

recovery games for groups

recovery games for groups are increasingly recognized as essential tools for enhancing healing, fostering connection, and building resilience among participants in various group settings. Whether in addiction recovery, mental health support, workplace wellness, or youth programs, these interactive activities encourage teamwork, trust, and self-reflection. This comprehensive article explores the best types of recovery games for groups, their benefits in therapeutic environments, practical tips for facilitators, and examples suitable for diverse age groups and needs. Readers will discover how to select, adapt, and implement games that reinforce positive behaviors, boost morale, and support personal growth. The following sections offer actionable insights into group recovery games, their impact, and strategies for integrating them effectively into your sessions.

- Understanding Recovery Games for Groups
- Benefits of Group Recovery Games
- Types of Recovery Games for Groups
- How to Facilitate Recovery Games in Group Settings
- Popular Recovery Game Ideas for Groups
- Adapting Recovery Games for Different Groups
- Tips for Successful Group Recovery Activities
- Conclusion

Understanding Recovery Games for Groups

Recovery games for groups are structured activities designed to support individuals working through challenges such as addiction, trauma, or mental health issues. These games are employed in diverse environments, ranging from rehabilitation centers and therapy groups to schools and corporate wellness programs. The primary goal is to foster a supportive group dynamic, build trust, and facilitate open communication. Recovery games are not merely entertainment—they are purposeful exercises that encourage participants to explore emotions, practice coping skills, and strengthen interpersonal relationships. By promoting engagement and collective healing, these activities contribute significantly to the recovery process.

Benefits of Group Recovery Games

Integrating recovery games into group sessions offers numerous advantages for participants and facilitators. These activities are proven to enhance group cohesion, boost motivation, and reduce stress. Recovery games for groups also help break down barriers, making it easier for members to

share their experiences and support one another. Additionally, they provide opportunities for developing problem-solving skills, self-awareness, and emotional regulation. The interactive nature of group games encourages active participation, which is especially valuable in settings where individuals may feel isolated or reluctant to engage.

Key Benefits of Recovery Games for Groups

- Improves communication and active listening skills
- Fosters trust and empathy among group members
- Encourages self-reflection and personal growth
- Reduces anxiety and stress through enjoyable activities
- Strengthens group bonds and sense of community
- Promotes resilience and coping strategies
- Supports therapeutic goals in recovery programs

Types of Recovery Games for Groups

There are various types of recovery games tailored to different group sizes, objectives, and participant needs. Facilitators can choose from cooperative games, discussion-based activities, creative exercises, and physical challenges. Each type serves a unique purpose in the context of group recovery, ensuring that all participants can find value in the experience.

Cooperative Recovery Games

Cooperative games emphasize teamwork and mutual support. These activities encourage participants to work together toward a common goal, reinforcing the importance of collaboration in the recovery journey. Examples include trust-building exercises, group problem-solving tasks, and relay challenges.

Discussion-Based Recovery Games

Discussion-based games facilitate meaningful conversations around recovery topics. These activities often use prompts, cards, or scenarios to spark dialogue and reflection. They help participants articulate their thoughts, share experiences, and learn from one another in a safe environment.

Creative Recovery Games

Creative exercises use art, music, or storytelling to support emotional expression and healing. Such games allow group members to explore their feelings and experiences through creative outlets, which can be especially beneficial for those who struggle with verbal communication.

Physical Recovery Games

Physical challenges promote movement, energy, and fun while reinforcing healthy habits. Activities like yoga, team sports, and movement-based games encourage participants to connect mind and body as part of their recovery process.

How to Facilitate Recovery Games in Group Settings

Effective facilitation is crucial for maximizing the benefits of recovery games for groups. Facilitators must create a welcoming, inclusive, and safe atmosphere where participants feel comfortable engaging in activities. Preparation, adaptability, and clear communication are key factors in successful group sessions.

Facilitator Roles and Responsibilities

The facilitator sets the tone for the session, explains the purpose of each game, and ensures all group members are involved. They monitor group dynamics, address any challenges, and provide encouragement throughout the activity.

