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TRAUMA & PTSD TREATMENT

Evidence-based programs to help clients heal and cope

Beyond Trauma **THIRD EDITION**

A Healing Journey for Women

Beyond Trauma: A Healing Journey for Women is an evidence-based, 12-session program created by Dr. Stephanie Covington to help women and girls recover from the effects of trauma in their lives. Ideal for use in a wide variety of settings including treatment, mental health, and corrections, the program's goal is to help women understand what trauma is, explore how trauma has affected them, and learn coping mechanisms to help them feel grounded and safe so they can heal. The program is based on principles of relational therapy and uses cognitive-behavioral techniques, mindfulness, and expressive arts.



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INDIVIDUAL COMPONENTS

3080 | ~~\$89.95~~ **\$71.96** Facilitator guide, 496 pp.

3090 | ~~\$10.95~~ **\$8.76** A Healing Journey participant workbook, 184 pp.

The Beyond Trauma collection

Includes facilitator guide, facilitator training videos, 20 participant workbooks, and a participant video.

2500 | COLLECTION VALUED AT \$707.95 **ONLY \$595.00!**

Get more
and save
15%

Healing Trauma **20% OFF**

A Brief Intervention for Women

Healing Trauma is designed to help women begin to recover from the effects of trauma and help them find ways to grow, flourish, and enjoy healthy relationships and happier lives. Includes CD-ROM with facilitator guide (English) and workbook (in both English and Spanish).



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Exploring Trauma **20% OFF**

A Brief Intervention for Men

Exploring Trauma is a new gender-responsive trauma intervention program for men. It is designed to address issues such as: silence surrounding abuse, the impact of male socialization related to men's responses, victim-to-abuser risks, and the need to understand men's shame and fear when exploring trauma. Includes CD-ROM with facilitator guide (English) and workbook (in both English and Spanish).



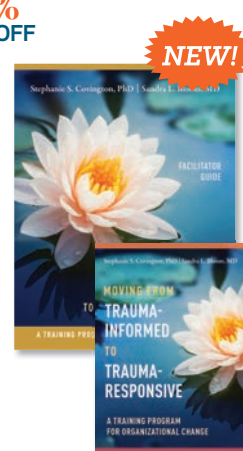
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Moving from Trauma-Informed **20% OFF** to Trauma-Responsive

A Training Program for Organizational Change

While many organizations are trauma-informed, becoming trauma-responsive means looking at every aspect of an organization's programming, environment, language, and values and involving all staff in better serving clients who have experienced trauma. *Moving from Trauma-Informed to Trauma-Responsive* provides program administrators and clinical directors with the resources needed to train staff and make organizational changes to become trauma-responsive. This comprehensive training program involves all staff, ensuring clients are served with a trauma-responsive approach at every interaction.

Includes facilitator guide, USB flash drive with reproducible materials.

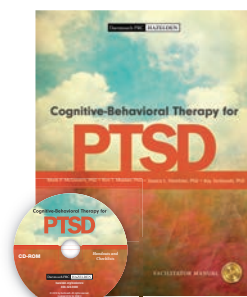


3769 | ~~\$595.00~~
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Cognitive-Behavioral Therapy for PTSD **20% OFF**

A Program for Addiction Professionals

CBT for PTSD is a research-driven approach for persons with trauma-related psychological symptoms. Codeveloped by the Dartmouth Psychiatric Research Center and Hazelden Publishing, leaders in the field of evidence-based programs for co-occurring disorders, this robust program is built on scientific evidence and designed to be delivered by real-world clinicians in real-world settings. Includes a 208-page therapist manual, CD-ROM with reproducible client handouts and checklists, and *A Guide for Living with PTSD* video.

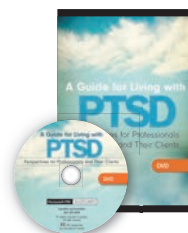


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\$215.20

A Guide for Living with PTSD **25% OFF**

Perspectives for Professionals and Their Clients

Through compelling testimonials and guidance from researchers at the Dartmouth Psychiatric Research Center and the Department of Veterans Affairs National Center for PTSD, this video educates clinicians, clients, and their families on the history, epidemiology, challenges, and treatment of trauma and PTSD. 56 min.



