Power Over Addiction: A Harm Reduction Workbook For Changing Your Relationship With Drugs

Power Over Addiction-Jennifer Fernandez Phd 2018-04-10 Recovery from addiction is not a one-size-fits-all approach. If your previous attempts to stop drug or alcohol use have failed or if you want to learn to manage your use rather than abstain, this workbook can help you. Power Over Addiction: A Harm Reduction Workbook for Changing Your Relationship to Drugs uses evidence-based interventions from Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT) and mindfulness practices to help you understand the issues underlying addiction and stop problematic drug use. This workbook will help you: reduce consequences associated with the use of alcohol and drugs; learn mindfulness skills to slow down and interrupt the desire for immediate gratification; address feelings of shame and guilt; “surf” urges; establish practices to cope with difficult emotions such as anger and grief; develop alternatives for drug use; improve the quality of your relationships, including with yourself; learn responsible drug use skills; cultivate a lifestyle that meets your needs and wants.

The Complete Adult Psychotherapy Treatment Planner-David J. Berghuis 2021-05-11 The revised edition of the clinicians’ time-saving Psychotherapy Treatment Planner Revised and updated, the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving, evidence-based guide that helps you to clarify, simplify and accelerate the treatment planning process so you can spend more time with clients. The authors provide all the elements necessary to quickly and easily develop formal, customizable treatment plans that satisfy the demands of HMOs, managed-care companies, third-party payers and state and federal agencies. This revised edition includes new client Short-Term Objectives and clinician Therapeutic Interventions that are grounded in evidence-based treatment wherever research data provides support to an intervention approach. If no research support is available a best practice standard is provided. This new edition also offers two new presenting problem chapters (Loneliness and Opioid Use Disorder) and the authors have updated the content throughout the book to improve clarity, conciseness and accuracy. This important book: offers a completely updated resource that helps clinicians quickly develop effective, evidence-based treatment plans includes an easy-to-use format locating treatment plan components by Presenting Problem or DSM-5 diagnosis Contains over 3,000 prewritten treatment Symptoms, Goals, Objectives and Interventions to select from Prese...
comprehensive resource of the most current research and knowledge from recognized experts in the field of addiction and treatment. This much needed guide offers an historical context on the issue of women and addiction, examines the myriad challenges of the female addict, and includes recommendations for choosing a course of treatment that will meet the specific needs of an individual woman addict.

Power Over Addiction: 2013-05-20 Interventions for Addiction examines a wide range of responses to addictive behaviors, including psychosocial treatments, pharmacological treatments, provision of health care to addicted individuals, prevention, and public policy issues. Its focus is on the practical application of information covered in the two previous volumes of the series, Comprehensive Addictive Behaviors and Disorders. Readers will find information on treatments beyond commonly used methods, including Internet-based and faith-based therapies, and criminal justice interventions. The volume features extensive coverage of pharmacotherapies for each of the major drugs of abuse—including disulfiram, buprenorphine, naltrexone, and others—as well as for behavioral addictions. In considering public policy, the book examines legislative efforts, price controls, and limits on advertising, as well as World Health Organization (WHO) efforts. Interventions for Addiction is one of three volumes comprising the 2,500-page series, Comprehensive Addictive Behaviors and Disorders. This series provides the most complete collection of current knowledge on addictive behaviors and disorders to date. In short, it is the definitive reference work on addictions. Includes descriptions of both psychosocial and pharmacological treatments. Addresses health effects research on attempts to increase the use of evidence-based treatments in routine clinical practice. Covers attempts to slow the progress of addictions through prevention programs and changes in public policy. The Human Magnet Syndrome—Ross A. Rosenberg 2013-04-01 "Born in the cauldron of personal experience of suffering and healing and honed through years of therapeutic experience, the attractors and the attractions in human magnetism will be met and mastered. You will learn to trust your own responses and use it to help yourself and others. You will learn to trust your own responses and use it to help yourself and others.”— Harville Hendrix Ph.D., co-author with Helen LaKelly Hunt of Making Marriage Simple: Transform the Relationship you Have Into The Relationship you Want Since the dawn of civilization, men and women have been magnetically and irresistibly drawn together into romantic relationships, not so much by what they see, feel and think, but more by invisible forces. When individuals with healthy emotional backgrounds meet, the irresistible “love force” creates a sustainable, reciprocal and stable relationship. Codependents and emotional manipulators are similarly enveloped in a seductive dreamlike state; however, it will later unfold into a painful “seesaw” of love, pain, hope and disappointment. The soul mate of the codependent’s dreams will become the emotional manipulator of their nightmares. Readers of the Human Magnet Syndrome will better understand why they, despite their dreams for true love, find themselves hopelessly and painfully in love with partners who hurt them. This book will guide and inspire both the laymen and the professional.

