

# MAINTAINING CHANGE

*A Personal Relapse Prevention Manual*

Hilary Eldridge

# Maintaining Change A Personal Relapse Prevention Manual

**Marilyn Herie, W. J. Wayne  
Skinner, Centre for Addiction and  
Mental Health**



## **Maintaining Change A Personal Relapse Prevention Manual:**

*Maintaining Change* Hilary Eldridge, 1998 This user friendly step by step personal relapse prevention manual designed to be used in conjunction with the Therapist Guide for Maintaining Change also by Hilary Eldridge focuses on the notion of control and taking responsibility for one's actions rather than on cure. The programme requires participants to be active in the change process with the ultimate goal of being able to self manage. Purchasers of *Maintaining Change A Personal Relapse Prevention Manual* may photocopy individual exercises and handouts for use with their own clients or patients. Customers purchasing the two volume set *Therapist Guide for Maintaining Change* and **Maintaining Change**

**Maintaining Change** Hilary Eldridge, 1998 This set includes a text and workbook. Providing step by step guidelines for relapse prevention with adult male sex offenders who abuse children, the *Maintaining Change for Adult Male Perpetrators of Child Sexual Abuse* is based on Hilary Eldridge's experience of piloting this unique cognitive behavioral treatment approach in community based secure hospital and prison sex offender programs. The book is designed to be used in conjunction with the three phased program of its companion *A Personal Manual for Maintaining Change*. In *Maintaining Change for Adult Male Perpetrators of Child Sexual Abuse*, Eldridge presents the theoretical base for using relapse prevention including information on the relapse process and its implications for assessment of perpetrator patterns as well as interventions in those patterns and maintenance of change. The book provides the therapist or counselor with guidelines, suggestions and descriptions covering rationale for the exercises used in each phase, how to introduce the exercises, how to deal with client questions and resistance, different ways of explaining the material and sample therapist client dialogues. Well integrated into existing programs, this treatment package is ideal for all who work in a professional capacity with adult male sex offenders and provides a clear map for the excursion into uncharted territories of personal change. This is a professional book for client oriented self management or therapy to be supervised by social workers, mental health agencies, prison staff, hospital staff, probation officers, psychologists and other health care professionals. It also makes an excellent training resource or textbook for therapists, counselors, social workers, nurses and other mental health professionals.

*Maintaining Change* Hilary Eldridge, 1997-09-23 Clearly written *A Personal Manual for Maintaining Change* presents a cognitive behavioral approach to relapse prevention developed by Hilary Eldridge and pilot tested in community based secure hospital and prison sex offender programs. Step by step, the system focuses on the notion of control and taking responsibility for one's actions rather than a cure. It requires participants to become active in the change process toward the ultimate goal of being able to self manage. Manual sections address the thinking, feeling and behavior patterns of the perpetrator in relation to cycles of offending, cognitive distortions, cognitive and affective empathy, sexuality, social relationships and self. It is assumed that this program will be managed by a professionally qualified and experienced therapist who has good supervision support and the opportunity to evaluate client progress. *A Personal Manual for Maintaining Change* may be used to link individuals with group

work as well as prisons with community based programs It is well integrated with existing programs and user friendly for all who work in a professional capacity with adult male sex offenders This is a professional book for client oriented self management or therapy to be supervised by social workers mental health agencies prison staff hospital staff probation officers psychologists and other health care professionals It also makes an excellent training resource or textbook for therapists counselors social workers nurses and other mental health professionals Relapse Prevention, Second Edition G. Alan Marlatt, Dennis M. Donovan, 2005-05-20 This important work elucidates why relapse is so common for people recovering from addictive behavior problems and what can be done to keep treatment on track It provides an empirically supported framework for helping people with addictive behavior problems develop the skills to maintain their treatment goals even in high risk situations and deal effectively with setbacks that occur The expert contributors clearly identify the obstacles that arise in treating specific problem behaviors review the factors that may trigger relapse at different stages of recovery and present procedures for teaching effective cognitive and behavioral coping strategies **Sourcebook of Treatment Programs for Sexual Offenders** William Lamont Marshall, Yolanda M. Fernandez, Stephen M. Hudson, Tony Ward, 2013-11-22 A guide for the design and implementation of treatment programs the Sourcebook emphasizes clinical issues over research and offers valuable suggestions for dealing with problems that arise in treatment Contributors from around the world describe their work in prisons psychiatric institutions and community settings Special attention is given to culturally sensitive treatments and to special populations including professionals clergy juveniles women and the physically challenged Violent and Sexual Offenders Jane Ireland, Carol Ireland, Philip Birch, 2018-08-15 Building on the success of the first edition and the growth of research in the field over the past decade this book offers an authoritative overview of the assessment treatment and management of violent and sexual offenders This new and expanded edition reflects the considerable developments in research and empirical data and captures the increasing breadth of risk assessment approaches the wider range of empirically based therapies and the more creative means of considering management The second edition captures key developments in this area with new chapters drawing on a range of pressing contemporary issues such as female offenders Internet offenders terrorists young people involved in harmful sexual behaviour and protective factors for aggression There is also extended coverage of the management of offenders within secure settings and in the community referring to a wider variety of approaches and the incorporation of technology This book will be of considerable interest to academics practitioners and students engaged with understanding and or treating violence and aggression sex crime forensic psychology and the assessment treatment and management of offenders *Assessment and Treatment of Sex Offenders* Anthony R. Beech, Leam A. Craig, Kevin D. Browne, 2009-03-04 A comprehensive resource for practitioners working with sexual offenders Discusses assessments and interventions as well as providing a comprehensive literature review There are around 10 000 convictions or cautions for sexual offences in the UK each year early evidence