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\$111.75

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TOP EVIDENCE-BASED RESOURCES PROGRAMS PROVEN TO WORK



Living in Balance **20% OFF** Moving from a Life of Addiction to a Life of Recovery

Living in Balance is an evidence-based program recently updated to meet *DSM-5* classifications. This flexible program draws from cognitive-behavioral, experiential, and Twelve Step approaches to help clients achieve lifelong recovery.

Core Program (sessions 1-12)

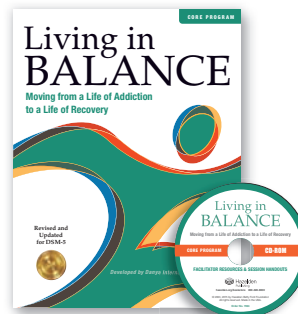
Help clients learn about addiction and address life issues that are central to achieving successful recovery. Also includes 25 medallions and a CD of relaxation and visualization exercises.

Recovery Management Sessions (sessions 13-37)

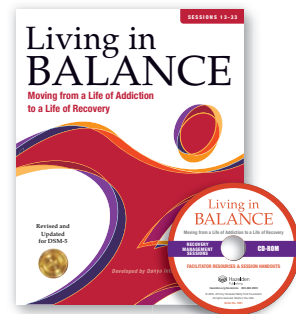
Customize your treatment program to meet specific topic and client needs for managing recovery.

Co-occurring Disorders Sessions (sessions 38-47)

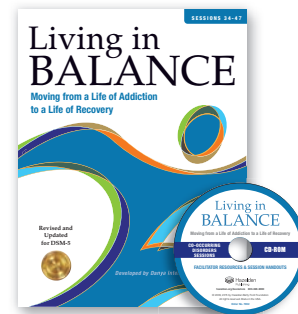
Ideal for use with clients living with a substance use disorder and a mental health disorder.



Core Program
7690 | \$599.00
\$479.20



Recovery Management Sessions
7691 | \$695.00
\$556.00



Co-occurring Disorders Sessions
7692 | \$395.00
\$316.00

The complete *Living in Balance* package

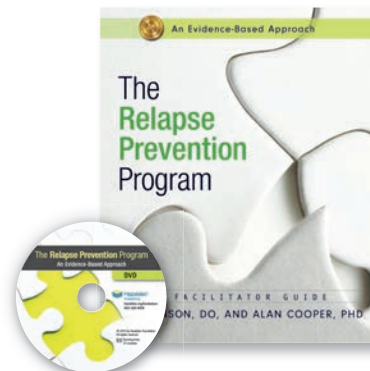
Living in Balance Complete Package: Sessions 1-47, includes the *Core Program*, *Recovery Management Sessions*, *Co-occurring Disorders Sessions*, DVD, and CD-ROM.

7700 | PACKAGE VALUED AT \$1,795.00 **ONLY \$1,295.00!**

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WHEN YOU
**BUY ALL
THREE!**

The Relapse Prevention Program **20% OFF** An Evidence-Based Approach

The Relapse Prevention Program helps clients identify high-risk situations, work on responses and coping skills, and explore lifestyle factors that may increase vulnerability. By following this model, clinicians can customize a program based on each client's unique needs and minimize the risk of relapse. Includes facilitator guide, client guides and worksheets on a CD-ROM, and video.



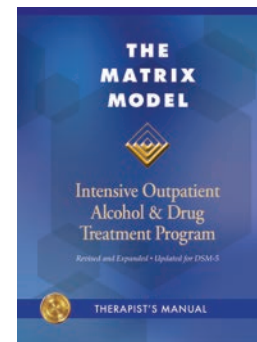
2350 | \$249.00
\$199.20

Moving On **20% OFF** A Program for At-Risk Women

Taking an educational and cognitive skills-building approach, *Moving On* is an evidence-based program influenced by three complementary approaches: relational theory, motivational interviewing, and cognitive-behavioral intervention. Includes five facilitator guides, reproducible handouts, program manual, and DVD.