Notes from a Wayward Son-Andrew G. Walker 2019-11-08 This “miscellany” puts readers around the table with a teacher who has provided the church with wisdom and passion and introduces a new voice to the ongoing conversation about the relationship between the gospel and culture. Andrew Walker’s “ecclesiastical intelligence” and broad interdisciplinary approach to theology and sociology will undoubtedly capture the imagination of many who are curious about the church’s mission in the modern West. Notes from a Wayward Son represents a broad sampling of Walker’s writings from a distinguished forty-five-year career—from explorations of Pentecostalism and Charismatic Renewal to Eastern Orthodoxy, C. S. Lewis, and Deep Church; from the impact of modernity on the ecclesia to mission and ecumenism in the West today. In a world and a church often driven by the latest fashions, Walker’s is a voice to which we will want to listen!

Spirituality, Religion, and Peace Education-Edward J. Brantmeier 2010-07-01 Spirituality, Religion, and Peace Education attempts to deeply explore the universal and particular dimensions of education for inner and communal peace. This co-edited book contains fifteen chapters on world spiritual traditions, religions, and their connections and relevance to peacebuilding and peacemaking. This book examines the teachings and practices of Confucius, of Judaism, Islamic Sufism, Christianity, Quakerism, Hinduism, Tibetan Buddhism, and of Indigenous spirituality. Secondly, it explores teaching and learning processes rooted in self discovery, skill development, and contemplative practices for peace. Topics in various chapters include: the Buddhist practice of tonglen; an indigenous Hawaiian practice of Ho’oponopono for forgiveness and conflict resolution; pilgrimage and labyrinth walking for right action; Twelve Step Programs for peace; teaching from a religious/spiritual perspective; narrative inquiry, Daoism, and peace curriculum; Gandhi, deep ecology, and multicultural peace education in teacher education; peacemaking and spirituality in undergraduate courses; and wisdom-based learning in teacher education. Peace education practices stemming from wisdom traditions can promote stillness as well as enliven, awaken, and urge reconciliation, connection, wisdom cultivation, and transformation and change in both teachers and students in diverse educational contexts. In various chapters of this book, a critique of competition, consumerism, and materialism undergird the analysis. More than just a critique, some chapters provide both conceptual and practical clarity for deeper engagement in peaceful action and change in society. Cultural awareness and understanding are fostered through a focus on the positive aspects of wisdom traditions rather than the negative aspects and historical complexities of violence and conflict as result of religious hegemony.

