

Interactive Journaling®



The Adult Rehabilitation Centers of The Salvation Army serve thousands of beneficiaries each year with an outstanding program of spiritual restoration incorporating a Twelve-Step, Biblically based approach delivered in a structured residential setting. This 12-Journal series assists beneficiaries in acquiring life skills, forming positive habits and enhancing a sense of self-worth.

RESOURCES to SUPPORT PERSONAL CHANGE

Over 25 million people have used Interactive Journals to make positive changes in their lives.

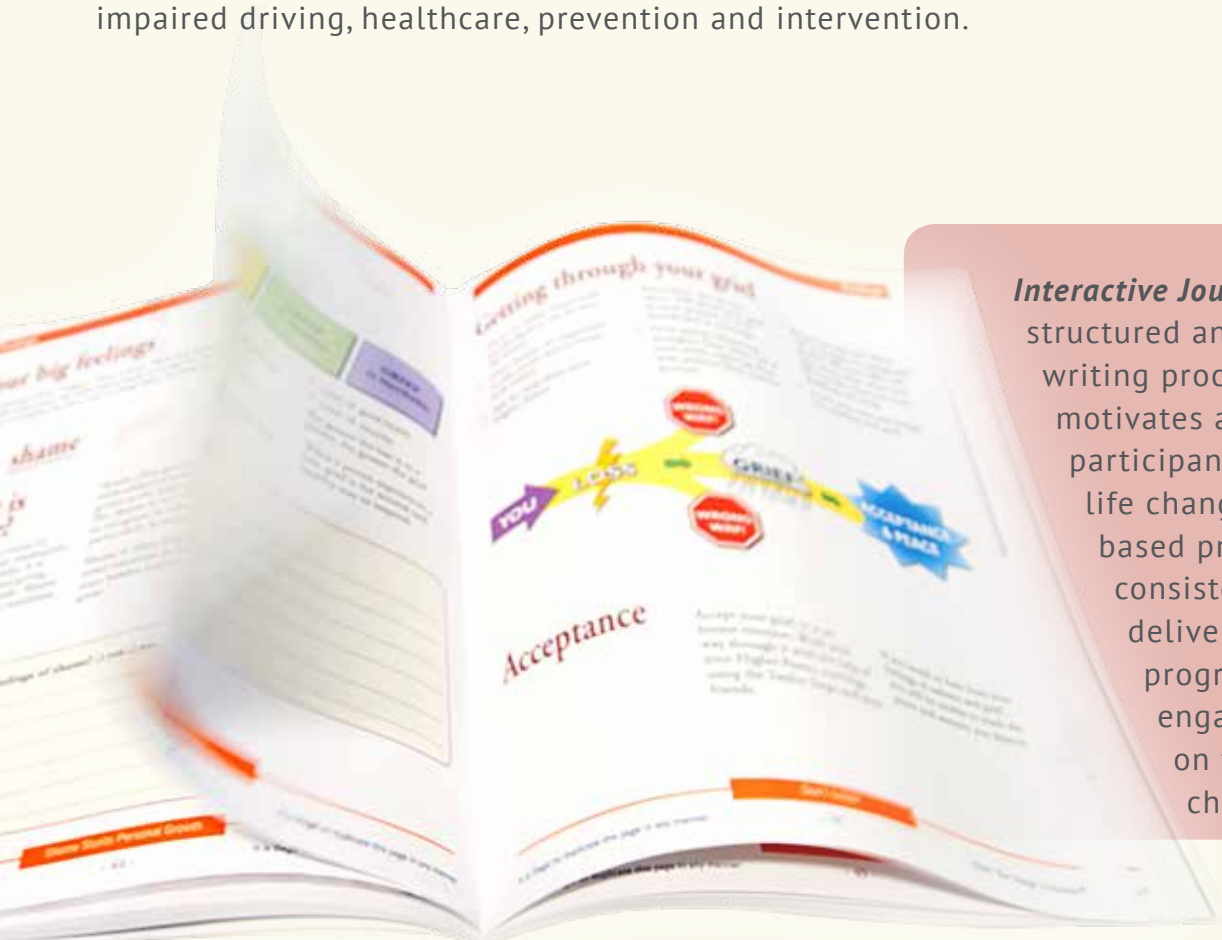
The Change Companies® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

Interactive Journaling® curricula are used in many behavior change fields, including substance use treatment, mental health, justice services, impaired driving, healthcare, prevention and intervention.