suggests that treatment programmes can halve re conviction rates Edited by a University of Birmingham team who are world leaders in researching this area the subject is of interest worldwide with strong markets in Canada and New Zealand Includes material on managing offenders with developmental disabilities and those with Dangerous and Severe Personality Disorder *Mindfulness-Based Sobriety* Nick Turner, Phil Welches, Sandra Conti, 2014-01-02 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 finally relapse prevention therapy teaches individuals with addiction to anticipate and cope with potential relapse This book combines all three of these highly effective treatments This powerful manual was developed by Gateway Foundation clinicians in order to better fulfill the mission of reducing substance abuse and co occurring mental health problems The book provides two curricula an outpatient treatment curriculum and a residential treatment curriculum Both are user friendly and can be implemented in an open group format which means that you can say goodbye to the days of tailoring one on one treatment to fit a group setting The integrative approach outlined in this book will help your clients conquer substance abuse by identifying their own values strengthening their motivation and tackling other mental health problems that may lie at the root of their addiction Furthermore the book s strong emphasis on relapse prevention means that you can help clients stay on the path to sobriety **Treating Youth Who Sexually Abuse** Stephen Lundrigan, 2014-01-14 A comprehensive program of treatment for adolescent sex offenders Covering every phase from assessment to relapse prevention this valuable book offers specific suggestions and backs them with the latest research as well as years of clinical experience Treating Youth Who Sexually Abuse An Integrated Multicomponent Approach is a training tool reference book and field manual for the use of therapists administrators and everyone involved with the assessment treatment and placement of sexually abusive youth Beginning with a broad view of the continuum of programs available and the structure of the service delivery system that provides treatment Treating Youth Who Sexually Abuse continues with specifics of program policy and design in both outpatient and inpatient settings From choice of client to aftercare the book covers the specifics of pretreatment various modalities of therapy inpatient and outpatient programs and relapse prevention programs The foundations of program structure and the specific components such as family therapy

group therapy milieu treatment are integrated to make a powerful flexible and above all effective treatment tool Treating Youth Who Sexually Abuse offers practical advice and help for therapists and administrators including ready to use treatment materials reproducible group curricula sample schedules for full day treatment and afterschool programs discussions of staff training and administrative concerns information on liability issues ideas for coordinating care with other treatment providers Treating Youth Who Sexually Abuse An Integrated Multicomponent Approach is an essential training tool for students a field manual for professionals and a reference book for everyone interested in sex offence specific treatment for youth With case studies diagnostic criteria helpful tables and diagrams listings of organizations in the field and Web addresses this volume deserves a permanent place on your professional bookshelf

*Mindfulness-Based Relapse Prevention for Addictive Behaviors* Sarah Bowen, Neha Chawla, Joel Grow, G. Alan Marlatt, 2021-01-13 This authoritative book now revised and expanded with important clinical and research advances presents a proven approach for helping people meet the day to day challenges of recovery from addiction and maximize their well being Mindfulness based relapse prevention MBRP integrates carefully tailored meditation practices with cognitive and behavioral skills building In a convenient large size format the book includes instructions for setting up and running MBRP groups session by session implementation guidelines sample scripts and 27 reproducible handouts and forms Purchasers can download and print the reproducible materials at the companion website which also features audio recordings of the guided practices A separate website for clients provides the audio files only New to This Edition Reflects clinical refinements the growing MBRP evidence base and advances in knowledge about both addictive behaviors and mindfulness Section on cutting edge topics culturally responsive adaptations alternative group formats and settings dual diagnosis groups behavioral addictions and uses of technology Reproducible appendices MBRP Fidelity Scale and quick reference guide to the intentions of each session Audio recordings now available online