7920 | \$565.95
\$452.76

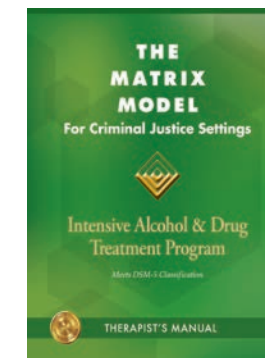


7596 | \$695.00
\$556.00

The Matrix Model® **20% OFF** Intensive Outpatient Alcohol and Drug Treatment Program

Backed by over 20 years of research, *The Matrix Model*® goes beyond other evidence-based IOP treatment programs in structure and intensity. At the same time, your clients will find the clinical concepts highly accessible. *The Matrix Model*® draws on motivational interviewing to establish a positive, healthy therapist-client relationship. And it provides an explicit framework that lets clients know what is expected of them.

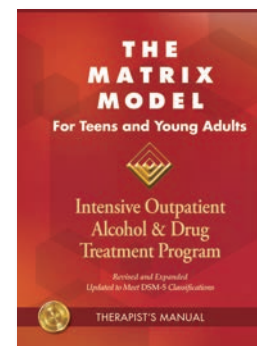
Includes a therapist manual, reproducible client handouts, calendar stickers, research CD-ROM, 12-week family component, 3 videos, and 25 medallions.



7430 | \$695.00
\$556.00

The Matrix Model® for Criminal Justice Settings **20% OFF** Intensive Alcohol and Drug Treatment Program

The Matrix Model® for Criminal Justice Settings provides adults in a variety of correctional settings—including jails, community corrections, probation programs, drug courts, and prisons—with the structure of an evidence-based treatment experience as well as a combined education on substance use and criminal thinking and behaviors. Includes a therapist manual, reproducible client handouts, calendar stickers, research CD-ROM, 12-week family component, 3 videos, and 25 medallions.



3536 | \$695.00
\$556.00

The Matrix Model® for Teens and Young Adults **20% OFF** Intensive Outpatient Alcohol and Drug Treatment Program

The Matrix Model for Teens and Young Adults is an intensive outpatient program built on the evidence-based model used in *The Matrix Model* for Adults, a best-selling program backed with more than 20 years of research. It addresses four core clinical areas that are essential when working with a youth population: individual family therapy, early recovery, relapse prevention, and family education.

Includes therapist manual, instruction for urine or breath testing, CD-ROM with reproducible client worksheets and handouts, lecture videos on DVD, 12-week Matrix Model Family Program (\$449.00 value), calendar stickers, and medallions.

A New Direction Workbooks **30% OFF**

These workbooks provide effective structure and guidance to the *A New Direction* curriculum. They work in wide variety of criminal justice programs and are easily customizable to meet individual, facility, and budgetary needs. Take advantage of this amazing deal and stock up now!

All client workbooks! ~~\$5.95 ea.~~ **\$4.17 ea.**

- | | |
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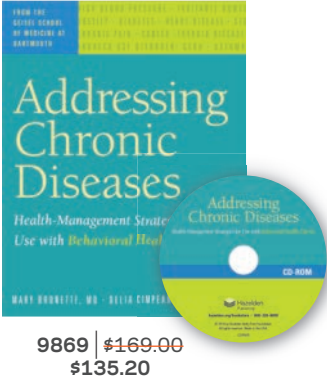
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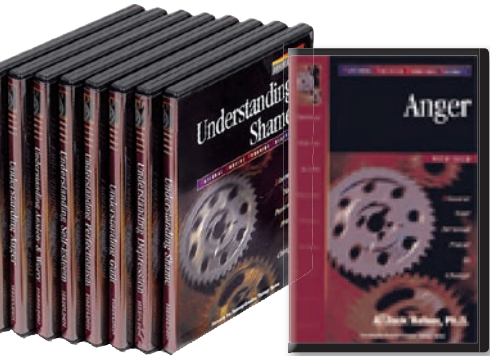
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TOP RESOURCES FOR A HEALTHY LIFESTYLE
STRATEGIES TO HELP YOUR CLIENTS THRIVE



Addressing Chronic Diseases THIRD EDITION **20% OFF**
Health-Management Strategies for Use with Behavioral Health Clients
Developed by medical professionals, this program focuses on specific chronic conditions often seen in behavioral health clients. Each chapter provides an overview of the condition, its causes, screening and detection methods, and what to do if it occurs. This comprehensive program can easily be used in a variety of settings.
Includes clinician manual and reproducible client materials on CD-ROM..

