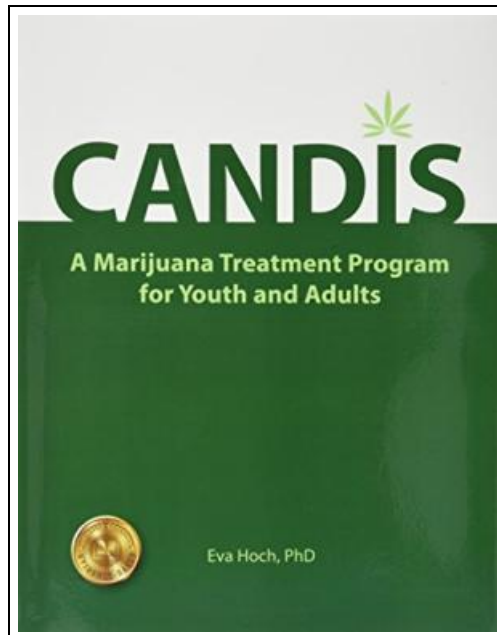


CANDIS Curriculum: A Marijuana Treatment Program for Youth and Adults (Mixed media product)



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CANDIS CURRICULUM: A MARIJUANA TREATMENT PROGRAM FOR YOUTH AND ADULTS (MIXED MEDIA PRODUCT)



Hazelden Information Educational Services, United States, 2017. Mixed media product. Condition: New. Language: N/A. Brand New Book. An evidence-based, abstinence-oriented cannabis treatment program, CANDIS was developed by Dr. Eva Hoch, an award-winning and internationally renowned expert in the treatment of cannabis use disorder. Using motivational enhancement therapy (MET), cognitive-behavioral therapy (CBT), psychosocial problem-solving (PPS) and contingency management, this program has proven success with its three main objectives for clients: to realize problematic cannabis use, to participate in treatment, and to abstain from use using relapse prevention skills. The CANDIS program begins with a client assessment and continues with ten sessions that focus on: Physical and psychological effects of marijuana. Internal and external triggers. Strategies for change. Co-occurring disorders. Withdrawal and relapse management. Cravings, problem solving, and refusal skills. More than 1,200 health professionals have already been trained in using the CANDIS program in five European countries: Poland, Austria, Luxembourg, Switzerland and Germany. The sessions are: Session 1: Introduction to the CANDIS program Session 2: Benefits of use and benefits of change. Session 3: Understanding cannabis use patterns Session 4: Preparing a target day Session 5: Debriefing the target day, and dealing with cravings Session 6: Relapse prevention Session 7: Problem solving, part 1 Session 8: Problem solving, part 2 Session 9: Cannabis and mental health disorders Session 10: Dealing with the social pressure to use Ideal for use in a variety of settings, the program is designed for 90-minute sessions but can be modified for shorter time periods. Exercises are provided for the client to work on between sessions. A facilitator manual, a DVD that includes a video overview of marijuana, and a CD-ROM with reproducible client worksheets and fact sheets are all included in this effective, affordable tool for helping clients overcome their dependence on cannabis. The developers of the...



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