



The First Book on Recovery Coaching

RECOVERY COACHING- A Guide to Coaching People in Recovery from Addictions by Melissa Killeen

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FOR IMMEDIATE RELEASE:

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- 80% of people leaving an addiction treatment center relapse within the first year of discharge
- Working with a recovery coach can reduce the likelihood of relapse during this crucial period by at least 50%
- Recovery coaching is this missing link, bridging the gap between an individual leaving a treatment center and maintaining long term sobriety

Melissa Killeen is a recovery coach, and former president of Recovery Coaches International, an association for recovery coaches. *RECOVERY COACHING- A Guide to Coaching People in Recovery from Addictions* is the first book on Recovery Coaching.

“Refreshing, this approach to recovery coaching is aligned with state of the art research and thinking in the addictions field” affirms Andrew Tatarsky, PhD. Director, Center for Optimal Living, NYC, and author of *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems*. “As there are no other works on this subject, this book is first to demonstrate how using multiple contemporary treatment perspectives, including the Minnesota Model, Motivational Interviewing, Harm Reduction and Contingency Management can be integrated to inform effective recovery coaching.”

Readers receive a blend of recovery models, and sobriety tools that can be used in a recovery coaching assignment. Chapters on Motivational Interviewing, Co-occurring Disorders and Medicine Assisted Therapy will expand any addiction specialists’ knowledge but is important knowledge for the recovery coach to obtain. For the person investigating this field for the first time there are lists of training courses and informational links for free downloads scattered throughout the book.

Lastly, Killeen includes a chapter on the business requirements of running a recovery coaching business. Tatarsky comments, “as if that was not enough, the book gives practical business advice about how to set up a successful coaching practice.”

RECOVERY COACHING- A Guide to Coaching People in Recovery from Addictions gives readers something that “hasn’t been done before: a thorough explanation of recovery coaching” states Omar Manejwala, M.D. author and former Medical Director of the Hazelden Treatment Centers, “this [book] will be an indispensable resource for both the coach just starting out or the veteran.”

RECOVERY COACHING: A Guide to Coaching People in Recovery from Addictions is available at Amazon Books.

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