Living Skills **20% OFF**
Personal Growth and Practical Guidance for Everyday Life
Living Skills is a must-have program for helping clients gain proficiency in some basic areas of life. Topics are divided into two video collections—*Personal Growth* and *Practical Guidance*. Includes over 240 minutes of video as well as more than 400 pages of workbook content and facilitator guidance.
Living Skills: Personal Growth sessions include: Making Decisions, Values and Responsibilities, Refusal Skills, Interpersonal Skills, Parenting and Child Development, Setting and Attaining Goals.
Living Skills: Practical Guidance sessions include: Managing Money, Looking for Work, Securing Housing, Hygiene and Self-Care, Education, and Sexual Health.

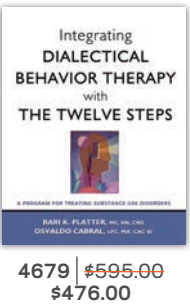


Rational Emotive Behavior Therapy
The *Rational Emotive Behavior Therapy (REBT)* program is based on the principle that individuals can change their actions by changing their thinking patterns. Hazelden's REBT program applies these principles with booklets, workbooks, and videos based on the following key topics: anger, anxiety and worry, depression, grief, guilt, self-esteem, shame, and perfectionism.

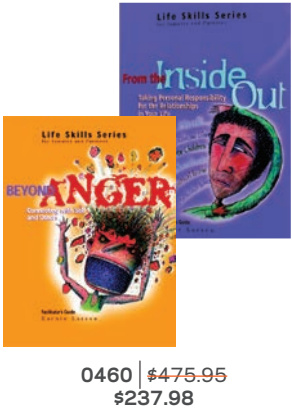
Individual Topics	BOOKLETS		WORKBOOKS		VIDEOS	
	\$3.95	\$1.98	\$2.75	\$1.38	\$99.00	\$49.50
Anger	2875		2884		2504	
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Depression	2877		2886		2507	
Grief	2878		2887		2508	
Guilt	2879		2888		2509	
Self-Esteem	2880		2889		2639	
Shame	2881		2890		2640	
Perfectionism	2882		2891		2641	
Understanding	2883		2892		0563	\$695.00 \$347.50 <i>Set of 8 DVDs</i>

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STRATEGIES TO HELP YOUR CLIENTS THRIVE

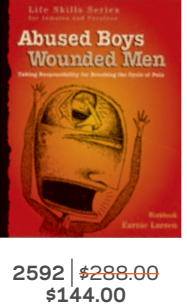


Integrating Dialectical Behavior Therapy with the Twelve Steps **20% OFF**
This evidence-based program incorporates dialectical behavior therapy and Twelve Step facilitation. Combined, these group therapies strengthen recovery from substance use disorder. This flexible program works in a variety of settings, including residential, intensive outpatient, and extended care. Includes a facilitator guide with an introduction and session guide, client worksheets, and reproducible client handouts.



Earnie Larsen's Life Skills Series for Inmates and Parolees
Collection includes *From the Inside Out* and *Beyond Anger*
Created specifically for clients in institutional and community correctional settings, these curricula can help your clients build healthy relationships, forgive and reconcile, and end a cycle of abuse. Includes four videos, two facilitator guides, and two sets of reproducible handouts and worksheets.

Abused Boys, Wounded Men
Taking Responsibility for Ending the Cycle of Pain
Abused Boys, Wounded Men helps clients identify instances of early abuse, recognize how it has impacted their lives, and learn how to live productively in spite of it. This six-week curriculum can also be used in non-correctional settings. Includes 2 DVDs, 10 workbooks, and a facilitator guide.



The Co-occurring Disorders Series
Customize co-occurring disorders treatment plans easily and cost effectively. Each topic-specific collection includes a DVD and a CD-ROM of reproducible client materials with a facilitator guide, client workbook, discussion guide, and family pamphlet. Personal stories assure clients that they are not alone and that recovery is possible.

Each collection \$99.00 \$49.50		
7504	Understanding Obsessive-Compulsive Disorders and Addiction	7510 Understanding Borderline Personality Disorder and Addiction
7505	Understanding Bipolar Disorder and Addiction	7511 Understanding Personality Problems and Addiction
7506	Understanding Depression and Addiction	7512 Understanding Schizophrenia and Addiction
7507	Understanding Major Anxiety Disorders and Addiction	7513 Understanding Post-Traumatic Stress Disorder and Addiction
7508	Understanding Dissociative Disorders and Addiction	7514 Preventing Relapse
7509	Understanding Suicide and Addiction	

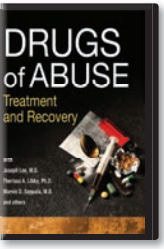
50% OFF

SAVE 25% ON ALL VIDEOS!

