

Trust and Substance Abuse CBT Worksheet

Client Information:

Client Name: John Kent

Date: 9/23/2022

Therapist/Practitioner Name: Dr. Lowell

Introduction:

Explain the purpose of this checklist to the client. It is designed to help you explore your thoughts and behaviors related to substance use. Check the boxes that apply to your situation.

Part 1: Self-Reflection

Please check the boxes that best describe your experiences:

- ☐ I am aware of situations or triggers that lead me to use substances.
- ☐ I can identify the emotions I experience when facing these triggers.
- ☒ I recognize my typical reactions when encountering these triggers.
- ☐ Others, Please describe _____

Part 2: Identifying Cognitive Distortions

Negative Thoughts and Beliefs:

Are there any negative thoughts or beliefs you connect with substance use? If so, please list them here.

I am aware of situations or triggers that lead me to use substances.

I can identify the emotions I experience when facing these triggers.

I recognize my typical reactions when encountering these triggers.

Others, Please describe: Sometimes I use substances when I'm feeling lonely or stressed.

Irrational Thoughts:

Do you notice any thoughts that don't seem logical and may contribute to your substance abuse?

Yes, for example, "One drink won't hurt," even when I know it can lead to a binge.

Cbt Manual Substance Abuse Adolescence

Susan Nolen-Hoeksema, Lori M. Hilt



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Substance Use Disorders: Part II, An Issue of Child and Adolescent Psychiatric Clinics of North America Ray Chih-Jui Hsiao, Paula Riggs, 2016-09-13 This issue of the Child and Adolescent Psychiatric Clinics will be Part II of II on Substance Use Disorders Part II will be edited by Drs Ray Hsiao and Paula Riggs This portion will focus more on treatments recovery and support considerations for adolescents with substance abuse issues Topics covered include but are not limited to screening brief intervention referral treatment in primary care family based interventions motivational enhancement therapy school based interventions contingency management pharmacotherapy treatment for children with co morbid psychiatric issues special populations and integration of system of care Adolescent Substance Abuse Howard A. Liddle, Cynthia L. Rowe, 2006-03-09 This book was first published in 2006 Adolescent drug abuse is one of the most challenging disorders to treat It impacts on schools community based programs mental health and medical facilities and juvenile justice settings This book provides practitioners program developers and policy makers with practical information for improving outcomes in adolescent substance abuse The authors cover a range of issues including empirically based treatment development protocols how to incorporate innovative treatment models into diverse clinical settings research advances interventions with special populations culturally based intervention guidelines and recommendations for practice and policy Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users: 5 Sessions - Cannabis Youth Treatment Series (Volume 1) U.S. Department of Health and Human Services, 2018-11-22 The treatment described in this manual was designed to address the problem of marijuana use by adolescents Section I reviews the scope effects and patterns of the marijuana problem Section II provides a brief overview of the Cannabis Youth Treatment project for which this manual was developed Section III covers the scientific basis for this intervention Section IV provides step by step procedures for actually implementing this treatment protocol **The Motivational Enhancement Therapy and Cognitive Behavioral Therapy Supplement**, 2002 *Adolescent Substance Abuse* Yifrah Kaminer, Oscar G. Bukstein, 2011-03-17 Learn more effective treatments for adolescents with abuse substance disorder Dual diagnosis of adolescent substance use disorders and comorbid psychiatric disorders must be treated simultaneously to be effective Adolescent Substance Abuse Psychiatric Comorbidity and High Risk Behaviors presents leading experts offering insightful viewpoints and dynamic suggestions on how to best provide simultaneous treatment and integrated services to these youths The book covers the state of the art in the field of substance use disorders and reviews different psychiatric disorders and high risk behaviors and then addresses the issue of integrated services and ethical legal and policy issues pertaining to this population In the field of adolescent substance abuse treatment dual diagnosis is the rule rather than the exception making assessment and treatment complicated Adolescent Substance Abuse Psychiatric Comorbidity and High Risk Behaviors comprehensively discusses the magnitude etiology and characteristics of problems and substance abuse disorders SUD and

