

Harm Reduction **Resources from Kristin L. Dempsey, EdD, LMFT, LPCC**

New Harbinger free tools:

<https://www.newharbinger.com/9781648481901/the-harm-reduction-workbook-for-addiction/>

National Harm Reduction Coalition:

<https://harmreduction.org/about-us/principles-of-harm-reduction/>

Pregnancy Harm Reduction Toolkit:

<https://harmreduction.org/issues/pregnancy-and-substance-use-a-harm-reduction-toolkit/>

Providing Harm Reduction in Native Communities:

<https://www.thenationalcouncil.org/wp-content/uploads/2022/02/Providing-Harm-Reduction-Services-in-Native-Communities.pdf>

Principles of Harm Reduction for Young People Who Use Drugs:

<https://publications.aap.org/pediatrics/article/147/Supplement%202/S240/34618/Principles-of-Harm-Reduction-for-Young-People-Who?autologincheck=redirected>

Harm Reduction Therapy Center:

<https://harmreductiontherapy.org/>

The Harm Reduction Workbook for Addiction

[Get a copy →](#)

Watch the Full Webinar

In The ASAM Criteria Unplugged and Other Tales from the Field, Episode 3, we interviewed Kristin Dempsey, author of “The Harm Reduction Workbook for Addiction,” a unique resource that empowers readers to explore their relationship with substances using motivational interviewing skills. Come discover how to encourage a journey toward change and growth in your clients vs. prescribing a specific path; learn the distinction between harm reduction and Harm Reduction, and learn how to embrace a trauma-informed approach that respects individuals’ rights. You’ll walk away with insights on guided exercises and how to create a recovery narrative aligned with trauma-informed care principles.

[Access it via the Fidelity Platform →](#)

