance Abuse and Mental Health populations She understands how difficult it can be to find engaging group material and as a result she has compiled ten of her best groups over the course of her career and put them in a workbook format to allow for easy group facilitation The workbook reads like a curriculum to allow for easy referencing and simple guidance on the group format There are innovative and engaging worksheets and activities throughout each group to promote genuine growth and learning from each topic Topics include applicable coping tools for maintained recovery improved communication techniques managing difficult emotions and providing self-compassion The group material promotes group cohesion and authentic processing of real life issues and experiences Inside the workbook you will also find instructions on how to purchase additional training videos for each group to give you total confidence in walking into your next group and delivering an engaging and introspective experience

TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019) U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change Counselors can support clients movement toward positive changes in their substance use by identifying and enhancing motivation that already exists Motivational approaches are based on the principles of person centered counseling Counselors use of empathy not authority and power is key to enhancing clients motivation to change Clients are experts in their own recovery from SUDs Counselors should engage them in collaborative partnerships Ambivalence about change is normal Resistance to change is an expression of ambivalence about change not a client trait or characteristic Confrontational approaches increase client resistance and discord in the counseling relationship Motivational approaches explore ambivalence in a nonjudgmental and compassionate way

The Outside-The-Box Recovery Workbook Kim Rosenthal, 2021-08 Drug and alcohol counselor creativity guru and humorist in one Dr Kim Rosenthal s Outside the Box Recovery Workbook is an innovative and friendly action plan for recovery The workbook takes the reader on a 130 page introductory journey into the world of sobriety where relapse prevention cognitive behavioral therapy motivational interviewing and the hard work of recovery meet entertainment and creativity That means art therapy positive psychology narrative therapy and creative writing as well as illustrations alter egos movies mazes word searches cartoons and a joke or two With this book as guide you ll learn more about Grieving the loss of addiction Taking on triggers and cravings Understanding change Dealing with mistakes What to do if you relapse Setting goals and pursuing dreams Getting to know the new you in recovery Whether you re a professional or someone new to recovery if you re looking for a clinical approach to addiction that s both demanding and paradoxically fun this book was written for you Welcome Take off your jacket and stick around a while Dr Rosenthal is a board certified psychiatrist with more than 20 years of experience helping people get past mental illness and addiction She s licensed in Maine Hawaii and North Carolina and has experience working in dozens of settings including detox units rehabs hospitals clinics forensics geriatrics and with our nation s veterans She founded the Outside the Box Recovery movement to help providers help clients beat addiction

150 More Group Therapy Activities & TIPS Judith Belmont, 2020-04-23 Bestselling author Judy Belmont has created another treasure chest of hands on and easy to use handouts activities worksheets mini lessons and quizzes that help clients develop effective life skills 150 More Group Therapy Activities TIPS the fourth in her Therapeutic Toolbox series provides a wealth of psycho educational ideas with Belmont s signature T I P s format Theory Implementation and Processing Ready to use tools include Interactive strategies for leading successful group experiences DBT CBT ACT and positive psychology inspired resources Communication skills building activities Coping skills using mindfulness and stress resiliency practices Self esteem and self compassion guides for changing thoughts Fun team building exercises and icebreakers Practical resources for adults adolescents children

The Substance Abuse & Recovery Workbook John J. Liptak, Ester A. Leutenberg, 2008 This workbook written for therapists counselors psychologists teachers and group leaders contains self assessments exploratory activities reflective journaling exercises and educational handouts to help participants discover their habitual and ineffective methods of managing substance abuse and to explore new ways for bringing about healing The book contains five sections that help individuals determine the level their addiction examine personality traits that predispose them to various addictions measure co dependency characteristics understand relapse warning signs and identify excuses they may be using to continue their abuse of substances Addictions come in many shapes and forms the assessments and activities help participants deal with a wide variety of addictions including drug and alcohol caffeine tobacco products computers gambling and more

The Sobriety Toolkit Benjamin Giona Woods , Willie Morris Steele, The Sobriety Toolkit offers a comprehensive collection of 500 group therapy activities designed for adult substance abuse recovery This invaluable resource provides addiction professionals with a diverse array of engaging evidence based exercises covering ten essential areas of recovery From self awareness to life skills development each activity includes clear objectives and instructions empowering facilitators to foster meaningful growth

Helping Children Affected by Parental Substance Abuse Tonia Caselman,2015-05-21 This practical resource provides a wealth of activities and photocopiable worksheets to use with children and young people affected by parental substance misuse Children living in substance abusing homes are at risk of many different negative outcomes such as behavioral problems low academic achievement depression and anxiety low self esteem as well as self blame for their parent s substance abuse The activities and worksheets in this book have been designed to assist counselors therapists and other professionals to facilitate group sessions for children of addicted parents Each chapter reviews a different issue related to children living in substance abusing homes and gives step by step instructions for leading a group session accompanied by the latest research and suggestions for discussions based on best practices Children will learn to reduce feelings of shame and isolation better understand the nature of addiction increase self care and create healthy interactions This is an essential resource for professionals working with children affected by parental substance misuse including counselors child psychologists therapists and youth workers

Integrated Treatment for Dual Disorders Kim T. Mueser,Douglas L. Noordsy,Robert E. Drake,Lindy Fox Smith,2015-05-18 This comprehensive clinical handbook provides virtually everything needed to plan deliver and evaluate effective treatment for persons with substance abuse problems and persistent mental illness From authors at the forefront of the dual disorders field the book is grounded in decades of influential research Presented are clear guidelines for developing integrated treatment programs performing state of the art assessments and implementing a wide range of individual group and family interventions Also addressed are residential and other housing services involuntary interventions vocational rehabilitation and psychopharmacology for dual disorders Throughout the emphasis is on workable ways to combine psychiatric and substance abuse services into a cohesive unitary system of care In a convenient large size format the volume includes reproducible assessment forms treatment planning materials and client handouts

50 Strategies for Substance Abuse Treatment Barry S. Brown,1997

Principles and Practice of Group Work in Addictions Robert Hill,Jennifer Harris,2011-04-20 How can the group setting be used to treat those with drug and alcohol problems Many professionals working across a variety of addictions settings find themselves working in groups and tackling complex issues however there is often very little initial training or on the job support to help them in this challenging task Principles and Practice of Group Work in Addictions has been written with the aim of addressing the key areas in working with drug and alcohol misuse while providing practical solutions to the more common problems that emerge in group work Drawing on the expertise of clinicians who work in the field of addictions this book offers readers practical advice for everyday practice Divided into three sections it covers core group work in addictions practical issues and solutions to common problems specific issues within the field of addictions Principles and Practice of Group Work in Addictions is illustrated throughout with practical case examples providing the reader with an insight into group work in this area The book will supply guidance for mental health professionals including clinicians psychologists nurses and medical staff who encounter group work in addictions for the first time as well as providing further knowledge and support to those who already work in the field

Treating Adolescents with Substance Use Disorders Oscar G. Bukstein, 2019-06-10 From a leading addiction specialist this highly practical book explores what works in treating adolescents Oscar G Bukstein answers the clinician's vital question What do I do now He describes best practices for enhancing youths motivation for change teaching a variety of recovery skills and implementing parent management training and parent adolescent problem solving The book covers ways to foster a prosocial peer network and to address mental health problems that co occur with substance use disorders SUDs Clinicians can combine the strategies into an integrated approach or pick and choose depending on the needs of individual clients Reproducible handouts and worksheets can be downloaded and printed in a convenient 8 1/2 x 11 size

Decoding **Fun Substance Abuse Group Activities**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Fun Substance Abuse Group Activities**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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