Best Practices for Facilitating Recovery Games

1. Assess the needs and abilities of participants before selecting games
2. Clearly explain game rules and objectives
3. Encourage respectful interactions and active listening
4. Be flexible and ready to adapt activities as needed
5. Debrief after games to reinforce learning and insights
6. Maintain confidentiality and a supportive environment

Popular Recovery Game Ideas for Groups

Many engaging and impactful recovery games are suitable for groups of varying sizes and backgrounds. Facilitators can select games based on the group's goals, age, and context. Below are some popular examples that promote healing, connection, and growth.

Icebreaker Games

Icebreaker games help participants get to know each other and ease initial anxiety. These activities are especially useful for new groups or those with members who may feel nervous or withdrawn. Examples include "Two Truths and a Lie," "Human Bingo," and "Name That Emotion."

Trust and Team-Building Games

Trust exercises foster cooperation and safety within the group. Activities such as "Blindfolded Obstacle Course," "Trust Fall," and "Circle of Support" reinforce the value of relying on others during recovery.

Reflection and Sharing Games

Reflection activities create opportunities for personal insight and collective understanding. Examples include "Feelings Charades," "Recovery Story Circle," and "Gratitude Jar," which encourage participants to share their progress and hopes.

Creative Expression Games

Creative games utilize art, music, or writing to help individuals process emotions. Activities like "Draw Your Recovery Journey," "Music Mood Mapping," and "Story Cubes" support self-expression and emotional release.

Adapting Recovery Games for Different Groups

Recovery games for groups can be tailored to fit various participant demographics, including age, background, and recovery stage. Customizing activities increases their relevance and effectiveness, ensuring that all members feel included and engaged.

Games for Youth and Adolescents

For younger participants, games should be age-appropriate, engaging, and focused on building self-esteem. Examples include interactive storytelling, role-playing scenarios, and creative art-based activities.

Adult Recovery Groups

Adults benefit from games that address real-life challenges, foster open discussion, and promote problem-solving. Activities such as group debates, scenario analysis, and mindfulness exercises are effective for this demographic.

Games for Diverse Backgrounds

Consider cultural sensitivity and inclusivity when choosing recovery games. Activities should respect the backgrounds of all participants and avoid topics that may be triggering or uncomfortable. Facilitators can seek input from group members to ensure games are appropriate and meaningful.

Tips for Successful Group Recovery Activities

Implementing recovery games for groups requires thoughtful planning and execution. Facilitators can use these tips to enhance the experience and outcome of group sessions.

Key Strategies for Success

- Choose games that align with recovery goals and group needs
- Monitor group dynamics and adjust activities as needed
- Encourage participation from all members
- Provide positive feedback and recognition
- Allow time for reflection and discussion after each activity
- Continuously evaluate and improve game selection based on feedback

Conclusion

Recovery games for groups are powerful tools for fostering healing, connection, and personal growth. By integrating engaging and purposeful activities into group settings, facilitators can support recovery, build resilience, and enhance group cohesion. With careful selection and thoughtful facilitation, these games can transform the group experience and contribute significantly to the recovery journey.

Q: What are recovery games for groups and why are they important?

A: Recovery games for groups are structured activities designed to support healing, communication, and personal growth among participants. They are important because they foster group cohesion, build trust, and help individuals practice coping skills in a supportive environment.

Q: Can recovery games be used in addiction treatment programs?

A: Yes, recovery games are widely used in addiction treatment programs to encourage engagement, promote teamwork, and facilitate open discussions about recovery challenges.

Q: What types of recovery games are suitable for adults?

A: Suitable games for adults include discussion-based activities, trust-building exercises, mindfulness practices, and scenario analysis games that address real-life recovery challenges.

Q: How can facilitators ensure recovery games are effective?

A: Facilitators can ensure effectiveness by choosing relevant games, explaining rules clearly, encouraging participation, and adapting activities to fit the group's needs and abilities.

Q: Are recovery games appropriate for children and adolescents?