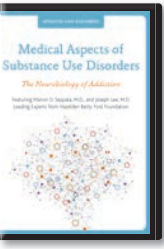
Teach and Motivate with Educational Videos!

OVER 170 VIDEOS TO CHOOSE FROM!

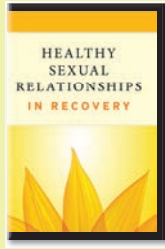
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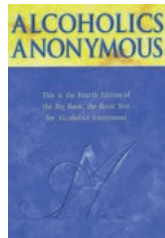
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TWELVE STEP FAVORITES

TRIED AND TRUE CLASSICS TO ENHANCE YOUR CURRENT PROGRAM



Alcoholics Anonymous **FOURTH EDITION**

The Big Book has served as a lifeline to millions worldwide. Includes 24 new personal stories that reflect AA's growing diversity. **OP**

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

202120 | \$239.00 Case of 20 hardcover books
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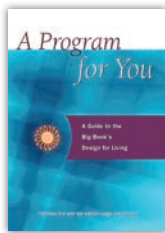


Twelve Steps and Twelve Traditions **10% OFF**

Used by AA members and groups around the world, this book lays out the principles by which AA members recover and how the fellowship functions and maintains its unity. **OP**

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

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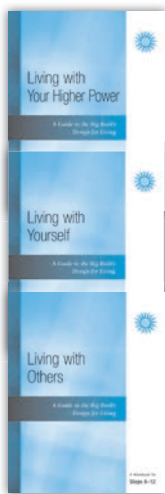


A Program for You **BESTSELLER 30% OFF**

A Guide to the Big Book's Design for Living

A Program for You provides a thorough understanding of the Twelve Steps and helps readers discover positive, powerful answers to their questions about life free of addictive behaviors.

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5746 | \$15.95 \$11.17 Spanish, softcover, 192 pp.



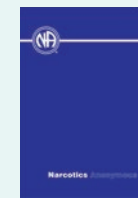
Big Book Workbooks **30% OFF**

These three workbooks feature information to reinforce important points in *A Program for You* and include exercises for self-examination and disclosure.

\$6.95 ea. \$4.87 ea.

5421 | Living with Your Higher Power, Steps 1-3
5422 | Living with Yourself, Steps 4-7
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Narcotics Anonymous **10% OFF** Conference-Approved Literature



Narcotics Anonymous

This fundamental text was written by addicts, for addicts, and about addicts. It sets forth the NA principles used by hundreds of thousands of addicts in recovery. **OP**

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by the case**

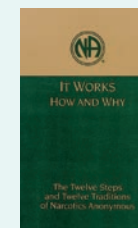
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The Twelve Steps and Twelve Traditions of Narcotics Anonymous

Features 24 chapters focusing on the Steps and Traditions used by NA. **OP**

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537910 | A Look at Cross-Addiction
545010 | Codependency: A Secondhand Life
123510 | Do's and Don'ts for Family Members
532210 | Letting Go of the Need to Control
513710 | Older Adults in Treatment
137910 | Women and Relapse

RESOURCES FOR YOUTH AND TEENS

PREVENTION, INTERVENTION AND TREATMENT PROGRAMS

20% OFF OBPP Curricula*
*Does not include Olweus Bullying Questionnaire

Get started now in 3 easy steps at the lowest prices of the year

1. Listen to your students.
The *Olweus Bullying Questionnaire (OBQ)* is a simple, cost-effective way to ask students about the status of bullying in your school.

Olweus Bullying Questionnaire

292130 | \$43.95 English; Includes 30 questionnaires
292330 | \$43.95 Spanish; Includes 30 questionnaires

2. Engage students in improving their social-emotional skills.
Classroom activities offer an easy way for teachers to better connect with their students. The *Olweus Bullying Prevention Program (OBPP)* has a number of classroom curricula available in age appropriate packages for K-5, 6-8, and 9-12.

