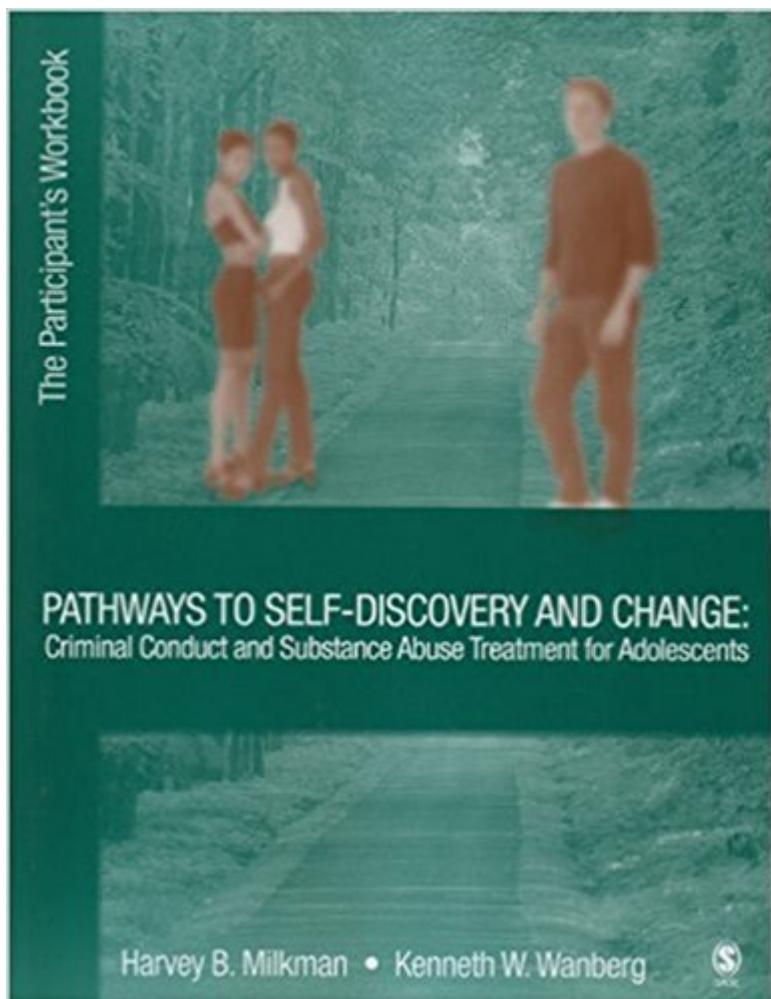


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# Pathways To Self-Discovery And Change: Criminal Conduct And Substance Abuse Treatment For Adolescents: The Participant's Workbook





## **Synopsis**

Adolescents are a particularly vulnerable patient population in the justice system. Mental health providers can get specific tools for improving evaluation and treatment of at-risk youth with this comprehensive and developmentally appropriate treatment program. About the Participantâ™s Workbook Presents a written and illustrated format designed to help adolescents better understand and reflect on each of the 32 treatment sessionsSupplies adolescent clients with a visual and written record of all treatment objectives, content information, modeling and role plays, discussion points, interactive exercises, Encourages journaling with reflective assignments and space to record ideas, insights, short and long term goals, and progress Geared toward a range of reading and conceptual abilitiesUses comic strip illustrations and first-person stories to engage adolescents Guides participants through three discrete phases of resiliency and success: Challenge to Change â“ WHAT?Commitment to Change â“ HOW?Ownership of Change â“ NOW!

## **Book Information**

Paperback: 344 pages

Publisher: Sage Publications, Inc; Workbook edition (November 10, 2004)

Language: English

ISBN-10: 1412906148

ISBN-13: 978-1412906142

Product Dimensions: 11 x 8.5 x 0.8 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 3.4 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,637,001 in Books (See Top 100 in Books) #73 in Books > Teens > Personal Health > Drug & Alcohol Abuse #2014 in Books > Teens > Social Issues #3020 in Books > Textbooks > Social Sciences > Psychology > Psychopathology

## **Customer Reviews**

"Milkman and Wanberg's program rests upon the best that science has to offer.Â Once this workbook stimulates change, it pays attention to the principles of relapse prevention that will help young people stay changed - and this is the litmus test for any treatment program that targets behavioral problems." (Dr. Howard J. Shaffer, Ph.D., C.A.S. Psychology of Addictive Behaviors)"Pathways to Self-Discovery and Change is the most comprehensive and thoughtful program we have seen to help at-risk youth gain freedom from crime and drugs and develop attitudes and skills to lead productive prosocial lives." (G. Alan Marlatt, Ph.D. and George A. Parks,

Ph.D.)"This exceptional and widely needed program shows great promise as a developmentally appropriate treatment model for adolescents who manifest co-occurring disturbances with substance abuse and criminal activity.Â It is uniquely designed to interest and engage high-risk teenagers in a thoughtful array of cognitive-behavioral restructuring exercises that are geared to promote fulfilling and responsible life choices." (Lloyd I. Sederer, MD, Formerly Director of Clinical Services, American Psychiatric Association, and Medical Director)

Kenneth W. Wanberg, ThD, PhD, has academic concentrations in biology, mathematics, clinical psychology, psychology of religion, psychometrics, quantitative analysis, and interpersonal communication and the psychology of spoken language. He worked as a counselor and clinical psychologist with the Division of Youth Corrections, State of Colorado for 17 years. He has been doing clinical work for 50 years and has had a private practice for 40 years. He has worked as a clinician and researcher in the field of alcohol and drug abuse for over 40 years and in the field of criminal conduct and substance abuse for over 25 years. Harvey B. Milkman, PhD received his baccalaureate degree from City College of New York and his doctorate from Michigan State University. He is currently professor of psychology at Metropolitan State College of Denver. His doctoral research was conducted with William Frosch, MD, at Bellevue Psychiatric Hospital in New York City, on the Userâ™s Drug of Choice. From 1980â€“1981, he completed a sabbatical exploration of addictive behavior in Africa, India, and Southeast Asia; in 1985 he was recipient of a Fulbright-Hays Lectureship award at the National University of Malaysia. He has represented the United States Information Agency as a consultant and featured speaker in Australia, Brazil, Iceland, The Netherlands, Peru, Turkey, and Yugoslavia. He is principle author with Stanley Sunderwirth of âœThe Chemistry of Craving,â• and author of âœBetter than Dope,â• featured articles in Psychology Today, October, 1983 and April, 2001 respectively. From September 1992â€“June 2002, he was author, principal investigator, and director of Project Self-Discovery: Artistic Alternatives for High-Risk Youth, a national demonstration model funded by The Center for Substance Abuse Prevention and the Edward Byrne Foundation.

I'm a substance abuse counselor who recently took on a Juvenile Drug Court treatment group. I've used Milkman's Strategies book in the past with adults and was thrilled to find this book for use with adolescents. After just a few weeks of using this manual, the group members are already exhibiting considerable improvement in both knowledge and understanding of substance abuse and criminal conduct. These books are a perfect guide for working with substance abusing criminal offenders.

The box was trashed, it looked as though it fell down some stairs. The bubbles were popped as well. The books themselves appear to be in good shape, I was just surprised with the amount of damage that was done to the books... They are also soon to be out dated which I did not know when I purchased them. I really think that there could have been some better understanding of what you are purchasing and the packaging was awful.

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