A: Yes, recovery games can be adapted for younger participants with age-appropriate activities focused on building self-esteem, emotional awareness, and teamwork.

Q: What are some examples of creative recovery games?

A: Examples of creative recovery games include art-based activities like "Draw Your Recovery Journey," storytelling games, and music mood mapping exercises.

Q: How do recovery games support emotional regulation?

A: Recovery games help participants identify and express their emotions, practice coping strategies, and build resilience in a safe group setting.

Q: Can recovery games be used in workplace wellness programs?

A: Yes, recovery games can be integrated into workplace wellness programs to boost morale, reduce

stress, and promote team bonding.

Q: What is the role of the facilitator in group recovery games?

A: The facilitator guides the activity, ensures inclusivity, encourages engagement, and supports group members throughout the game to maximize therapeutic benefits.

Q: How can recovery games be adapted for culturally diverse groups?

A: Facilitators should select culturally sensitive games, avoid triggering topics, and seek input from participants to make activities respectful and inclusive for all backgrounds.

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Recovery Games for Groups: Fostering Connection and Healing Through Play

Are you looking for engaging and therapeutic ways to build community and support recovery within a group setting? Recovery games for groups offer a powerful tool to facilitate healing, promote self-discovery, and strengthen bonds. This post explores a variety of games designed to enhance communication, build trust, and foster a sense of shared experience, all within a supportive and fun environment. We'll delve into different game types suitable for various recovery journeys and group sizes, providing you with practical ideas to implement immediately. Get ready to discover how play can be a vital component of your group's recovery process.

Why are Games Beneficial in Group Recovery?

Games offer a unique and engaging way to address the challenges often faced during recovery. They provide a structured yet flexible framework for:

Reducing Stigma: A playful environment can ease tension and help participants feel more comfortable sharing their experiences.

Building Trust: Collaborative games encourage teamwork and vulnerability, fostering a sense of safety and mutual support.

Improving Communication: Many games require clear communication and active listening, skills

crucial for successful recovery.

Promoting Self-Awareness: Reflective games can help individuals identify their strengths, weaknesses, and triggers.

Enhancing Emotional Regulation: Games can provide a healthy outlet for emotions and help individuals develop coping mechanisms.

Types of Recovery Games for Groups:

Icebreaker Games (For New Groups or Building Rapport):

"Two Truths and a Lie": Each participant shares three "facts" about themselves – two true and one false. Others guess the lie. This simple game sparks conversation and helps members learn about each other in a lighthearted way.

"Human Bingo": Create bingo cards with squares like "Has traveled to another continent," "Loves to cook," or "Plays a musical instrument." Participants mingle, finding others who match the squares and getting their signatures. This encourages interaction and discovery of shared interests.

"Storytelling Chain": One person starts a story with a sentence. Each subsequent person adds a sentence, building a collaborative and often humorous narrative. This improves communication and creative expression.

Trust-Building Games (For Strengthening Group Cohesion):

"Blindfolded Obstacle Course": One person is blindfolded and guided through an obstacle course by verbal instructions from others. This emphasizes communication, trust, and reliance on the group.

"Human Knot": Group members stand in a circle, reach across to grab two different hands, and then untangle themselves without letting go. This exercise highlights problem-solving skills and the importance of teamwork.

"Back-to-Back Drawing": Two partners sit back-to-back, one describing a simple picture while the other tries to draw it based on the description. This focuses on clear communication and active listening.

Reflective Games (For Self-Discovery and Personal Growth):

"Gratitude Circle": Each person shares one thing they are grateful for. This simple act cultivates positivity and fosters a sense of shared appreciation.

"Values Clarification": Participants brainstorm and prioritize their personal values. This helps individuals gain clarity on their life goals and direction.

"Strengths & Challenges": Group members identify their personal strengths and challenges related to their recovery journey. This promotes self-awareness and allows for mutual support.

Creative Games (For Emotional Expression and Release):

"Art Therapy Prompts": Provide art supplies and prompts related to recovery themes (e.g., "My journey," "Overcoming obstacles"). This non-verbal form of expression can be particularly helpful for individuals who find it difficult to articulate their feelings.

