Self-management:
A Guide to Your Feelings, Motivations and Positive Mental Health

by William R. Miller, PhD, and David Mee-Lee, MD

Encouraging and empowering clients to take an active role in their recovery
Population-specific Interactive Journals

The Self-management Interactive Journal encourages individuals to become active participants in the care and maintenance of their own psychological wellness. Participant Journals have been customized for both mental health and addiction treatment populations. Features include:

- Strategies to help manage situations, thoughts, feelings, responses and consequences
- Exercises to help develop goal-setting strategies
- Activities designed to enhance the working alliance between service provider and participant
- Focus on the topic areas of Anger, Depression, Stress and Anxiety and Self-esteem (Mental Health edition) and Anger, Stress, Urges and Cravings and Substance Use (Addiction Treatment edition)
Facilitator Guides

Uniquely developed for each edition of Self-management, the Facilitator Guides offer suggestions to help service providers structure programs according to schedules and resources.

Recommended activities and topics are designed to correspond to each Participant Journal page. Features include:

- Notes highlighting key topics on each Journal page
- Flexible delivery for both one-to-one and group facilitation
- Homework and optional activities to reinforce content and encourage practice between sessions
- Information relevant to the six dimensions of the The ASAM Criteria

About the Authors

William R. Miller, PhD,
Senior Advisor to The Change Companies®,
is the original developer of Motivational Interviewing, an internationally recognized method for helping people change by evoking their own intrinsic motivation. His research on motivation and behavior change has had a profound effect on addiction treatment, and more generally on health services. The Institute for Scientific Information lists Dr. Miller as one of the world’s most cited scientists.

David Mee-Lee, MD,
Senior Vice President of The Change Companies®,
is a leading expert in co-occurring substance use and mental disorders with over 30 years’ experience in person-centered treatment and program development. He is a Board-certified psychiatrist, is certified by the American Board of Addiction Medicine (ABAM) and is Chief Editor of The ASAM Criteria.
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