

Old Testament 12 Step Recovery Resources for Treatment Professionals

Summary:

This is the treatment professional's companion to the *Old Testament 12 Step Workbook*. It enables a treatment professional to facilitate a Bible-themed approach to addiction recovery. The workbook contains extra material to help the client with Bible-themed step work and journaling exercises.

The Instructor Guide

Our Old Testament approach to 12 step recovery can be effective in a professional treatment setting. For clients with religious backgrounds, Bible-themed inspiration often helps bridge a critical gap between the client's experience of God and religion and the relatively secular format of standard 12 step recovery. It's not for everyone, of course, but in some cases, it can make a big difference in treatment outcomes.

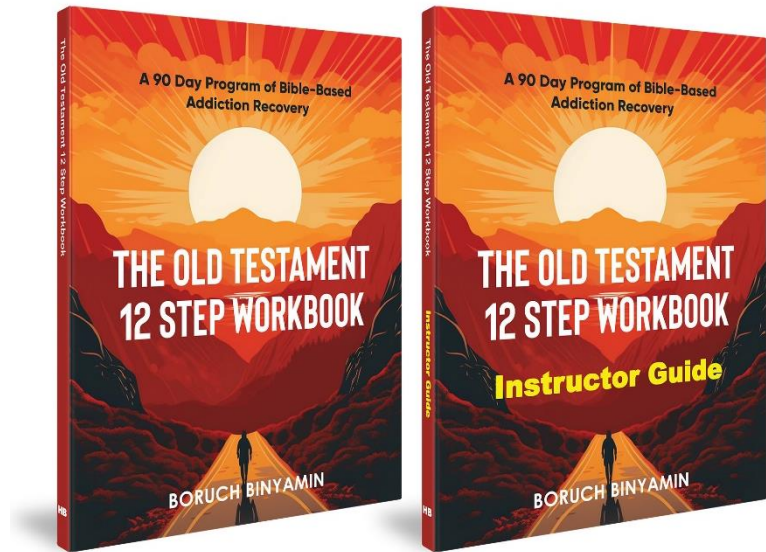
Our "Old Testament 12 Step Workbook" takes the recovering addict through the 12 steps in 90 days, with each day featuring a verse from The Old Testament, followed by a short comment that connects the Biblical material with addiction recovery concepts. For each day's reading, the workbook asks questions to help the client consider the meaning of the text as it relates to his or her own recovery process. Each day's reading also contains a suggested journaling exercise based on the 12 Steps of Alcoholics Anonymous.

Throughout the Instructor Guide, treatment professionals will find suggested questions and discussion drivers that go beyond the questions contained in the basic workbook. These questions are designed to encourage personal reflection, sharing and discussion – at the levels of group, individual treatment and journaling.

Purchase the [Instructor Guide](#)

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Contact us: foriwillbewithyou@gmail.com | (310) 383-7041 | www.oldtestamentsobriety.com

