

ADDICTION & FAITH CONFERENCE

BREAKOUT SESSION

Using Behavioral Activation to Plan Valued Activities in Recovery

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Behavioral activation is a cognitive-behavioral therapy which has been shown to reduce depression. Recently, it has been applied to addictions. One aspect of behavioral activation therapy is the identification of important life areas and the expression of one's values for those areas. From this expression of values, achievable actions are identified which represent feasible steps toward aligning one's life with what one feels most strongly about. In this workshop, we will identify important life areas and with easy-to-follow prompts, delve into our values for these life areas. Then we will articulate actionable steps toward living these values.

- Learn about a process which involves identifying important life areas
- Write about one's values in these areas
- Developing activities that represent steps toward putting these values into action.



Amy Krentzman is an Associate Professor at the University of Minnesota School of Social Work. Dr. Krentzman's research focuses on factors that promote the initiation and maintenance of recovery from alcohol and other substance use disorders, particularly the mechanisms of therapeutic change that are precipitated by professional treatment, recovery community organizations, and 12-step programs.

Dr. Krentzman studies spirituality, religiousness, forgiveness, and practices such as prayer and meditation as they function in the context of addiction recovery. Her recent work focuses on gratitude in addiction recovery.