

Drug Addiction Counseling.txt

<http://www.askmikethecounselor2.com>

Drug Addiction Counseling
Drug and Alcohol Counseling

I have been a fan of Terry Gorski's model of drug addiction counseling and relapse prevention since I first came across his codependence work in the early 1980's.

If you are a counselor looking for information about a model for drug addiction counseling, or a consumer looking for some advanced help, this model is excellent.

So I have taken this information about his program as is (link at bottom) because I want you to see his model the way he presents it, not the way I have interpreted it. Interestingly enough, I think his headquarters have always been in Homewood, Illinois, not too, too far from where I am.

The CENAPS® Model of Relapse Prevention Therapy (CMRPT®) Terence T. Gorski

1. OVERVIEW, DESCRIPTION, AND RATIONALE 1.1 General Description of Approach

The CENAPS® Model of Relapse Prevention Therapy (CMRPT®) is a comprehensive method for preventing chemically dependent clients from returning to alcohol and other drug use after initial treatment and for early intervention should chemical use occur. 1.2 Goals and Objectives of Approach

The five primary goals of the CMRPT are to:

Assess the global lifestyle patterns contributing to relapse by completing a comprehensive self-assessment of life, addiction, and relapse history.

Construct a personalized list of relapse warning signs that lead the relapser from stable recovery back to chemical use.

Develop warning sign management strategies for the critical warning signs.

Develop a structured recovery program that will allow clients to identify and manage the critical warning signs as they occur.