Total Sex Addiction Recovery - A Guide to Therapy-Dorothy Hayden 2013-03-07 "This new book by Dorothy Hayden sheds new light on sexual addiction and its many forms of treatment. It is a comprehensive guide that adds practical strategies and therapy tools for how to address sufferers from sexual addiction. This book is a must-have for clinicians as it provides effective tools on how to address individuals, couples, and groups struggling with this condition. Overall, the blend of academic and real-life case studies throughout each chapter will help readers move in their journey toward recovery.”—Dr. Kimberly S. Young—founder and director, the Center for Internet Addiction Recovery and author of Tangled in the Web: Understanding Cybersex from Fantasy to Addiction “Get great! Solid information for those who are looking for real help from this insidious issue. A comprehensive overview of sexual addiction and treatment modalities. It’s staying on MY short list of recommended books for our clients here at Compulsion Solutions.” George N. Collins, Director Compulsion Solutions Author of “Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame” Co-author of "A Couple’s Guide to Sexual Addiction" What Determines Harm from Addictive Substances and Behaviours? Gerhard Bühringer 2016-02-04 The multifacetted nature of harmful substance use and gambling requires interdisciplinary analysis to assess the underlying causes. What Determines Harm from Addictive Substances and Behaviours? draws together evidence from twelve disciplines including anthropology, genetics, neurobiology, and public policy. Using a distinctive perspective, the book provides a unique analysis on the harm caused by addictive substances and behaviours. The determinants of harm operate at three levels: molecular, individual, and social; this book brings to light the complex interplay between them. It presents the scientific, social, economic, political, and psychological influences of harmful substance use and gambling. These single determinants are then synthesised into an integrative heuristic model to encourage new ways of thinking. The findings from this analysis are used to elaborate key general implications for health and broader social policy, clinical practice, and future research. What Determines Harm from Addictive Substances and Behaviours? is based on research from ALICE RAP, a multidisciplinary European study of addictive substances and behaviours in contemporary society. This is an essential resource for public health professionals, stakeholders influencing policy for addictive substances and behaviours, students, and academics looking to better understand the factors influencing substance use and gambling and the implications this research has for addiction prevention policy.

Finding Your Best Self, Revised Edition-Lisa M. Najavits 2019-05-10 Addiction and trauma are two of the most common and difficult issues that people face. In this motivating book, leading expert Lisa Najavits explains the link between addiction and trauma and presents science-based self-help strategies that you can use no matter where you are in your recovery. Each chapter features new inspiring words from people who have "been there," plus carefully designed reflection questions, exercises, and other practical tools. Learn how you can: • Build coping skills so that the future is better than the past. • Keep yourself safe and find support. • Set your own goals and make a plan to achieve them at your own pace. • Choose compassion over self-blame and shame. • Move toward your best self—the person you want to be. If you are a family friend or member seeking to support a loved one—or a helping professional—this book is also for you. Now in a convenient large-size format, the revised edition features added materials for professional and peer counselors. First edition title: Recovery from Trauma, Addiction, or Both. Mental health professionals, see also
the author's Seeking Safety: A Treatment Manual for PTSD and Substance Abuse, which presents an evidence-based treatment approach developed specifically for PTSD and substance abuse.

Harm Reduction in Substance Use and High-Risk Behaviour-Richard Pates 2012-05-31 Harm Reduction is a philosophy of public health intended as an aggrogressive alternative to the prohibition of certain potentially hazardous lifestyle choices. Recognizing that certain people always have and always will engage in behaviours which carry risks, the aim of harm reduction is to mitigate the potential dangers and health risks associated with those behaviours. Harm Reduction in Substance Use and High-Risk Behaviour offers a comprehensive exploration of the policy, practice and evidence base of harm reduction. Starting with a history of harm reduction, the book addresses key ethical and legal issues central to the debates and developments in the field. It discusses the full range of psychoactive substances, behaviours and communities with chapter topics including injecting, dance drugs, stimulant use, tobacco harm reduction, alcohol use and sex work. Written by an international team of contributors, this text provides an essential overview of harm reduction in the 21st century for educators and researchers in addiction and public health, postgraduate students and policy makers.

The Disordered Mind-George Graham 2013 The Disordered Mind: An Introduction to Philosophy of Mind and Mental Illness, second edition examines and explains, from a philosophical standpoint, what mental disorder is: its reality, causes, consequences, and more. It is also an outstanding introduction to philosophy of mind from the perspective of mental disorder. Revised and updated throughout, this second edition includes new discussions of grief and psychopathy, the problems of the psychophysical basis of disorder, the nature of selfhood, and clarification of the relation between mental disorder and moral blameworthiness. Mental disorder is a central issue about mental disorder, including: what is mental disorder and can it be distinguished from neurological disorder? what roles should reference to psychological, cultural, and social factors play in the medical/scientific understanding of mental disorder? what makes mental disorders undesirable? Are they diseases? mental disorder and the mind-body problem is a mental disorder a breakdown of rationality? What is a rational mind? addiction, responsibility and compulsion ethical dilemmas posed by mental disorder, including questions of dignity and self-respect. Each topic is clearly explained and placed in a clinical and philosophical context. Mental disorders discussed include clinical depression, dissociative identity disorder, anxiety, religious delusions, and paranoia. Several non-mental neurological disorders that possess psychological symptoms are also examined, including Alzheimer's disease, Down's syndrome, and Tourette's syndrome. Containing chapter summaries and suggestions for further reading at the end of each chapter, The Disordered Mind, second edition is a superb introduction to the philosophy of mental disorder for students of philosophy, psychology, psychiatry, and related mental health professions.

