



Group Exercises for Addiction Counseling

Geri Miller

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Group Exercises for Addiction Counseling Geri Miller **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.

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