MORE Class Meetings That Matter



GRADES K-5
3616 | \$62.95 \$50.36

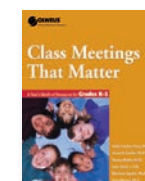


GRADES 6-8
3617 | \$62.95 \$50.36

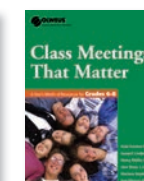


GRADES 9-12
3618 | \$62.95 \$50.36

Class Meetings That Matter



GRADES K-5
4727 | \$86.95 \$69.56



GRADES 6-8
4738 | \$86.95 \$69.56

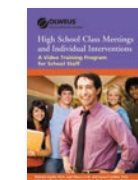


GRADES 9-12
3981 | \$86.95 \$69.56

Class Meetings and Individual Interventions



GRADES K-8
4726 | \$214.95 \$171.96



GRADES 9-12
2638 | \$195.00 \$156.00

Cyber Bullying



GRADES 3-5
7406 | \$119.00 \$95.20



GRADES 6-12
7407 | \$119.00 \$95.20

Bullying



GRADES K-5
3031 | \$119.00 \$95.20



GRADES 6-8
3032 | \$119.00 \$95.20

3. Teach staff how to implement the program.
School leadership, Bullying Prevention Coordinating Committees, and teachers will benefit from these guide's step-by-step instructions on how to implement the *OBPP* in an entire school setting.

Schoolwide Guide



0542 | \$98.95 \$79.16

Teacher Guide

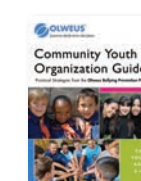


0541 | \$62.95 \$50.36

HAZELDEN
ON DEMAND

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Community Youth Organization Guide



7686 | \$70.00 \$39.50

Ideal for youth recreation leagues, after-school programs, and more. Includes manual and CD-ROM of reproducible materials.

50% OFF

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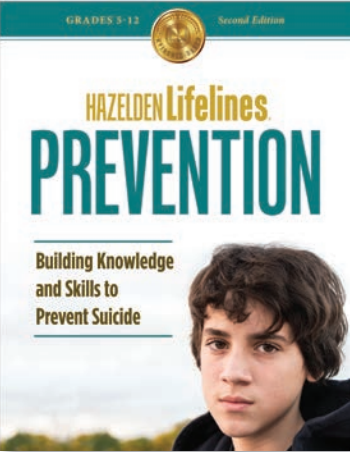
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Hazelden Lifelines® **10% OFF**

A Comprehensive Suicide Awareness and Responsiveness Program

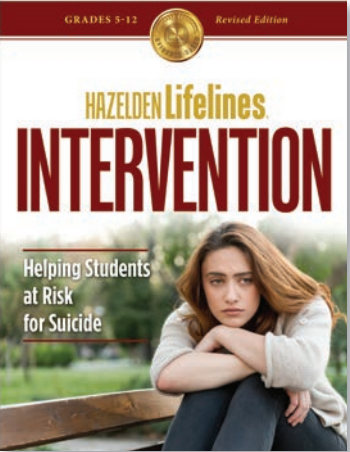
**REVISED AND
UPDATED!**



3500 | ~~\$239.95~~
\$215.95

Prevention

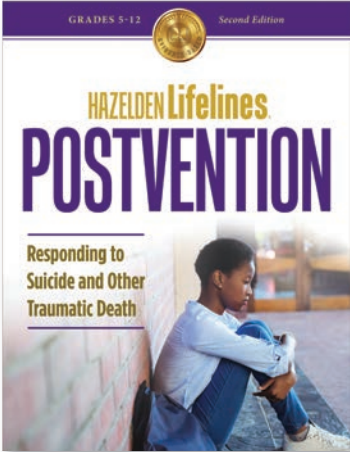
Take a proactive approach to addressing suicide prevention with students, staff and parents/guardians. This newly updated and revised program engages the entire school community in understanding the most effective strategies for preventing suicide through easy-to-follow lessons.



