



# Mindfulness-Based Substance Abuse Treatment for Adolescents: A 12-Session Curriculum

*Sam Himmelstein, Stephen Saul*

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*Mindfulness-Based Substance Abuse Treatment for Adolescents* is a group-based curriculum incorporating mindfulness, self-awareness, and substance-abuse treatment strategies for use with adolescents dealing with substance use. The evidence-based, how-to format provides a curriculum for professionals to implement either partially, by picking and choosing sections that seem relevant, or in full over a number of weeks. Each session comes equipped with clear session agendas, example scripts and talking points, what-if scenarios that address common forms of resistance, and optional handouts for each session. Sections cover the major principles of working with adolescents—relationship building, working with resistance, and more—along with a full curriculum. The book is a natural fit for psychotherapists, but addiction counselors, school counselors, researchers, mentors, and even teachers will find that *Mindfulness-Based Substance Abuse Treatment for Adolescents* changes the way they work with young people.

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