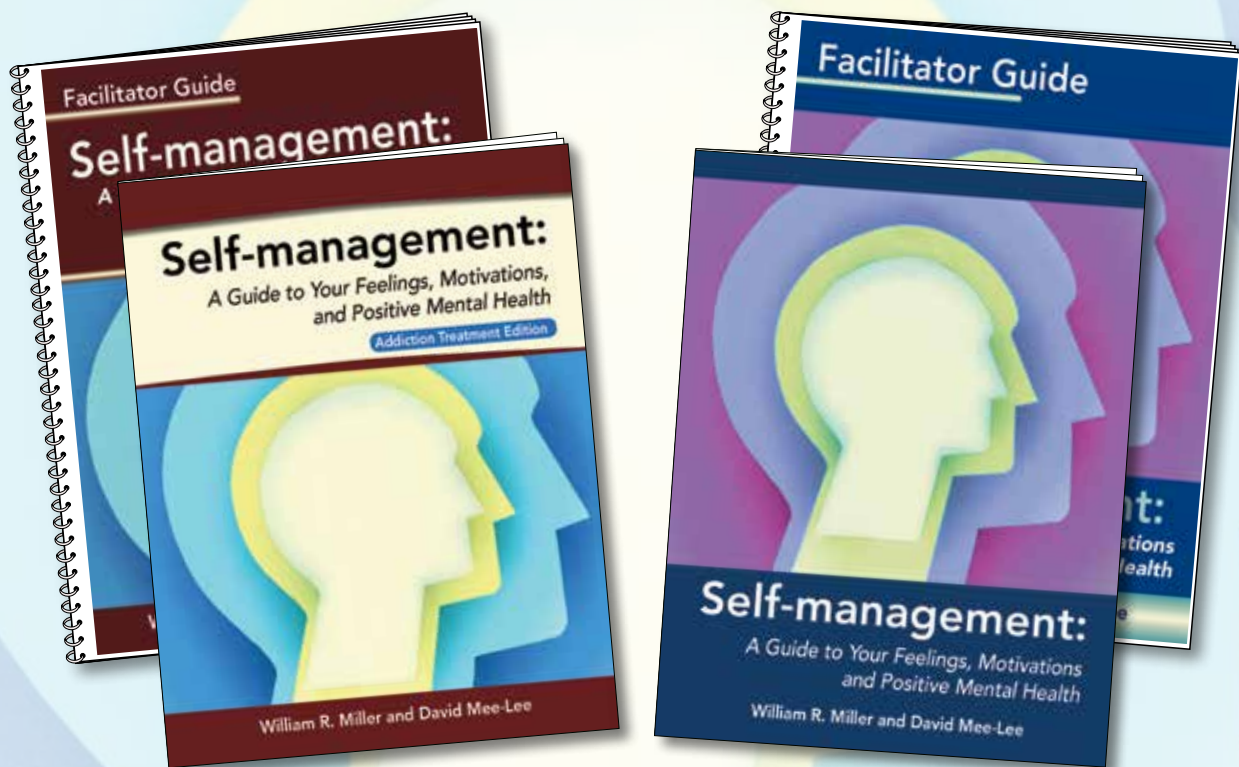


# Self-management:

*A Guide to Your Feelings, Motivations  
and Positive Mental Health*

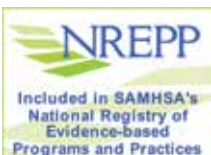
by William R. Miller, PhD, and David Mee-Lee, MD



Addiction Treatment Edition

Mental Health Edition

Encouraging and empowering clients  
to take an active role in their recovery



The **Change** Companies®

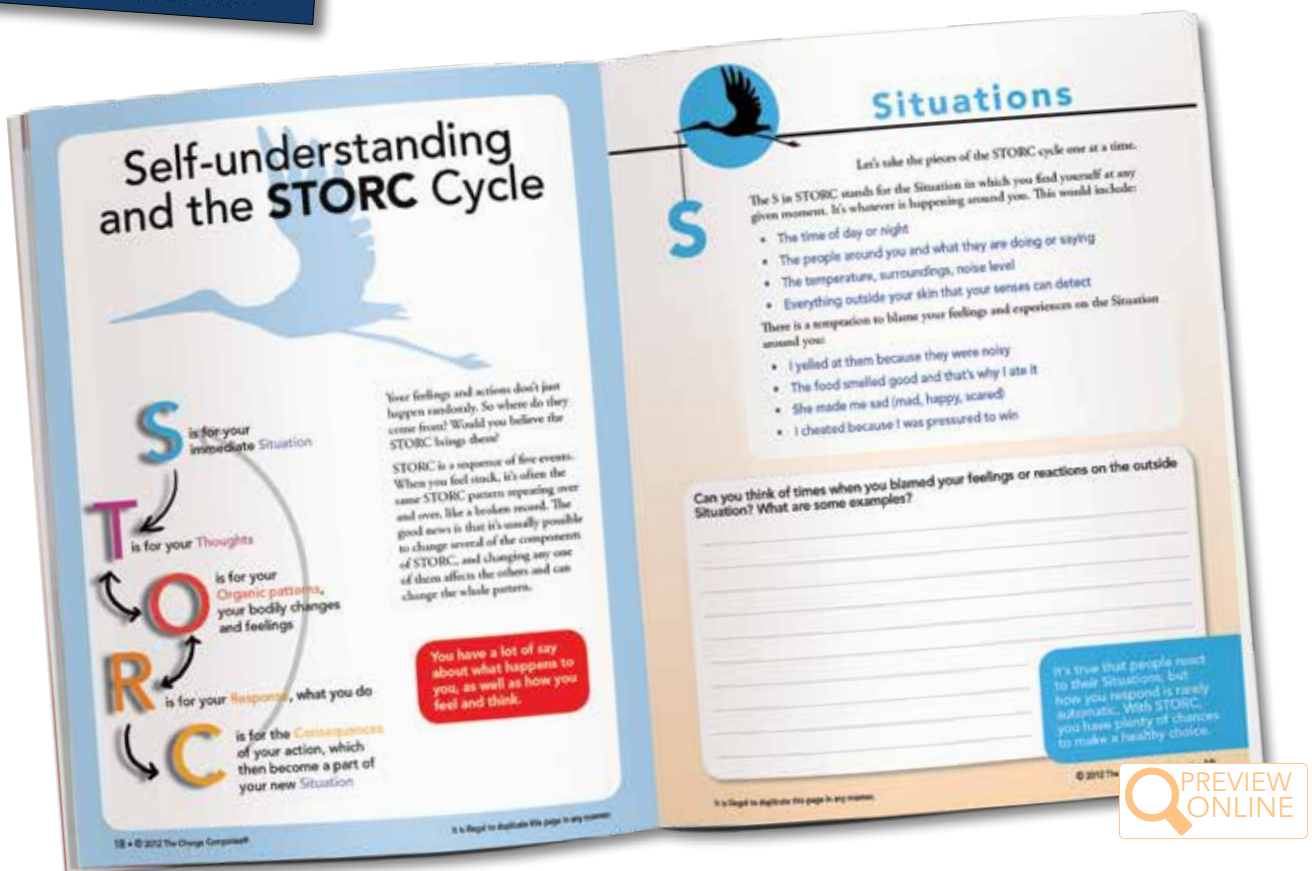
888-889-8866 | [www.changecompanies.net](http://www.changecompanies.net)