extensively explains ways to assess treat and develop services for adolescents This unique text closely examines the assessment and treatment of psychiatric comorbid disorders among adolescents such as depression anxiety disorders ADHD and high risk behaviors including suicidal behavior self harm behavior and gambling behavior The text is extensively referenced and several chapters include helpful tables and figures to clearly display the data Topics examined in Adolescent Substance Abuse Psychiatric Comorbidity and High Risk Behaviors include etiology of adolescent substance abuse assessment treatment planning psychosocial interventions pharmacological interventions disruptive behavior disorders attention deficit hyperactivity disorder depression bi polar mood disorder anxiety disorders trauma and post traumatic stress disorder PTSD suicidal and self harm behaviors schizophrenia eating disorder gambling behavior Adolescent Substance Abuse Psychiatric Comorbidity and High Risk Behaviors is an invaluable resource for mental health professionals pediatricians family physicians nurses addictions specialists counselors educators students and drug court professionals who provide assessment and treatment for youths with substance use disorders

The Oxford Handbook of Treatment Processes and Outcomes in Psychology Sara Maltzman, 2016 Advocates and models a multidisciplinary biopsychosocial approach to psychological treatment across the lifespan Promotes the communication of research and best practices across disciplines from primary sources Includes translational animal to human research models in depth coverage of areas that have extensive research bases and provides foundation of research for cutting edge areas Focuses on how and what to evaluate regarding treatment outcomes

The Motivational Enhancement Therapy and Cognitive Behavioral Therapy Supplement: 7 Sessions of Cognitive Behavioral Therapy for Adolescent Cannabis Users - Cannabis Youth Treatment Series (Volume 2) U.S. Department of Health and Human Services, 2018-11-22 This manual a supplement to Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users 5 Sessions Cannabis Youth Treatment CYT Series Volume 1 presents a seven session cognitive behavioral treatment CBT7 approach designed especially for adolescent cannabis users It addresses the implementation and evaluation of cognitive behavioral treatment for adolescent marijuana users as part of the Cannabis Youth Treatment Project A Cooperative Agreement for Evaluating the Efficacy of Five Treatments for Adolescents With Self Reported Marijuana Use and Problems Associated With Its Use This volume provides instructions for sessions 6 through 12 of the cognitive behavioral therapy CBT for adolescent marijuana users The first five sessions two motivational enhancement therapy MET sessions and three CBT sessions are described in Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users 5 Sessions CYT Series Volume 1

The Continuum of Care Treatment Planner Chris E. Stout, Timothy J. Bruce, Arthur E. Jongsma, Jr., 2025-04-03 Create customized formal treatment plans with over 1 000 professional goal and intervention statements The Continuum of Care Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the process of planning treatments for adults and adolescents The authors provide a thorough introduction to treatment planning along with the elements

necessary to quickly and easily develop formal customizable treatment plans Treatment planning statements satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This planner provides treatment planning components for anxiety bipolar disorder depression eating disorders posttraumatic stress disorder substance use disorders and beyond Following the user friendly format that has made the Treatment Planners series so popular this book smooths the planning process so you can spend less time on paperwork and more time with clients Get definitions treatment goals and objectives therapeutic interventions and DSM 5 diagnoses for mental disorders in adults and adolescents Employ over 1 000 polished goals and intervention statements as components of provider approved treatment plans Use workbook space to record customized goals objectives and interventions Access a sample plan that meets all requirements of third party payers and accrediting agencies including the JCAHO This updated edition of The Continuum of Care Treatment Planner is a valuable resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals who work with adult and adolescent clients *Handbook of Depression in Adolescents* Susan Nolen-Hoeksema, Lori M. Hilt, 2008-11-18 Depressive disorders are among the most common types of psychopathology in the United States Adolescent onset depressive disorders represent particularly insidious conditions because of their strong association with chronic and recurrent emotional problems in adulthood This handbook offers authoritative reviews of research on the nature ca **Federal Register** ,2003-11

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