

# Download Group Activities For Families In Recovery

Group activities for families in recovery Thousand Oaks, CA: SAGE Publications, Inc. doi: 10.4135/9781483349664 Zimmerman, Joan and Jon L. Winek. Group Activities for Families in Recovery .Group Activities for Families in Recovery offers therapists a wealth of activities designed to help families struggling with addiction address problem areas of functioning, and ultimately shift from dysfunctional patterns to healthy living. Written by expert practitioners in family-oriented substance abuse treatment programs, this text focuses on group therapy as a key component to treatment. Other goals of group therapy include gaining inspiration through the recovery of others, self-identifying as a recovering addicting, and examining core values. Participants support and nurture each other like a family by reinforcing good behaviors and helping each other cope during difficult tasks. Group Therapy Activities for Adults in Recovery. As a way of encouraging recovery progress, or supporting continued recovery success, many support groups use specific activities to keep their members engaged. Here are some substance abuse recovery group activities that you could use at your next meeting.