

Download Substance Abuse Recovery Workbook

"Dr. Jaffe has contributed significantly to the treatment of substance abusing adolescents with this comprehensive, yet simple and straightforward, self-evaluation workbook. *The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse* (New Harbinger Self-Help Workbook) [Kelly G. Wilson PhD, Troy DuFrene] on Amazon.com. *FREE* shipping on qualifying offers. Grant me the serenity to accept the things I can't change, The courage to change the things I canTrauma-Informed Approach According to SAMHSA's concept of a trauma-informed approach, "A program, organization, or system that is trauma-informed:"In creating *The Addiction Recovery Skills Workbook*, Glasner-Edwards has developed a resource that is at the cutting edge of recovery from addiction.