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Substance Abuse Group Therapy Activities: Introducing New Members: One of the most common group activities for substance use disorder groups is the introduction of new members into the group and a new member's explanation of why they are in the group and what their expectations are. Other standard group activities for substance use disorders are typically discussions of personal issues that certain members have, suggestions on how to address these issues, and input or advice from the ...

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The group leader should ask everyone in the group to think of themselves in abstract terms and raise their hands when they hear the option to which they most relate. Examples include hammer or nail, rubber ball or silly putty, dictionary or novel, egg white or egg yolk, etc. Discuss the reasoning behind each answer and compare with the rest of the group.

Ideas and activities for substance abuse group therapy; Games to Teach Children About Drugs & Alcohol; Parachute Games for Sunday School; Body language games for adults; Christian Valentine Games

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Group therapy is something that is offered in most drug and alcohol rehab programs. Games can be therapeutic in these settings. It is a relaxing and entertaining way for the participants to see themselves as others may have seen them while they were using drugs. It offers them a look at how their behaviors affected their friends and family.

60 MORE Group Therapy Activities. Practice trusting your fellow group members by having one person wear a blindfold and another person help them to complete a task without the use of vision. Tasks might include walking through an obstacle course, drawing a picture on a blackboard, cleaning up objects off the floor, etc.

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Psychoeducational Handouts, Quizzes and Group Activities. The

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Substance abuse; Major life transitions; Breakup or divorce; Child behavior problems; And many, many more; In groups formed around substance abuse, discussion topics may include: Icebreakers; Triggers; Stay-busy activities (to cope with cravings) Preparing a speech for students (whether the speech will occur or not) Challenging perceptions The Importance of Group Activities. Group therapy activities for those dealing with substance abuse can create a unique environment that promotes insight, connecting with others, and problem-solving skills. Using various group activities can be a great addition to any substance abuse treatment plan.

What are some ideas for substance abuse group activities

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One activity that seem to be very popular with my former substance abuse group was an activity aimed at learning to have fun without using, and at the same time practice good communication! Separating into two groups, each team was provided, at most, 10 small white wash clothes.

Ask group members to introduce themselves by sharing three weird, funny, or interesting things about themselves. Have a group lecture and/or discussion about the neuroscience of addiction. Pass around a hat or a bowl, and have everyone place a slip of paper with a fear written on it inside.

Psychoeducational Handouts, Quizzes and Group Activities ...

Recreation group activities are meant for stress management. Activities like dancing, painting, composing and listening to music are all ways of expressing innate emotions. Indulging in such activities lets the mind wander for more knowledge, giving it an undiscovered space to fill it with inspiration all over again.

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To break through denial, have each group member write a short story of how she began using drugs, including all details leading up to her referral or entrance into the substance abuse group therapy process. No member should include her name on the writing assignment.

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Team Building Exercises for Substance Abuse Groups

Trust building games, such as the one below, allow group participants to begin to trust each other. A traditional example of a trust building activity would be the use of blindfolds and guidance. This activity throws total darkness into the mix so the stakes become higher and more fun. Related Articles. Substance Abuse Group Therapy Activities

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