INTERACTIVE



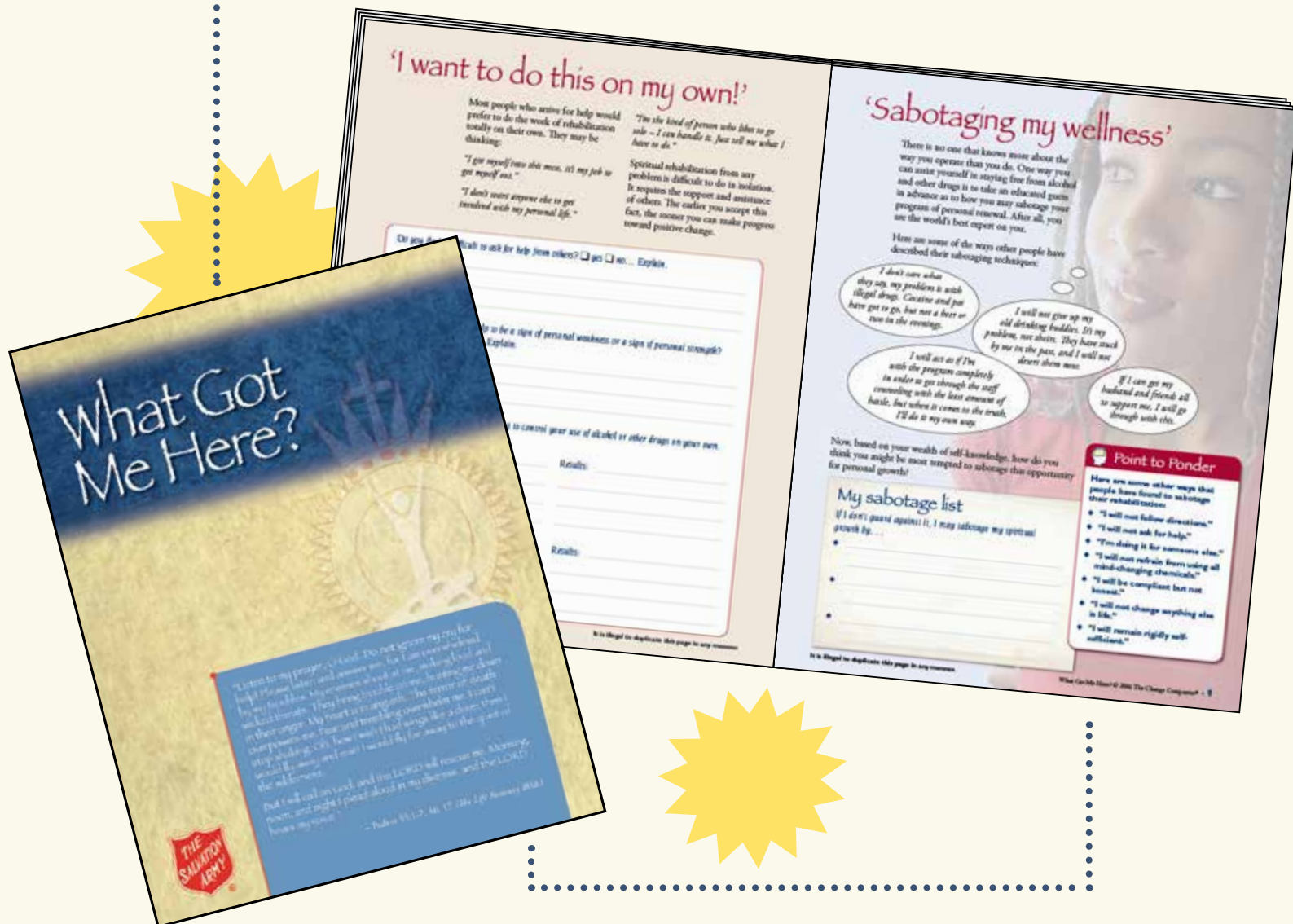
JOURNALING®



Interactive Journaling® is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

ADULT REHABILITATION CENTERS SERIES

The ARC *Interactive Journaling*® Series focuses on helping each beneficiary apply relevant information and behavior change strategies to his or her life circumstances. The ARC Interactive Journals offer simple tools for helping beneficiaries take responsibility for their self-change. They act as personal and permanent resources within the change process.



THE SERIES



What Got Me Here?

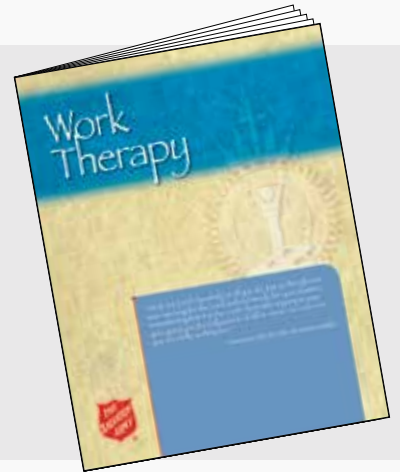
Item #: SA1 | 16 pages | \$1.20

What Got Me Here? gives beneficiaries an opportunity to explore the reasons they are entering the ARC and prepares them for the work of positive life change that lies ahead.