"Collaborative Mural": Create a group mural reflecting the group's shared experience and goals. This collaborative project strengthens the sense of community and shared identity.

"Metaphorical Storytelling": Encourage participants to express their experiences through metaphors or stories using objects or imagery. This can unlock deeper emotional understanding.

Choosing the Right Games for Your Group:

The best games for your group will depend on its size, the stage of recovery, and the overall goals. Start with simpler icebreakers and gradually introduce more challenging activities as trust develops. Always prioritize creating a safe and supportive environment where everyone feels comfortable participating. Consider the individual needs and preferences of your group members. Flexibility and adaptation are key to success.

Conclusion:

Recovery games for groups offer a powerful and engaging approach to fostering healing, connection, and personal growth. By incorporating playful activities into your group sessions, you can create a supportive and empowering environment where individuals feel safe to share, connect, and celebrate their progress on their recovery journey. Remember to adapt the games to your group's specific needs and always prioritize creating a safe and inclusive atmosphere. The benefits of incorporating games into group recovery extend far beyond simple entertainment; they contribute significantly to a holistic and effective recovery process.

FAQs:

1. Are these games suitable for all recovery groups? While the principles are applicable to many groups, you should adapt the games to the specific needs and sensitivities of your group. Some games might not be suitable for groups dealing with particularly sensitive trauma.
2. How do I ensure the games remain respectful and inclusive? Establish clear ground rules before starting any game, emphasizing respect, confidentiality, and the importance of creating a safe space for all participants.
3. What if some group members are hesitant to participate? Gentle encouragement and understanding are crucial. Start with less demanding activities and allow individuals to participate at their own pace. Don't pressure anyone to do anything they're uncomfortable with.
4. Can I use these games with online groups? Many of these games can be adapted for virtual settings using video conferencing platforms and online collaborative tools.
5. Where can I find more resources on recovery games? Search online for "therapeutic games for

groups," "recovery activities," or "group therapy games." You can also consult with a therapist or counselor specializing in group therapy for further guidance.

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licensed in Maine, Hawaii, and North Carolina and has experience working in dozens of settings, including detox units, rehabs, hospitals, clinics, forensics, geriatrics, and with our nation's veterans. She founded the Outside-the-Box Recovery movement to help providers help clients beat addiction.

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exercises that cater to different stages of addiction recovery and various types of substance abuse. These exercises not only offer practical techniques for managing cravings and maintaining sobriety but also address the underlying psychological and emotional factors that contribute to addiction. Readers will discover new ways to build trust, share their experiences, and foster empathy and understanding within their support groups. Transformative Strategies The workbook's transformative strategies emphasize the power of group dynamics in addiction recovery. By engaging in group activities, individuals can draw strength from others who share similar struggles and experiences, ultimately creating a supportive and nurturing environment conducive to recovery. These transformative strategies include team-building exercises, role-playing scenarios, and creative problem-solving tasks that challenge participants to think critically, develop empathy, and work collaboratively. Building Resilience Resilience is a key factor in overcoming addiction, and this workbook provides effective group activities designed to cultivate this essential quality. By participating in these activities, individuals will learn to face adversity with courage, adapt to change, and persevere even in the most challenging circumstances. Participants will develop greater self-awareness, emotional intelligence, and personal resilience - all vital components of a successful recovery journey. Fostering Connections The workbook emphasizes the importance of fostering connections within addiction recovery groups to ensure lasting success. By engaging in group activities that promote open communication, trust, and mutual support, individuals can build strong bonds with their peers and reinforce their commitment to sobriety. These activities also encourage participants to share their successes and setbacks, creating a sense of accountability and motivation that further contributes to lasting success in addiction recovery. Innovative Group Exercises Lastly, the workbook introduces innovative group exercises designed to strengthen community support networks and create lasting change on a broader scale. By connecting with others in their local communities, individuals can not only access valuable resources and services but also contribute to raising awareness and reducing the stigma surrounding addiction. These exercises include community outreach projects, advocacy initiatives, and peer mentorship programs that empower individuals to take an active role in their recovery journey and inspire others to do the same.

