



# Recovery Coaching: A Guide to Coaching People in Recovery from Addictions

*Melissa Killeen*

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## **Recovery Coaching: A Guide to Coaching People in Recovery from Addictions** Melissa Killeen

80% of people leaving an addiction treatment center relapse within the first year of discharge. 9 out of 10 of this 80% relapse within the first ninety days after discharge. Working with a recovery coach can significantly reduce the likelihood of relapse during this crucial period. Recovery coaching is this missing link, bridging the gap between an individual leaving a treatment center and maintaining long term sobriety RECOVERY COACHING- A Guide to Coaching People in Recovery from Addictions gives readers something that hasn't been done before: a thorough explanation of recovery coaching. It is the first book on Recovery Coaching, since the field's inception in the 1990's. This approach to recovery coaching is aligned with state of the art research and thinking in the addictions field. As there are no other works on this subject, this book is first to demonstrate how using multiple contemporary treatment perspectives, including the Minnesota Model, Motivational Interviewing, Harm Reduction and Contingency Management can be integrated to inform effective recovery coaching. Readers receive a blend of recovery models, and sobriety tools that can be used as a guide for the coach to truly support the person in their recovery process. However, the resources do not stop there, the book gives practical business advice about how to set up a successful coaching practice. This book will be an indispensable resource for the coach just starting out, the coaching veteran and the addiction treatment professional.

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