Work Therapy

Item #: SA2 | 16 pages | \$1.20

Work Therapy teaches beneficiaries how work promotes structure, self-discipline and self-respect with an emphasis on working with others and accepting responsibility.



The Con Game

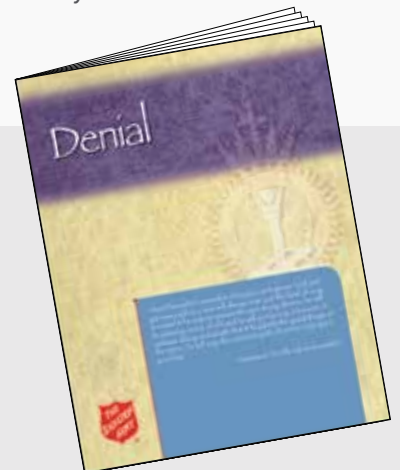
Item #: SA3 | 24 pages | \$1.80

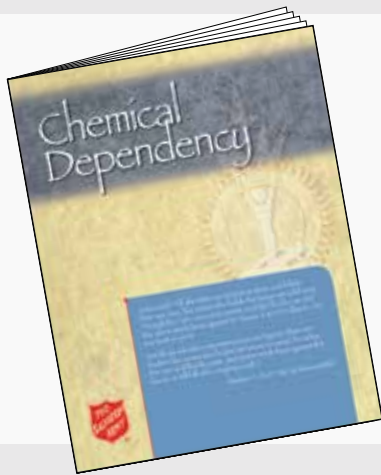
The Con Game guides beneficiaries toward self-responsibility by exploring how the “con game” may be at the core of faulty beliefs and behaviors.

Denial

Item #: SA4 | 16 pages | \$1.20

This Journal helps beneficiaries discover how their use of denial may have kept them from recognizing the impact of their substance use.





