



# Paradigm Developmental Model of Treatment GROUP TOPICS

*L. Georgi DiStefano LCSW*

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# Paradigm Developmental Model of Treatment GROUP TOPICS

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**Paradigm Developmental Model of Treatment GROUP TOPICS** L. Georgi DiStefano LCSW  
A CLINICAL GUIDE FOR COUNSELORS WORKING WITH SUBSTANCE ABUSERS AND THE CHEMICALLY DEPENDENT with CD of Client Handouts.

**The Paradigm Developmental Model of Treatment Group Topics Workbook** presents a comprehensive variety of skill-building topics for use in your substance abuse/DUI group treatment setting. **This workbook incorporates themes inherent in the Twelve Steps of Alcoholics Anonymous and utilizes motivational interviewing techniques and an assortment of cognitive behavioral group exercises.** Group topics are designed to stimulate the contemplative and action stages of change. There are 35 topics with several exercises/activities per topic with each comprising a group session. Objectives and information for counselor preparation are included in each topic. As a group cycles through the topics, clients gain an increased understanding of their relationship with alcohol and other drugs, while they strengthen skills in problem-solving and life management. These topics have been pilot-tested by 45 certified Counselors at the San Diego State University Center for Alcohol & Drug Studies & Services Driving Under The Influence Program. This group material is compatible with and facilitates the PDMT exercises utilized in individual Counseling.

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