



Adolescent Substance Abuse Intervention Workbook: Taking a First Step (5 Pack)

By Dr Steven L Jaffe M.D.

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This workbook is an initial approach for helping teenagers become aware, both cognitively and emotionally, of the negative consequences of their drug and/or alcohol use. It is hoped that by seeing for themselves how not using can make their life better, teenagers will become motivated toward beginning treatment. This is a package of 5.

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Editorial Review

Review

"Dr. Jaffe has contributed significantly to the treatment of substance abusing adolescents with this comprehensive, yet simple and straightforward, self-evaluation workbook. He has artfully created an effective treatment and evaluation tool by seriously considering adolescent development, diagnosis, a developmental model of recovery and change, twelve-step program principles, cognitive behavioral therapy, and psychodynamic theory. This practical workbook and accompanying staff manual are a welcome addition to the field in this era of evidence-based treatment and managed care restrictions on the length of stay."--
"Peter Cohen M.D., Behavioral Health Services, Washington County Health System"

From the Inside Flap

This workbook is intended for teenagers who use drugs and alcohol but for whom the amounts, frequency, and negative consequences are unrecognized. This workbook is an initial approach for helping teenagers become aware, both cognitively and emotionally, of the negative consequences of their drug and/or alcohol use. It is hoped that by seeing for themselves how not using can make their life better, teenagers will become motivated toward beginning treatment.

This intervention workbook corresponds to the First Step of a 12-Step Program. It helps teenagers move from precontemplation to contemplation to determination according to the stages of change framework. The workbook should be used as part of a therapeutic relationship or program, with sensitivity to issues of confidentiality. Background about the workbook and suggestions for its use are provided in the accompanying Staff Manual. This is a package of 5.

About the Author

Steven L. Jaffe, M.D., received his psychiatry training at Harvard University and the Massachusetts Mental Health Center, and his child psychiatry training at Emory University. He has been Editor of the Newsletter of the American Academy of Child and Adolescent Psychiatry and President of the Georgia Council for Child and Adolescent Psychiatry. Dr. Jaffe is currently the Director of Adolescent Programs, Psychiatric and Chemical Dependency, at CPC-Parkwood Hospital and Associate Professor of Child and Adolescent Psychiatry at Emory University in Atlanta, Georgia.

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