Addictive: Robert P. Vande Kappelle 2019-05-24 What is addiction, and how do we know if we are addicted? Speaking sociologically, we are addicted because we live in addictive societies that turn us into consumers and materialists. Speaking biologically, we are addicted because that this is how we are hardwired. Speaking spiritually, we are addicted because we seek spiritual satisfaction through things other than God. Humans can be addicted to almost any object, ideology, and belief, but they cannot be addicted to the true God, for reasons disclosed in this text. As this book demonstrates, addiction is a pattern of learned behavior that utilizes ancient mental pathways designed to promote survival and reproduction. When neural connections intended to promote eating, reproduction, parenting, and social relationships are diverted into addiction, their blessings can become curses. While heredity, parenting, trauma, and additional psychological and sociological factors play significant roles in compulsive behavior, addiction is essentially a developmental disorder, a way to manage an environment that feels threatening and overwhelming. Change (getting unstuck) is possible, but it requires five ingredients: acknowledgment, resolution, substitution, human help, and divine help. Because addictions represent complex interactions between biological, psychological, social, and spiritual forces, the solution must be holistic as well. Designed as a study guide for groups or individual use, this book approaches the topic comprehensively, examining the nature of addiction; its cause, symptoms, consequences, and means of recovery.

The Soul of Recovery-Christopher D. Ringwald 2002 Ringwald illuminates the use of spirituality within a wide range of treatment options. Combining in-depth research with powerful personal narratives, this fascinating exploration of spirituality will provide a fuller understanding of the nature of addiction and how people cope.

Love and Addiction-Stanton Peele 2014-05 In Love and Addiction, published 40 years ago and sold as a mass-market paperback on love, Stanton Peele and Archie Brodsky laid out every major issue confronting the addiction field today. This pioneering classic, which was excerpted in Cosmopolitan and spawned the codependence movement, is the first-and still the definitive book on addictive love. But it is much more than that; it is the book that explains why addiction is not what we think it is. Love and Addiction focuses on dependent love relationships to explore what both love and addiction really are psychologically, socially, and culturally. Addiction is an overgrown, dependent, destructive relationship. Love is the opposite, a sharing, growth-inspiring one. The authors' analysis makes clear that an addiction is an experience that takes on meaning and power in light of a person's needs, desires, beliefs, expectations, and fears. By showing how addiction grows out of ordinary human experience, Peele and Brodsky offer a liberating understanding of all addictions—alcohol, drugs, tobacco, food, gambling, shopping, electronics media, sex, or love. In 1975, Love and Addiction boldly proposed ideas whose truth is only now being recognized: Addiction is not limited to drugs, and drugs are not necessarily addictive. AA's 12 steps are not the last word in addiction treatment. On the contrary, practically oriented addiction treatments are more effective. The goal of addiction treatment and recovery is not abstinence to the exclusion of all else, but to build a life that rules out addiction. Love is the opposite of the self-destructive constriction of addiction; it is the expansion of your spirit with another human being. Remarkably, all of these issues—the widespread application of the addiction diagnosis, the limited value of AA and its disease theory, the possibility that people can continue using but still eliminate addiction (harm reduction)—are as hotly debated today as when Peele and Brodsky first analyzed addiction forty years ago. Most remarkably of all, the answers Peele and Brodsky arrived at in Love and Addiction are still only now being embraced by progressive thinkers in the field. "Destined to become a classic," Psychology Today proclaimed in 1975. Rereading Love and Addiction 35 years later, addiction researcher Rowdy Yates wrote that the book "still reads absolutely true as an understanding of addictive behavior." Reading today this clairvoyant analysis of the most challenging issues we face in the twenty-first century—the meaning of love and the cure for addiction—you will recognize both the current relevance and enduring value of Love and Addiction, now reissued with a new (2015) Author's Preface, the Authors' Preface written for the 1991 paperback reissue, and a brief new introduction to each chapter. Otherwise, nothing has been changed in the original guide.