**Comprehensive Mental Health Practice with Sex Offenders and Their Families** M. Carolyn Hilarski, John S Wodarski, 2014-01-14 A comprehensive look at the many types of male and female sex offenders who victimize children adolescents and adults Comprehensive Mental Health Practice with Sex Offenders and Their Families presents practitioners professionals and policymakers with effective user friendly practice methods for working with all types of sex offenders Each chapter provides an overview of a specific category of sex offender and presents case examples and sample treatment plans with short and long term goals and objectives This unique book also includes the latest assessment and intervention methods family and relapse prevention efforts and cultural issues that affect service delivery Comprehensive Mental Health Practice with Sex Offenders and Their Families examines the etiology prevalence and behavioral consequences of eight different sex offender typologies to provide you with a much broader focus than you ll find in other sex offender books currently on the market The book explores gender issues demographics offense characteristics family characteristics and assessment issues in dealing with both male and female sex offenders who use psychological and physical means to victimize children

adolescents and adults The end result is effective as a reference for health and mental health practitioners as a resource for program implementation and outcome evaluation for policymakers and researchers and as a classroom aid for the next generation of social workers and health and mental health providers Comprehensive Mental Health Practice with Sex Offenders and Their Families examines child sex offenders inappropriate developmentally precocious and aggressive sexual behavior among children adolescent sex offenders criminal sexual acts committed by juveniles adult male sex offenders the average male sexual molester will victimize hundreds of children in his lifetime women who sexually abuse children challenging the stereotypes about motherhood and female child relationships professional perpetrators clerics teachers tutors athletic coaches intellectually and developmentally challenged sex offenders sexually abusive acts committed by people with intellectual disabilities ID violent sex offenders physical and psychological injuries suffered during sexual violation comorbid psychopathology in child adolescent and adult sexual offenders anti social narcissistic and sadistic behaviors learning problems neuropsychological impairments and more Comprehensive Mental Health Practice with Sex Offenders and Their Families is an essential resource for anyone working with diverse groups of sex offenders Effective Brief Therapies Michel Hersen, Maryka Biaggio, 2000-07-06 This treatment guide is based on selected disorders taken from the American Psychiatric Association DSM IV Diagnostic Classifications The disorders selected are treatable or responsive to brief therapy methods The therapist or student in training can use this book to identify the elements needed for formulating a treatment plan on disorders typically encountered in clinical practice The approaches taken are based on cognitive behavioral principles and makes use of empirical findings However the case study format allows the reader to see how the assessment and treatment is implemented in a real life patient and not as a clinical abstraction distilled from research studies Moreover the treatment plan is outlined in a manner that makes reimbursement likely from managed care organizations and insurance companies Effective Brief Therapies is useful as a reference for therapists and as a training guide for graduate students Case Descriptions Treatment Conceptualization Assessment Techniques Treatment Implementation Techniques Concurrent Diagnoses and Treatment Complications and Treatment Implications Dealing with Managed Care and Accountability Outcome and Follow up Dealing with Recidivism Assessment and Intervention with Mothers and Partners Following Child Sexual Abuse Jenny Still, 2016-03-21 Assessment and Intervention with Mothers and Partners Following Child Sexual Abuse provides child protection professionals with the guidance they need to make the right decisions in cases of suspected or proven sexual abuse and ensure the best outcome for the child Assessments and interventions used for other forms of abuse such as physical abuse or neglect elicit a great deal of information but do not fully address the issues and needs in relation to child sexual abuse This book lays out a new model for understanding assessing and working with mothers of sexually abused children or partners of known or suspected sexual offenders a model which combines offender knowledge with understanding of mothers and partners It is structured around the following