3505 | ~~\$164.95~~
\$148.45

Intervention

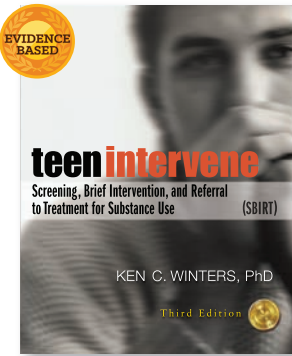
This program prepares teachers, staff, and students to respond to signs of suicide—before it's too late. This manual supports the school's role in intervention: identification and assessment of students at risk, referral of high risk students for additional resources, and enhancement of protective factors.



3510 | ~~\$124.95~~
\$112.45

Postvention

A practical and easy-to-use resource for any school or community organization that wants to be prepared to respond to suicide or any type of traumatic death that profoundly affects a school population.



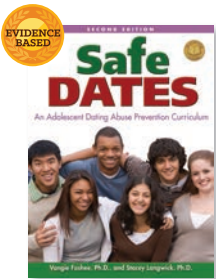
2330 | ~~\$395.95~~
\$316.00

THIRD EDITION **20% OFF**

Teen Intervene Screening, Brief Intervention, and Referral to Treatment for Substance Abuse (SBIRT)

Teen Intervene helps teens self-identify a substance use disorder, provides a brief plan or intervention, and guides the referral to treatment. This edition employs the SBIRT model and includes the CRAFFT screening tool, as well as increased emphasis on alcohol, tobacco, and marijuana. Includes *Youth and Drugs of Abuse* DVD.

Includes facilitator guide, CD-ROM with reproducible worksheets, eight CE Hour Test, *Youth and Drugs of Abuse* DVD/CD-ROM with video and fact sheets.



9863 | ~~\$245.00~~
\$196.00

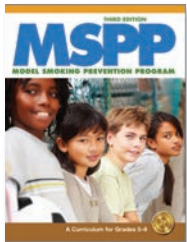


Safe Dates **SECOND EDITION** **20% OFF**

An Adolescent Dating Abuse Prevention Curriculum

Reduce incidents of sexual and physical dating violence among teens with this interactive curriculum that engages students with stories and role plays on current topics.

Includes a manual and CD-ROM.



3020 | ~~\$249.95~~
\$199.20

UPDATED | GRADES 5-8

Model Smoking Prevention Program (MSPP) **20% OFF**

This evidence-based prevention model has been used across the United States to help keep kids from using cigarettes and other nicotine products. The MSPP curriculum turns peer pressure to use tobacco or nicotine into peer support for not using.



0391 | ~~\$295.00~~
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50% OFF

Adolescent Co-occurring Disorders Series

This program presents authoritative information about substance use and mood disorders and substance use and disruptive behavior disorders. Each program in the series includes a facilitator guide and reproducible, teen-friendly worksheets.

Lifelines has recently been updated, making it an even stronger asset to communities.

WHAT'S NEW

All of Lifelines

- Content including grades 5-6 and 11-12, in addition to 7-10
- Updated language to reflect best practices and contemporary youth culture
- Content addressing the impact of social media on suicide risk and prevention efforts

Lifelines Prevention

- A new video led by *Lifelines* author Maureen Underwood broken into segments for easy topical viewing
- Accompanying handouts describing suicide warning signs
- Step-by-step instructions on how to do a “warm hand-off” between faculty and a trained counselor

Lifelines Intervention

- Handouts describing suicide warning signs and how to do a “warm hand-off”
- Added templates to help formalize the assessment process
- Integrated content with evidence-based assessment materials and Stanley-Brown “safety plan”
- A structured “Return to Learn” approach for reintegrating students after a suicide-related incident
- A special chapter for students who have been absent for suicide-related incidents

Lifelines Postvention

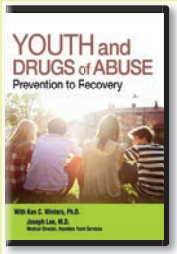
- New lesson to implement with students after a traumatic death occurs
- Revised policy and procedural guidelines
- Easily integrates into existing school safety plans

SAVE 25% ON ALL VIDEOS!

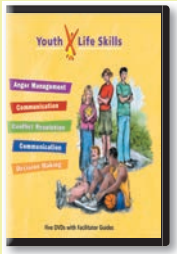
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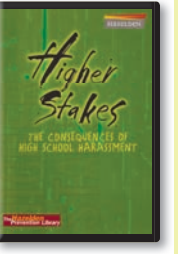
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