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Herman, Diya Kallivayalil, and Members of the Victims of Violence Program, 2018-09-28 Infused with clinical wisdom, this book describes a supportive group treatment approach for survivors just beginning to come to terms with the impact of interpersonal trauma. Focusing on establishing safety, stability, and self-care, the Trauma Information Group (TIG) is a Stage 1 approach within Judith Herman's influential stage model of treatment. Vivid sample transcripts illustrate ways to help group participants deepen their understanding of trauma, build new coping skills, and develop increased compassion for themselves and for one another. In a large-size format for easy photocopying, the volume provides everything needed to implement the TIG, including session-by-session guidelines and extensive reproducible handouts and worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials from the book, as well as an online-only set of handouts and worksheets in Spanish. See also *The Trauma Recovery Group*, by Michaela Mendelsohn, Judith Lewis Herman, et al., which presents a Stage 2 treatment approach for clients who are ready to work on processing and integrating traumatic memories.

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FINALLY, A RECOVERY WORKBOOK FOR ALL! This practical workbook, in its 3rd revised edition, is designed to be used to accompany a person or group in their addiction recovery process. Therefore, it is also recommended for counselors, clergy, sponsors, or anyone else serious about helping others. The workbook is unique in that it can be applied to any addiction, whether it be chemical dependency, sex, eating, spending, working, or gambling, just to name a few. It contains 101 practical exercises leaving no stone unturned in helping the workbook user uncover and deal with the issues they encounter while in recovery. The 3rd edition contains updated exercises, some new exercises, and updated resources.

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Available Open Access under CC-BY-NC licence. This is the first book that uses the latest research evidence to build guidance on community-based rehabilitation with the aim of challenging stigma and marginalisation. The case studies discussed, and a strengths-based approach, emphasize the importance of long-term recovery and the role that communities and peers play in the process. Best examines effective methods for community growth, offers sustainable ways of promoting social inclusion and puts forward a new drug strategy and a new reform policy for prisons.

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and for all. If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors. On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction. If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life.

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2016-06-08 Recently there has been a growing awareness of the process of recovery from serious mental illness and the importance of coming to terms with the challenges resulting from the illness. Acceptance of one's mental illness is a critical milestone of the recovery journey, fostering empowerment, hope, and self-determination. In addition, there has been a developing interest in the role of culture in influencing the experience of mental illness, treatment, and recovery. Yet, the topic of how people with diverse cultural backgrounds come to recognize and cope with their mental illness is often overlooked in the literature. Acceptance of Mental Illness adheres to a recovery-oriented philosophy that understands recovery as not simply symptom elimination, but as the process of living a meaningful and satisfying life with mental illness. The book synthesizes research on this topic and offers extensive case histories gathered by the authors to provide readers with an understanding of the multidimensional process of acceptance of mental illness across genders, ethnicities, and sexual orientations. The aim is for clinical readers to be better equipped to support people with mental illness across culturally diverse groups to experience empowerment, mental wellness, and growth. Chapters focus on providing a historical overview of the treatment of people with mental illness, examining the acceptance process, and exploring the experience of acceptance among women, men, racial-ethnic minorities, and LGBT individuals with serious mental illnesses. The book is a useful tool for mental health educators and providers, with each chapter containing case studies, clinical strategies lists, discussion questions, experiential activities, diagrams, and worksheets that can be completed with clients, students, and peers.

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better able to coach others, inspiring your team to perform at higher levels as you drive them toward the next win.