## 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:

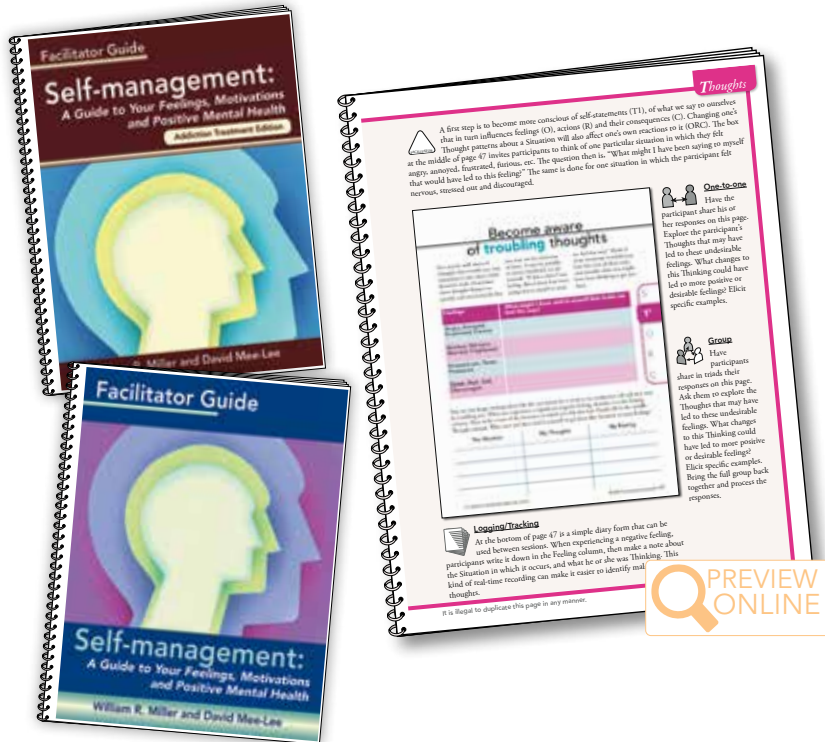
- Strategies to help manage situations, thoughts, feelings, responses and consequences
- Exercises to help develop goal-setting strategies
- Activities designed to enhance the working alliance between service provider and participant
- Focus on the topic areas of Anger, Depression, Stress and Anxiety 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*.



# Self-management

Minimum order of  
any Journal is 25.

Item #	Title	Quantity		Unit Each		Total
<b>Self-management Mental Health Edition</b>						
MHSM	Participant Interactive Journal		x	\$8.45	=	
MHFG	Facilitator Guide		x	\$60.00	=	
<b>Self-management Addiction Treatment Edition</b>						
MSM	Participant Interactive Journal		x	\$8.45	=	
MFG	Facilitator Guide		x	\$60.00	=	
<b>SUBTOTAL</b>						
<b>Domestic Shipping and Handling 7.5% (Minimum \$7.50)</b>						
<b>Tax (CA, CO, IN, NM, NV, WA)</b>						
<b>TOTAL</b>						

Packages will be shipped ground services  
the same day your order is received.

DATE:		PO # (IF REQUIRED):	
NAME:		TITLE:	
SITE NAME:		EMAIL:	
ADDRESS:			
CITY:	STATE:	ZIP:	
PHONE:	FAX:		

☐ Check, Money Order   ☐ Visa   ☐ MasterCard   ☐ American Express

Name/Company on card \_\_\_\_\_

Billing address on card \_\_\_\_\_

Card #:

Exp. Date: \_\_\_\_\_ Card Code: \_\_\_\_\_

**CALL, FAX OR MAIL YOUR ORDER TO:**

 **The Change Companies®**

Toll-free: 888-889-8866

Fax: 775-885-0643

5221 Sigstrom Drive • Carson City, NV 89706