



# **The Twelve Step Facilitation Handbook: A Systematic Approach to Recovery from Substance Dependence**

*Joseph Nowinski, Stuart Baker*

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Millions of people put their faith in the Twelve Steps every day. As a treatment provider, however, you need more than faith: you need proof to show accountability. The Twelve-Step Facilitation Handbook documents the efficacy of Twelve Step Facilitation (TSF) as proven in Project MATCH, a nationwide study that found TSF as effective as motivational enhancement and cognitive-behavioral treatment. Suitable for group or individual treatment programs.

Twelve Step Facilitation is now listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).

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