



Engage the Group, Engage the Brain: 100 Experiential Activities for Addiction Treatment

Kay Colbert, Roxanna Erickson-Klein

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A highly innovative collection of activities for use with groups and individuals in addiction treatment settings. Designed to creatively utilize the mind-body connection, these activities are engaging and fun, linked with evidence-based interventions and drawn on emerging brain research, providing a window into reaching clients who may be resistant to traditional talk therapy.

Kay Colbert, LCSW, works in private practice in Dallas, Texas, specializing in adult addiction, mental health, trauma, pain management, anxiety, and women's issues.

Roxanna Erickson-Klein, PhD, LPC, works in private practice in Dallas, Texas, and serves on the Board of Directors of the Milton H. Erickson Foundation.

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