

This occupational therapy workbook provides clinicians with the tools necessary to help patients with dual diagnoses acquire basic living skills. Focusing on stress management, time management, activities of daily living, and social-skills training, this guide addresses each living skill in relation to how it aids in recovery and relapse prevention for each patient's individual lifestyle and pattern of addiction. Precin's Living Skills Recovery Workbook also instructs recovering addicts on how to manage their psychiatric symptoms to promote the highest level of integration into their community. This comprehensive workbook contains a collection of activities and worksheets to teach skills necessary to improve the quality of life for individuals with dual disorders, along with 70 forms that can be filled in by patients to aid in self-awareness. Ultimately, this guide emphasizes recovery through functional development skills. Dr. Pat Precin is Assistant Professor of Occupational Therapy at Touro College, consultant, and licensed psychoanalyst with a private practice in Manhattan. Dr. Precin has over 27 years of experience working with people with mental illness and has directly supervised over 175 occupational therapy practitioner students in various clinical settings. She has authored and edited a number of books, including Client-Centered Reasoning: Narratives of People with Mental Illness, in addition to numerous journal articles, chapters, and grants.

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