Ethics for Addiction Professionals-Jennifer D. Berton 2013-12-31 Guidance for addiction counselors in understanding and applying ethical standards. Filled with proven strategies to help you examine your current practice for ethical snags and refresh your ethical thinking, Ethics for Addiction Professionals leads you in examining, building, and rebuilding aspects of your ethical practice with the goal of helping you become the strongest clinician possible—ethically speaking. Up-to-date and comprehensive, this practical guide examines real-life examples of ethical issues in clinical practice and illustrates potential pitfalls and the actions needed when faced with dilemmas. Helping addiction counselors learn how to deal with and apply ethical standards, Ethics for Addiction Professionals explores the gray area of common dilemmas and provides guidelines on how to determine the best course of action when the best course is unclear. Covers basic principles that affect current ethical concerns and dilemmas Includes illustrative real-world case studies Features well-defined professional codes of ethics Treats ethics as a set of guidelines designed to protect the client, the clinician, and the profession as a whole. Each chapter explores a central question or issue.

Changing Your Relationship With Drugs

power-over-addiction-a-harm-reduction-workbook-for-changing-your-relationship-with-drugs
moralization and condemnation of pleasurable deviance. In conversation with disability studies and social determinants of health, I interrogate current power regimes of medicalization and social control, offer alternative understandings of substance use and addiction, advocate for harm reduction as both a practical response and as a matter of justice, and articulate the beginning of a liberation theology for people who use drugs that demands a re-imagining of health writ large.

Adolescents and Adults: Sex and Love Addicts—Eric Griffin-Shelley 1994 A discussion of how teenagers can become addicted to sex and love just as they can be addicted to chemicals.

Grace Lost and Found-Mary Cook, PhD 2010-03-11 "Provides a process for personal reflection and a deeper understanding of addictive behavior and recovery." —Stephanie S. Covington, PhD, author of A Woman’s Way Through the Twelve Steps Many recovery books are for the beginner, and that makes sense. But then what? This grace-filled book is for people at later stages in their recovery who are looking to uncover the underlying causes for their addiction and heal the psychological and spiritual pain, often lingering from childhood that many addicts bear. Grace Lost and Found is an inspirational and deep exploration of problems and pain—providing a compassionate approach to healing addictions, compulsions and other unhealthy habits. The 40 essays, each with their own set of practices and affirmations, engage readers on a journey through body, mind and spirit, symbolic symptoms, pain messages, levels of consciousness, and an expanded view of identity and life. The essays reach right to the bottom of the addict’s bag of tricks—lack of accountability, the tendency to externalize blame, willfulness, defending and pretending, immaturity, denial—and offer wise, compassionate, and get-real spiritual counsel. As Cook reminds us, we tend to grow most from pain and crisis: “I help people find the ultimate truth in their experiences, the meaning in their pain. If we are all being guided to a higher, healthier path, when we pay attention. ” “An empowering resource for healing the wounds of the past, thriving in the face of adversity and rejection, and creating your authentic self."—Bernie Siegel, MD, #1 New York Times bestselling author of Peace, Love and Healing

The Addiction Progress Notes Planner-David J. Berghuis 2014-11-17 Save hours of time-consuming paperwork The Addiction Progress Notes Planner, Fifth Edition provides prewritten session and patient presentation descriptions for each behavioral problem in the Addiction Treatment Planner, Fifth Edition. The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized progress notes Organized around 44 behaviorally based presenting problems including depression, gambling, nicotine abuse/addiction, chronic pain, and eating disorders Features over 1,000 prewritten progress notes summarizing patient presentation, themes of session, and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM-5 diagnostic categories in The Addiction Treatment Planner, Fifth Edition Offers sample progress notes that correspond to the ASAM guidelines and meet the requirements of most third-party payors and accrediting agencies, including CARF, TJC, COA, and the NCQA Incorporates updated progress notes and language consistent with Evidence-Based Treatment Interventions—

