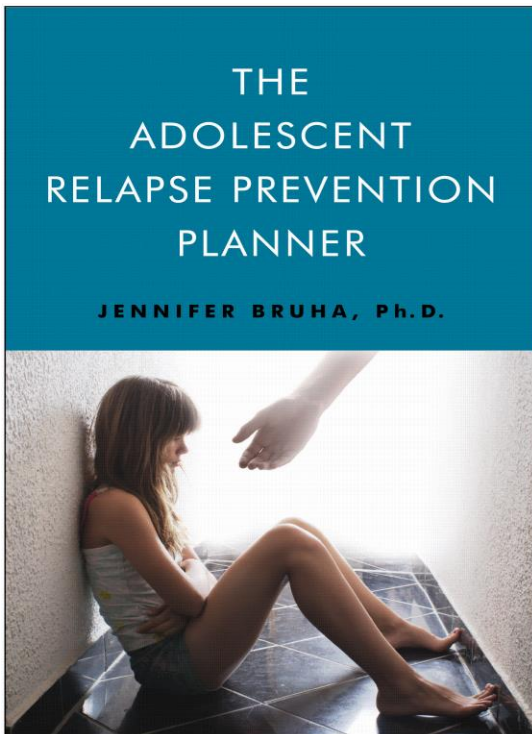


# LASTING CHANGE FOR TEENS STRUGGLING WITH ADDICTIONS

**A Workbook on Relapse Prevention Educates and Empowers Adolescents, Parents and Counselors**



Substance abuse continues to be a problem in society, particularly among adolescents, who are exposed at younger ages to new and stronger drugs with higher addictive potential and greater availability. In response, award-winning teen addictions clinician Dr. Jennifer Bruha (PSY29015) has created an insightful and innovative workbook that helps counselors, parents and adolescents themselves deal with the challenges of teen addiction and craft a realistic plan for change.

[The Adolescent Relapse Prevention Planner](#) contains a variety of educational information, discussion topics and exercises around substance abuse that can be used both for individuals and groups. The writing tone, as well as the structure of the exercises, are geared to the teen level; the entire process is designed to be intriguing, thought-provoking, psycho-educational and even fun – making treatment and the recovery process more personally empowering, manageable, and more achievable.

Dr. Bruha addresses recovery from addiction through the stages of change, from overcoming denial and acknowledging that they have a problem of substance abuse; learning more about drugs and exploring the short- and long-term consequences; examining ways to quit, and how to set up

structures to prevent relapse; and maintaining a healthy lifestyle every day, then every week and every month.

[The Adolescent Relapse Prevention Planner](#) offers unique components not available in other recovery literature, including:

- [Exercises and discussion topics](#) at the end of each section that can be adapted for individuals or groups
- [Drug education](#), including the short- and long-term health effects of stimulants, depressants and hallucinogens
- [Examples and stories using real-life teen situations](#) such as peer pressure, relationships, emotions, impulsiveness and honest communication
- [Family and genetics issues](#) in substance abuse and addiction, including a section on making a family tree to identify family system patterns in substance abuse, mental health problems and trauma
- [Self-care](#), the key to creating real change; including discussions and exercises on mindfulness (a burgeoning topic in psychology and addiction research)

“In this high-stress world, where temptations are everywhere...adolescents search for that quick fix to escape from reality,” Dr. Bruha writes in the book’s introduction. “Unfortunately for many, that desire for a quick fix leads to substance abuse and even addiction, which impacts puberty and adolescent development physically, psychologically and emotionally. This presents unique challenges in treatment and recovery. This workbook addresses the challenges adolescents face in their own recovery, regardless of where they fit in the stages of change process.”

## [The Adolescent Relapse Prevention Planner](#)

By Jennifer Bruha, PhD (PSY29015)

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## [The Adolescent Relapse Prevention Planner](#)

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