

RELAPSE PREVENTION GROUP

Patients with a relapse history who have progressed adequately in primary treatment are eligible to participate in a psycho-educational group offered one afternoon a week.

The group will include:

- Education on the Developmental Model of Recovery and the Relapse Process
- Warning Sign Identification and Analysis
- Relapse Intervention Contract
- Thought Management
- Feeling Management
- Behavior and Situation Mapping
- Recovery Planning for Continuing Care Contract

This group will meet one afternoon a week from 4:00 - 5:00 p.m. for 10 weeks. A workbook and materials will be covered by the fee charged for this group. The group is led by Norm Browe, MA, LLP.