central critical questions Did she know it was happening Is she able to protect the child What do I need to do to ensure that the child is safe Combining research and empirical evidence with case studies exercises and practical guidance this book is essential reading for child protection professionals working with children and families      **Offending Identities** Kirsty Hudson,2013-06-17 Based on in depth interviews with 32 convicted male sex offenders attending three different treatment programmes this text explores sex offenders perspectives on the way they are treated and managed      **Fundamentals of Addiction** Marilyn Herie,W. J. Wayne Skinner,Centre for Addiction and Mental Health,2013-09 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 Oxford Handbook of Cognitive and Behavioral Therapies* Christine M. Nezu,Arthur M. Nezu,2016 The Oxford Handbook of Cognitive and Behavioral Therapies provides a contemporary and comprehensive illustration of the wide range of evidence based psychotherapy tools available to both clinicians and researchers Chapters are written by the most prominent names in cognitive and behavioral theory assessment and treatment and they provide valuable insights concerning the theory development and future directions of cognitive and behavioral interventions Unlike other handbooks that provide a collection of intervention chapters but do not successfully tie these interventions together the editors have designed a volume that not only takes the reader through underlying theory and philosophies inherent to a cognitive and behavioral approach but also includes chapters regarding case formulation requisite professional cognitive and behavioral competencies and integration of multiculturalism into clinical practice The Oxford Handbook of Cognitive and Behavioral Therapies clarifies terms present in the literature regarding cognitive and behavioral interventions and reveals the rich variety similarities and differences among the large number of cognitive and behavioral interventions that can be applied individually or combined to improve the lives of patients

**Relapse Prevention Counseling** Dennis C. Daley,Antoine B. Douaihy,2015 Written specifically for clinicians this comprehensive book makes it easy for you to implement strategies proven to reduce relapse and help your client recover from substance use disorder SUDs Each chapter will lead you step by step through valuable resources for treatment such as Tools for individual group and family sessions Treatment models and therapies Counseling strategies for co occurring disorders 12 group exercises for SUDs Tips for teaching clients to identify craving triggers to prevent relapse Best practices for medication assisted treatment Emotion management techniques Using motivation to make lifestyle changes 8 group



exercises for co occurring disorders      Seeking Safety Lisa M. Najavits,2021-05-07 This manual presents the most widely adopted evidence based treatment for co occurring trauma and addiction For clients facing one or both of these issues the most urgent clinical need is to establish safety to reduce addictive behavior build healthy relationships manage symptoms such as dissociation and self harm and restore ideals that have been lost Seeking Safety focuses on coping skills in the present it can be implemented with individuals or groups by any provider as well as by peers It offers 25 topics such as Asking for Help Taking Good Care of Yourself Setting Boundaries in Relationships Healing from Anger Honesty and Coping with Triggers The model is highly flexible practical and engaging and can be conducted with any other treatment including the author s past focused model Creating Change The book has a large size format and features reproducible client handouts that can be photocopied or downloaded See also Creating Change A Past Focused Treatment for Trauma and Addiction and the self help guide Finding Your Best Self Revised Edition Recovery from Addiction Trauma or Both an ideal client recommendation      **Therapist's Guide to Substance Abuse Intervention** Sharon L. Johnson,2003-06-07 Author of AP s bestselling Therapist s Guide to Clinical Intervention now turns her attention to substance abuse intervention The book will follow a similar format to her previous book presenting information in easy to read outline form with relevant forms patient questionnaires checklists business documents etc Part I discusses the social impact of substance abuse and provides a general overview of the physiological and psychological characteristics of abuse DSM IV definition of abuse and classifications of the varying types of drugs Part II is the main section of the book and covers assessment different stages of abuse recovery and treatment choices Coverage includes the discussion of myriad self help choices e g AA group therapy brief therapy and more Discussion will also include making a determination of treatment as inpatient or outpatient and issues relevant to special populations teenagers geriatrics comorbidity patients etc Part III presents skill building resources Part IV covers prevention quality assurance and also includes a glossary Outlines treatment goals and objectives Outlines for assessing special circumstances Offers skill building resources to supplement treatment      **Home Truths About Child Sexual Abuse** Catherine Itzin,2005-06-28 Home Truths About Child Sexual Abuse brings together the findings of research and clinical work by leading figures in the UK and USA It makes visible the prevalence of sexual abuse and exploitation of children by normal ordinary heterosexual family men both within and outside the family Comprehensive and multidisciplinary in approach it covers the many different aspects of child sexual abuse including phenomenology definitions and terminology epidemiology explanatory frameworks concepts and theory the contribution of radical feminism constructs classifications and typologies policy treatments multi disciplinary and multi agency work medical advice gender issues criminal justice The book provides the evidence and knowledge base necessary to begin to achieve effective prevention It offers professionals researchers and policy makers an invaluable source of reference and an informed basis for action

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