Chemical Dependency

Item #: SA5 | 32 pages | \$2.40

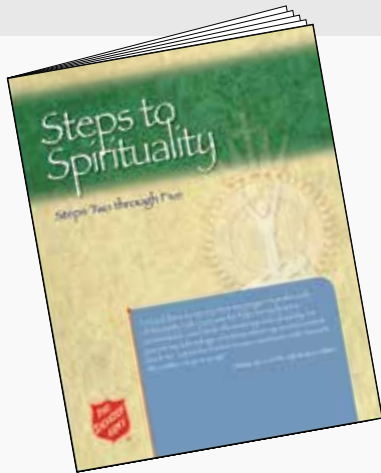
Chemical Dependency provides beneficiaries with information about the effects of alcohol and other drugs on their bodies, minds and lives.



First Step

Item #: SA6 | 16 pages | \$1.20

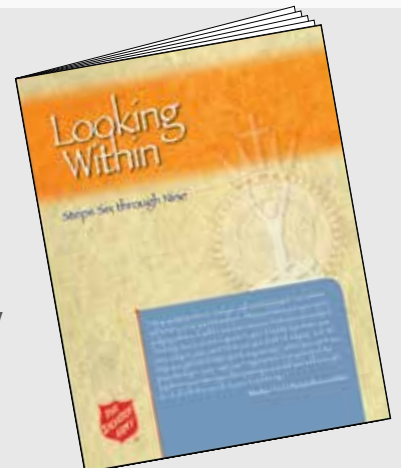
This Journal helps beneficiaries move from self-will to an acceptance of the powerlessness and unmanageability that surrounds their use of substances.



Steps to Spirituality

Item #: SA7 | 24 pages | \$1.80

Steps to Spirituality introduces beneficiaries to Steps Two through Five, which will prepare them to begin working on the action steps of recovery.



Looking Within

Item #: SA8 | 16 pages | \$1.20

Looking Within provides an introduction to Steps Six through Nine. These Steps will help beneficiaries prepare for maintaining a daily program of healthy living.

THE SERIES continued



Into Action

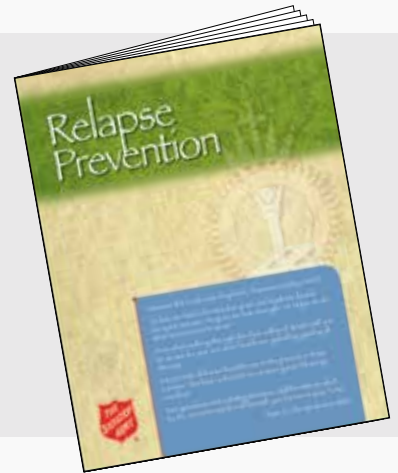
Item #: SA9 | 16 pages | \$1.20

Into Action offers a solid introduction to Steps 10 through 12 and helps beneficiaries maintain an ongoing program of recovery.

Relapse Prevention

Item #: SA10 | 24 pages | \$1.80

Relapse Prevention provides the tools beneficiaries need to identify and interrupt their pattern of relapse before they begin to drink or use again.



Feelings

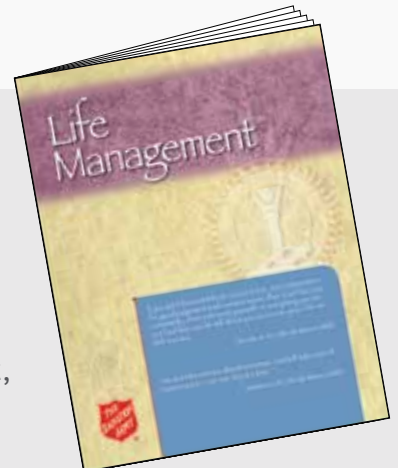
Item #: SA11 | 24 pages | \$1.80

Beneficiaries are encouraged to explore their feelings as part of the recovery process and develop coping strategies to help manage difficult feelings.

