



# Integrating the 12 Steps into Addiction Therapy: A Resource Collection and Guide for Promoting Recovery

*James R. Finley*

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## **Integrating the 12 Steps into Addiction Therapy: A Resource Collection and Guide for Promoting Recovery** James R. Finley

All the resources needed to fully integrate a 12-step approach as part of your overall treatment program

Millions of Americans have at some time in their lives participated in a 12-step program for treatment of a chemical or non-chemical addiction. Clinicians recognize that these grass-roots efforts have a very high cure rate. However, little has been written on how to integrate these programs into a traditional therapy setting.

Integrating the 12 Steps into Addiction Therapy serves as an indispensable resource for clinicians treating addiction patients who are simultaneously enrolled in 12-step programs. This valuable text:

- \* Contains eight lesson plans and twenty-seven assignments
- \* Integrates in-depth discussion of 12-step programs with hands-on resources like homework assignments, treatment plan examples, and patient handouts
- \* Will also benefit 12-step program peer counselors
- \* Includes companion CD-ROM with fully customizable homework assignments, lesson plans, and presentations

Treating addictions-whether chemical or non-chemical-can be one of the most difficult challenges faced by mental health professionals. For many people, 12-step programs have played a critical role in helping them to manage their addictive behaviors. Integrating the 12 Steps into Addiction Therapy gives psychologists, therapists, counselors, social workers, and clinicians the tools and resources they need to fully utilize these peer therapy program techniques in treating a wide variety of addictions.

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