

# MANAGING YOUR ALCOHOL USE: Skills and strategies to cut down or quit



This 10 session group will be informed by an evidence-based protocol which offers specific skills and strategies derived from Relapse Prevention Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing.

- Set appropriate and relevant goals for your alcohol use (reduction or abstinence).
- Learn about psychological rigidity which can lead to more suffering and less engagement in life as well as psychological flexibility, which may lead to a fully lived life.
- Analyze high-risk situations, review cognitive restructuring and relapse management approaches, among other useful approaches.
- The group will focus on partnership, acceptance, compassion and evocation.

**When:** Thursday 5:30-6:30

**Where:** South Shore Medical Center, 143 Longwater Drive, Norwell MA Patient Education Room



Contact Dr. Moore at 781-551-0999 x420. This group may be covered by your health insurance. Please speak with Dr. Moore for details.

**Thomas Moore, Ph.D.** earned his doctoral degree in Clinical Psychology from Virginia Commonwealth University. Dr. Moore completed his clinical internship with the New Jersey VA and a post-doctoral fellowship at the VA Boston Health Care System where he specialized in dual diagnosis.

Dr. Moore has over 17 years experience working with adults and adolescents struggling with substance use and related difficulties.