Learning the Language of Addiction Counseling-Gerri Miller 2014-09-09 FULLY REVISED, COMPREHENSIVE, AND PRACTICAL Learning the Language of Addiction Counseling, Fourth Edition introduces counselors, social workers, and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction. Drawing from her years of experience working in the addiction-counseling field, Geri Miller provides an engaging, balanced overview of the major theoretical foundations and clinical best practices in the field. Fully updated, the Fourth Edition offers a positive, practice-oriented counseling framework and features: A research-based, clinical application approach to addiction counseling that practitioners can turn to for fundamental, practical, clinical guidelines Revised chapters that reflect important changes in research and practice, including new DSM-5 criteria, new assessment instruments, and new and expanded treatments Case studies, interactive exercises, end-of-chapter questions, and other resources that facilitate the integration of knowledge into practice “Personal Reflections” sections at the beginning of each chapter provide an invaluable, unique perspective on the author’s evolving views of addiction counseling Updated and expanded online Instructor’s Manual that includes brief video clips, PowerPoint® slides, test bank questions for each chapter, and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional, this comprehensive book covers all of the essentials.

Moral Jeopardy: Risks of Accepting Money from the Alcohol, Tobacco and Gambling Industries—Peter J. Adams 2016-03-31 Tobacco, alcohol and gambling corporations have been highly effective in stalling, diverting and blocking public health measures. This book provides an original and engaging exposé of the ethical issues faced by people and organizations when they accept industry money in ways that facilitate corporate influence with the public and with policy makers. It starts with a detailed examination of the risks of accepting such profits and what might be done to reduce them, then moves on to introduce the concept of a continuum of ‘moral jeopardy’ which shifts the emphasis from accept/not accept binaries to a focus on the extent to which people are willing to accept funding. This shift encourages people to think and speak more about the risks and to develop clearer positions for themselves. The content will be helpful to those working in government agencies, addiction services, community organizations or anyone interested in reducing the harms of addictive consumption.

Family Problems—Joyce A. Arditti 2014-11-17 Family Problems: Stress, Risk, and Resilience presents an interdisciplinary collection of original essays that push the boundaries of family science to reflect the increasingly diverse complexity of family concerns in the modern world. Represents the most up-to-date family problem research while addressing such contemporary issues as parental incarceration, same sex marriage, health care disparities, and welfare reform Features brief chapter introductions that provide context and direction to guide the student to the heart of what’s important in the piece that follows Includes critical thinking questions to enhance the utility of the book for classroom use Responds to family problem issues through the lens of a social justice perspective

The Governance of Female Drug Users—Natasha Du Rose 2015-05-27 Challenging popular misconceptions of female users, this book is the first to examine how female drug user’s identities, and hence their experiences, are shaped by drug policies. Redemption From Addiction—Gerard “Jerry” Egan 2011-12-27 There are awesome and powerful creative forces that can be fully tapped; that will absolutely unleash our dreams and hopes transforming them into a desired reality; or these very same forces will send us into the deepest darkest abyss. The Governance of Female Drug Users
take this responsibility will always lead to these forces taking control of the person in an undesirable, destructive and potentially deadly manner. In other words opportunities and temptations to use drugs or alcohol will present themselves as a direct result of failing to embrace power-over-addiction—a-harm-reduction-workbook-for-changing-your-relationship-with-drugs
The Fix-Michael Massing 2000-05-31 Massing confronts the failure of the "war on drugs" and documents the much greater potential for reclaiming drug addicts that can be had by treatment and support rather than criminalization, and at a lower cost than building ever more prisons and militarizing drug source countries in Latin America.

