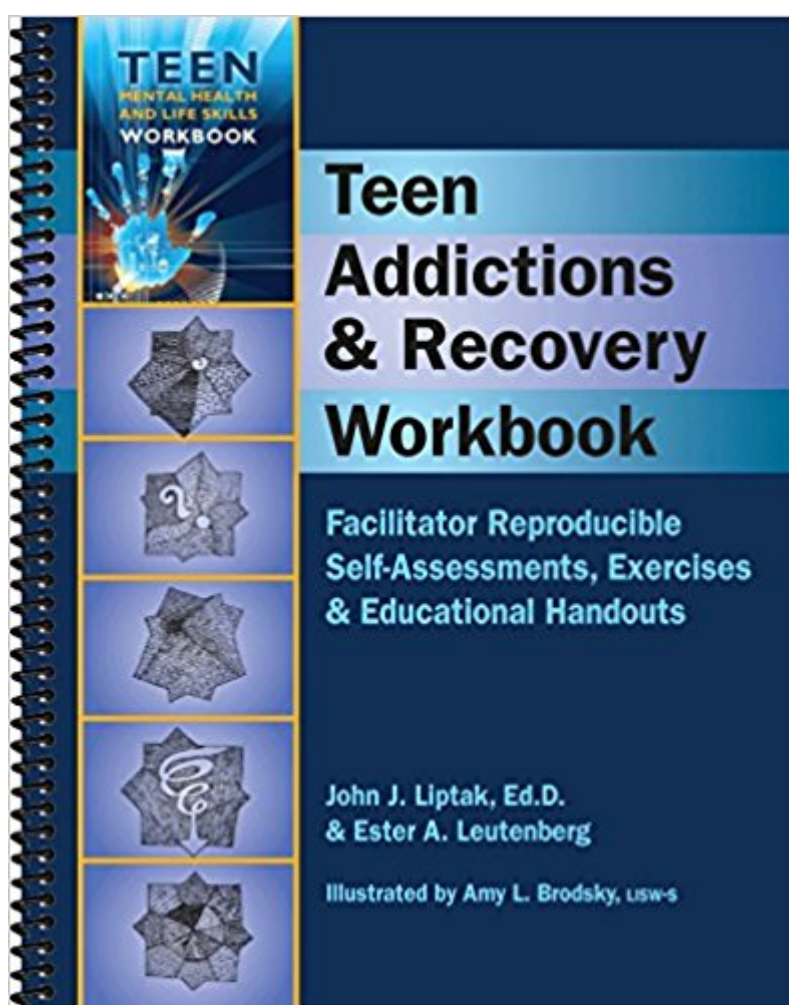


The book was found

Teen Addictions & Recovery Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts



Synopsis

Facilitator Reproducible Assessments, Exercises & Educational Handouts Teen addictions come in many different shapes and forms. When most people hear the word addiction, they usually think of drug use and abuse. In reality, many different types of addictive behaviors exist. Addictions have very different effects on the body and mind of the person. Different types of addictions include drugs and alcohol, caffeine, cigarettes, steroids, computer use and social networking, gambling, cigarettes and cigars, video games, texting, pornography, sex, sugar, money, shopping, self-injury, exercising, thrill-seeking and prescription drugs. Teens have these addictions for a variety of complicated reasons including: To fit in To be accepted To change an image To feel more social To get in with a specific clique of peers To feel excited when bored To distance themselves from family To provide distance from school problems To relax from pressures of everyday life To gain confidence and loosen inhibitions To boost self-esteem To feel less lonely To "numb" feelings To feel important To feel less depressed To feel less anxious To rebel To seem "cool" The Teen Addictions & Recovery Workbook contains six separate sections to help participants learn more about themselves as well how addictions are impacting their lives. Do I Overdo My Habits? Scale helps individuals explore those types of habits they tend to overdo and identify ways to overcome these negative habits. Am I Likely to be Addicted? Scale helps individuals examine if they have a constellation of personality traits that predispose them to various addictions. Am I Addicted? Scale helps individuals to determine the level of their addiction to substances, activities and/or thought and behaviors. Am I Relapsing? Scale helps individuals identify the changes in thinking, feeling and behavior that accompany relapse. Can I Stop? Scale helps individuals define a clearer picture of the excuses that they may be using to continue their addiction and guides them to ways they can stop. Change and Recovery Scale helps individuals explore the level of self-discipline and willpower they have in combating addictions. Use the exploratory activities, reflective journaling exercises and educational handouts to help teens discover their habitual and ineffective methods of managing addictions, and to explore new ways for bringing about healing.

