



# Pathways to Self-Discovery and Change: A Guide for Responsible Living: The Participant's Workbook

*Harvey B. Milkman, Kenneth W. Wanberg*

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*Pathways to Self-Discovery and Change: A Guide for Responsible Living - The Participant's Workbook, Second Edition* provides a written and richly illustrated format through which clients can better understand and reflect on each of 32 (approximately 90 to 120 minutes in length) youth-focused CBT treatment sessions.

Pathways to Self-Discovery and Change supplies clients with a visual and written record of all treatment objectives, content information, modeling and role-plays, discussion points, interactive exercises, and reflective assignments and a place to record their ideas, insights, short- and long-term goals, and progress during the entire treatment episode.

*The Participant's Workbook* is geared to a broad range of reading and conceptual abilities. Using comic strip illustrations and gripping stories (presented through the narrative voice of teenagers who experience a variety of problems with substance abuse, criminal conduct, and mental health issues), clients are engaged in active discussion about the situations, thoughts, emotions, and behaviors that have become embroidered in their patterns of substance abuse and criminal conduct.

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