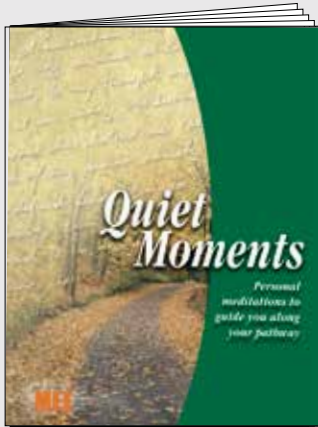
Life Management

Item #: SA12 | 24 pages | \$1.80

Life Management offers practical tips to help beneficiaries get their lives back in order. It provides information about stress management, nutrition, finances, time management and leisure time.



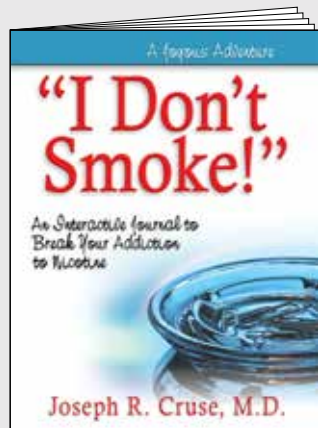
ADDITIONAL *resources* & SUPPLEMENTS



Quiet Moments

Item #: A26 | 24 pages | \$1.80

A simple, original and beautiful approach to meditation, *Quiet Moments* gently encourages clients to create their own words of recovery and serenity. Many programs provide a special time for clients to share their words of meditation with their peers.



"I Don't Smoke!"

by Joseph R. Cruse, M.D.

Item #: IDS | 32 pages | \$3.95

This Interactive Journal guides participants through the benefits of considering change and moves them toward acting on their desire to quit. The Journal includes strategies for getting through the first difficult weeks of smoking cessation, as well as strategies for maintaining nicotine abstinence on a long-term basis.

Medallions for the ARC Series

Item #: ARC | Each | \$2.05



Set Free

by Jan Coates

Item #: SF | Bundle | \$210

The *Set Free* bundle includes:

- 15 Set Free Books
- 1 Introduction DVD
- 15 Set Free Reflection Journals
- 1 Implementation Guide

Set Free gives the stories of six women who, with God's help, found their way through the healing process. The companion Interactive Journal follows the chapters in the book, providing reflective writing opportunities and other activities that will help readers apply these strategies to their own lives and healing processes. *Set Free* is specifically designed to help those who suffer from depression, hopelessness, low self-esteem, anti-social behavior, drug abuse and promiscuity, among other things, as a result of child abuse.

ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
SA1	What Got Me Here?			x \$1.20	=
SA2	Work Therapy			x \$1.20	=
SA3	The Con Game			x \$1.80	=
SA4	Denial			x \$1.20	=
SA5	Chemical Dependency			x \$2.40	=
SA6	First Step			x \$1.20	=
SA7	Steps to Spirituality			x \$1.80	=
SA8	Looking Within			x \$1.20	=
SA9	Into Action			x \$1.20	=
SA10	Relapse Prevention			x \$1.80	=
SA11	Feelings			x \$1.80	=
SA12	Life Management			x \$1.80	=
ITEM #	ADDITIONAL MATERIALS		QUANTITY	UNIT PRICE	TOTAL
WTP	Work Therapy Evaluation- pad of 50			x \$5.25	=
IDS	"I Don't Smoke"			x \$3.95	=
A26	Quiet Moments			x \$1.80	=
ARC	ARC Medallions (minimum order of 50)			x \$2.05	=
SF	Set Free Bundle			x \$210.00	=
SUBTOTAL					
DOMESTIC SHIPPING AND HANDLING 7.5% (MIN. \$7.50)					
TAX (CA, CO, DC, IN, KY, MO, NM, NV, TN, WA)					
TOTAL					

DATE		PO# (IF REQUIRED)	
NAME		PHONE	
SITE NAME			
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CITY	STATE	ZIP	
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☐ Check, Money Order
 ☐ Visa
 ☐ MasterCard
 ☐ American Express

NAME/COMPANY ON CARD _____

BILLING ADDRESS ON CARD _____

CARD #

EXP. DATE: ____/____/____ CARD CODE: _____

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

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