

Cambridge University Press & Assessment
978-1-009-37881-9 — Building Recovery Resilience: Addiction Recovery and
Relapse Prevention Workbook – An I-System Model Application
Guy du Plessis , Derrik R. Tollefson , Robert Weathers , Kevin G. Webb
Copyright information
[More Information](#)



Shaftesbury Road, Cambridge CB2 8EA, United Kingdom
One Liberty Plaza, 20th Floor, New York, NY 10006, USA
477 Williamstown Road, Port Melbourne, VIC 3207, Australia
314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre, New Delhi – 110025, India
103 Penang Road, #05–06/07, Visioncrest Commercial, Singapore 238467

Cambridge University Press is part of Cambridge University Press & Assessment,
a department of the University of Cambridge.

We share the University’s mission to contribute to society through the pursuit of
education, learning and research at the highest international levels of excellence.

www.cambridge.org
Information on this title: www.cambridge.org/9781009378819

DOI: 10.1017/9781009378772

© Utah State University 2024

This publication is in copyright. Subject to statutory exception and to the provisions
of relevant collective licensing agreements, no reproduction of any part may take
place without the written permission of Cambridge University Press & Assessment.

First published 2024

Printed in the United Kingdom by CPI Group Ltd, Croydon CR0 4YY

A catalogue record for this publication is available from the British Library

Library of Congress Cataloging-in-Publication Data

Names: Du Plessis, Guy, author.

Title: Building recovery resilience : addiction recovery and relapse
prevention workbook – an I-system model / Guy du Plessis, Utah State
University, Derrik R. Tollefson, Utah State University, Robert Weathers,
Addictions Recovery Coach, California, Kevin G. Webb, Utah State
University

Description: Cambridge, United Kingdom ; New York, NY: Cambridge University
Press, 2024. | Includes bibliographical references.

Identifiers: LCCN 2023045412 | ISBN 9781009378819 (paperback) | ISBN
9781009378772 (ebook)

Subjects: LCSH: Addicts – Rehabilitation. | Recovering addicts. | Substance
abuse – Treatment. | Mind and body therapies.

Classification: LCC HV4998 .D82 2024 | DDC 362.29–dc23/eng/20240112
LC record available at <https://lcn.loc.gov/2023045412>

ISBN 978-1-009-37881-9 Paperback

Cambridge University Press & Assessment has no responsibility for the persistence
or accuracy of URLs for external or third-party internet websites referred to in this
publication and does not guarantee that any content on such websites is, or will
remain, accurate or appropriate.

Every effort has been made in preparing this book to provide accurate and up-to-date information that is in
accord with accepted standards and practice at the time of publication. Although case histories are drawn
from actual cases, every effort has been made to disguise the identities of the individuals involved.
Nevertheless, the authors, editors, and publishers can make no warranties that the information contained
herein is totally free from error, not least because clinical standards are constantly changing through
research and regulation. The authors, editors, and publishers therefore disclaim all liability for direct or
consequential damages resulting from the use of material contained in this book. Readers are strongly
advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that
they plan to use.