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updated second edition of *The Recovery Book*, the Bible of addiction recovery. *The Recovery Book* provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of *The Recovery Book* features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, *The Recovery Book* covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to “remold their brains” around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, *The Recovery Book* covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, *The Recovery Book* tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help yourself. Raising Substance-Free Kids: How to “addiction-proof” your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family’s treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. *The Recovery Book* will help millions gain control of their mind, their body, their life, and their happiness. www.TheRecoveryBook.com

recovery games for groups: *Handbook of Recovery in Inpatient Psychiatry* Nirbhay N. Singh, Jack W. Barber, Scott Van Sant, 2016-09-14 This handbook provides a guide for individualized, responsive, and meaningful care to patients with severe mental illness. It begins with an overview of the foundational aspects of recovery – definitions and assessment, recovery principles, recovery research, and applications of recovery principles in inpatient psychiatry. Subsequent chapters offer in-depth analyses of provider competencies, the patient’s role in personal choices and decision making, and the deeper healing goals of recovery. The handbook also offers detailed treatment modalities, including cognitive remediation, psychological and psychiatric services, nursing and occupational therapy services, peer support, and pharmacological treatment. Featured topics include: Sexuality and sexual health in the inpatient psychiatric setting. The power of stigma and the usage of SAMHSA (Substance Abuse and Mental Health Services Administration) principles to combat stigma. Legal advocacy. Self-advocacy and empowerment. Methods to enhance resilience and sustain recovery in inpatients. Common errors and solutions during the transformation to recovery-oriented systems. *The Handbook of Recovery in Inpatient Psychiatry* is a must-have resource for researchers, graduate students, clinicians, and related professionals/practitioners in

psychology, psychiatry, social work, nursing, rehabilitation therapy, occupational therapy, physical therapy, and allied professionals in related mental health and medical disciplines.

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recovery games for groups: *Activities for Teaching Positive Psychology* Jeffrey J. Froh, Acacia C. Parks, 2013 Positive psychology is a rapidly expanding area of study that is of great interest to students at the graduate, undergraduate, and high school levels. But the field is so broad that teachers who want to cover all the bases when designing a positive psychology course may have difficulty locating and selecting materials. *Activities for Teaching Positive Psychology: A Guide for Instructors* addresses this problem by presenting a comprehensive set of fun, interactive classroom activities devised by contributors who are experienced teachers as well as leading scholars in their areas. Chapters cover all the topics typically included in existing positive psychology textbooks, emphasizing the hands-on experience that makes positive psychology courses so powerful. Extensive reading lists point interested readers toward a fuller understanding of the topics. The book is a rich source of ideas for all teachers of psychology, from novice to experienced instructors. Positive psychology is unique among teaching topics in that it lends itself to experiential teaching methods. This book is what is needed most: a guide to activities related to the concepts and experiments that make up the foundation of positive psychology. Froh and Parks have created a book that every instructor should have full of reflections and other activities that will benefit every student. Robert Biswas-Diener, CMC, Managing Director, Positive Acorn, Milwaukie, OR Positive psychology needs to be given away. Froh and Parks teach you how. Shane Lopez, PhD, Senior Scientist in Residence, Clifton Strengths School, Omaha, NE

recovery games for groups: *Positive CBT* Fredrike Bannink, Nicole Geschwind, 2021-11-30 Positive CBT integrates positive psychology and solution-focused brief therapy within a cognitive-behavioral framework. It focuses on building what's right, not on reducing what is wrong. Learn about the evidence-base for positive CBT. Teach clients what works for them with the treatment protocols. Download client workbooks. More about the book. Positive CBT integrates positive psychology and solution-focused brief therapy within a cognitive-behavioral framework. It focuses not on reducing what is wrong, but on building what is right. This fourth wave of CBT, developed by Fredrike Bannink, is now being applied worldwide for various psychological disorders. After an introductory chapter exploring the three approaches incorporated in positive CBT, the research into the individual treatment protocol for use with clients with depression by Nicole Geschwind and her colleagues at Maastricht University is presented. The two 8-session treatment protocols provide practitioners with a step-by-step guide on how to apply positive CBT with individual clients and groups. This approach goes beyond simply symptom reduction and instead focuses on the client's desired future, on finding exceptions to problems and identifying competencies. Topics such as self-compassion, optimism, gratitude, and behavior maintenance are explored. In addition to the protocols, two workbooks for clients are available online for download by practitioners. The materials for this book can be downloaded from the Hogrefe website after registration.

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