Challenging Addiction in Canadian Literature and Classrooms-Cara Fabre 2016-01-01 In the richly interdisciplinary study, Challenging Addiction in Canadian Literature and Classrooms, Cara Fabre argues that popular culture in its many forms contributes to common assumptions about the causes, and personal and social implications, of addiction. Recent fictional depictions of addiction significantly refute the idea that addiction is caused by poor individual choices or solely by disease through the connections the authors draw between substance use and poverty, colonialism, and gender-based violence. With particular interest in the pervasive myth of the "Drunken Indian", Fabre asserts that these novels reimagine addiction as social suffering rather than individual pathology or moral failure. Fabre builds on the growing body of humanities research that brings literature into active engagement with other fields of study including biomedical and cognitive behavioural models of addiction, medical and health policies of harm reduction, and the practices of Alcoholics Anonymous. The book further engages with critical pedagogical strategies to teach critical awareness of stereotypes of addiction and to encourage the potential of literary analysis as a form of social activism.

Unfuck Your Brain-Faith G. Harper, PhD, LPC-S, ACS, ACN 2017-11-07 Our brains are doing our best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down completely at the worst possible moments. You already told your brain firmly that it isn’t good to do these things. But your brain has a mind of its own. The brain stores info about the nasty shit to try to avoid it in the future. Sometimes these responses are helpful. Sometimes the responses become a bigger problem than the actual problem was. It’s called a trauma reaction. And even if you aren’t dealing with a specific trauma? Adaptive coping strategies, bad habits, and funky behaviors all wire in similar ways. And research is showing that these issues are actually some of the easier ones to treat in therapy... if we address what’s really going on, rather than just the symptoms.

Addictions and Healing in Aboriginal Country-Gregory Phillips 2003-01 Establishes a framework for understanding the issues pertinent to Indigenous addictions to alcohol, guna and gambling and its aftermath in one community, Big River (a fictitious name for a real community).

The Globalization of Addiction-Bruce Alexander 2010-03-04 Addiction is increasing all around the world, and the conventional remedies don’t work. The Globalization of Addiction argues that the cause of this failure to control addiction is that past treatments have focused too single-mindedly on the afflicted individual addict. This book presents a radical rethink about the nature of addiction. Scientific medicine has failed when it comes to addiction. There are no reliable methods to cure it, prevent it, or take the pain out of it. There is no durable consensus on what addiction is, what causes it, or what should be done about it. Meanwhile, it continues to increase around the world. This book challenges this assumption by arguing that addiction is a social construction. The book argues that the cause of this failure to control addiction is that the conventional wisdom of the 19th and 20th centuries focusing on individualism and competition, tearing rich and poor alike from the close social and spiritual ties that normally constitute human life. People adapt to the globalizing free-market society. A free-market society is magnificently productive, but it subjects people to irresistible pressures towards individualism, and competition, tearing rich and poor alike from the close social and spiritual ties that normally constitute human life. People adapt to their dislocation by finding the best substitutes for a sustaining social and spiritual life that they can, and addiction serves this function all too well.

The book argues that the most effective response to a growing addiction problem is a social and political one, rather than an individual one. Such a solution would not put the doctors, psychologists, social workers, policemen, and priests out of work, but it would incorporate their practices in a larger social project. The project is to reshape society with enough force and imagination to enable people to find social integration and meaning in everyday life. Then great numbers of them would not need to fill their inner void with addictions.

Addiction Is a Choice-Jeffrey A. Schaler 2011-09-30 Politicians and the media tell us that people who take drugs, including alcohol or nicotine, cannot help themselves. They are supposedly victims of the disease of 'addiciton', and they need 'treatment'. The same goes for sex addicts, shopping addicts, food addicts, gambling addicts, or even addicts to abusive relationships. This theory, which grew out of the Temperance movement and was highly developed and disseminated by the religious cult known as Alcoholics Anonymous, has not been confirmed by any factual research. Numerous scientific studies show that 'addicts' are in control of their behavior. Contrary to the shrill, mindless propaganda of the 'war on drugs', very few of the people who use alcohol, marijuana, heroin, or cocaine will ever become 'addicted', and of those who do become heavy drug users, most will matrue out of it in time, without treatment. Research indicates that 'treatment' is completely ineffective, an absolute waste of time and money. Instead of looking at drug addiction as a disease, Dr. Schaler proposes that we view it as willful commitment or dedication, akin to joining a religion or pursuing a romantic involvement. While heavy consumption of drugs is often foolish and self-destructive, it is a matter of personal choice.
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