Book Information

Spiral-bound: 122 pages

Publisher: Whole Person Associates, Inc; Csm Spi Wk edition (July 1, 2013)

Language: English

ISBN-10: 1570253005

ISBN-13: 978-1570253003

Product Dimensions: 8.6 x 0.5 x 10.9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #710,864 in Books (See Top 100 in Books) #131 in [Books > Medical Books](#) > [Medicine](#) > [Internal Medicine](#) > [Urology](#) #433 in [Books > Health, Fitness & Dieting](#) > [Psychology & Counseling](#) > [Adolescent Psychology](#) #13950 in [Books > Health, Fitness & Dieting](#) > [Mental Health](#)

Customer Reviews

Ester R.A. Leutenberg has worked in the mental health field for many years as a publisher, author, and advocate for those suffering from loss. She personally experienced a devastating loss when her son Mitchell, after struggling with a mental illness for eight years, died by suicide in 1986. Soon after, as a way of both healing and helping others, Ester co-founded Wellness Reproductions & Publishing with her daughter Kathy Khalsa and began developing therapeutic products that help facilitators help their clients. With Whole Person Associates, Ester has co-written several books and corresponding card decks including: *GriefWork ~ Healing from Loss*, *Breaking Up is Hard to Do*, *Creating a Healthy Balanced Life*, *The Complete Caregiver Support Guide*, *Life Skills to Help Teens Balance Way Too Much*, *Motivation*, and *Veterans - Surviving and Thriving after Trauma*, *Transitional Life Skills for Teens* series, and the *Optimal Well-Being for Senior Adults* series. Visit [WholePerson.com](#) for a complete list. Ester, a breast cancer survivor since 2003, counsels other survivors in overcoming body and loss issues. Ester is a board member of SOS (Survivors of Suicide) in Tucson AZ and vice-president of the Coyote Task Force in Tucson. (An agency to support individuals recovering from persistent, chronic mental illnesses and to help them regain their ability to move towards their recovery with a focus on reintegration into the community.) John J. Liptak, EdD has many years of experience in providing counseling services to individuals and groups in a variety of settings including job training programs, correctional institutions, colleges, and universities. In addition, John has years of teaching experience as an adjunct professor at Radford University. John frequently conducts workshops on assessment-related topics. He has written three books on career-related topics. His books have been featured in numerous newspapers including *The Washington Post*, and *The Pittsburgh Post-Gazette*. His work has also been featured on MSNBC, CNN Radio, and on the PAX/ION television series, *Success without a College Degree*. With Ester and Kathy, he has written three other comprehensive books for teachers and counselors to use with their students and clients: *The Self-Esteem Program*, *The Social Skills Program* and *The*

Stress Management Program: Inventories, Activities & Educational Handouts. Ester and John continue to co-write workbooks and corresponding card decks in each of these series that help facilitators help their teen and adult participants: Coping, Erasing the Stigma of Mental Health Issues through Awareness, Working With Families, Mental Health & Life Skills, Mind-Body Wellness, and Teen Mental Health & Life Skills, all published by Whole Person Associates. Visit WholePerson.com for a complete list.

Absolutely fantastic

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

Teen Addictions & Recovery Workbook - Facilitator Reproducible Self-Assessments, Exercises & Educational Handouts
The Domestic Violence Survival Workbook - Self-Assessments, Exercises & Educational Handouts
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training)
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4)
Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction)
Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
3-Minute Reading Assessments: Word Recognition, Fluency, and Comprehension: Grades 1-4 (Three-minute Reading Assessments)
Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls
Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys
Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet)
Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength)
Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3)
Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)
Recovery: Freedom from Our Addictions 7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love
The Quick-Reference Guide to Addictions and Recovery Counseling: 40

Topics, Spiritual Insights, and Easy-to-Use Action Steps Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) ADHD Non-Medication Treatments and Skills for Children and Teens: A Workbook for Clinicians and Parents with 162 Tools, Techniques, Activities & Handouts How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)