

The Alcoholic Family In Recovery A Developmental Model Hardback

Alcoholic Iliad/Recovery Odyssey focuses on the use of metaphor within addiction and recovery counseling. The central core of the book involves the telling of the story of one who undergoes a transforming life event and wishes to share that experience with others. This book offers a treasure trove of metaphorical images which will not only assist the counselor, but also the client throughout the various stages of recovery.

"This second edition of It Takes a Family helps families and friends step beyond initial intervention and reinvent their relationships as part of a family recovery team to help their loved one avoid relapse and support sobriety. Through a Structured Family Recovery model, with strategies and exercises designed to create transparency and accountability, family members learn about and address the challenges of enabling, denial, and pain while developing their communication skills and enjoying healthier, happier relationships. With detailed instructions for weekly family meetings—including opening and closing statements, thoughtful discussion topics, suggested readings, and specific assignments—It Takes a Family offers much-needed support to family members and their addicted loved ones as they work together to create and sustain lifelong recovery"---

Describes children of alcoholics and what they, as adults, must do to cure themselves of the effects of growing up with alcoholic parents. Dr. Stephanie Brown writes about a topic she knows both scientifically as well as personally. She describes how adult children of alcoholics can recover from the debilitating effects of their childhood by learning to accept rather than deny their parent's alcoholism. She also discusses how they can discover and face the truth about themselves through self-examination, group therapy and other means.

If alcohol is causing you problems, then alcohol is the problem. This book is a comprehensive volume on alcoholism and its causes, prevention, treatment, recovery, and long-term maintenance of the disease for the alcoholic who still suffers and his or her family. The Alcoholism Handbook provides you with the tools needed, a step-by-step process for treatment, recovery, and a positive-living lifestyle change that will heal alcoholics and their families. There are only two requirements to stop drinking: willingness to learn something new and a desire to stop drinking. If an alcoholic possesses willingness and desire, then by the grace of God, a miracle can be achieved. Most every alcoholic can become one of those miracles if he or she wants to. This book is written for the alcoholic who still suffers. The Alcoholism Handbook gives you an overview of alcohol addiction and covers alcoholism in the family and at the workplace. It provides testimonials and case histories of the incomprehensible demoralization of the disease. The charts provided for nutrition and vitamin supplements can be referenced in the path back to health from the disease. Lastly, The Alcoholism Handbook provides a step-by-step process to achieve a positive-living lifestyle change for the alcoholic and his or her family. The Alcoholism Handbook is also written for all professionals, the legal profession, medical personnel, law enforcement, judges, social workers, psychologists, treatment centers, counselors, clergy, physicians, and anyone indirectly affected by the consequences of alcohol. It is also written for family members who are directly affected by alcohol's consequences.

Alcoholics Anonymous

A Cooperative Approach to Lasting Sobriety

Recovery for Adult Children of Alcoholics

Rewriting Life Scripts

A Guide for Parents of Drug and Alcohol Addicted Children

Creating Lasting Sobriety, Togetherness, and Happiness

Hope and Health for the Alcoholic Family

"Chaplain Farris and Ruth Robertson bring life changing ideas to the families of alcoholics and addicts. Their refreshing approach to the age old problem of alcoholism brings the latest information and techniques to the average family while handling each sensitive topic with a profoundly hard-hitting yet gentle, sometimes humorous, approach. While learning how to interact with an active or recovering addict or alcoholic, the family is taught to survive the experience and create an environment that will support the recovery process. The Robertsons have pulled together the information you need, while providing the family life tools and communication tips you will use to keep the family safe and sane. With a full index, entertaining graphics, and easy to read style designed for ages 14 and up, you will find yourself able to test and try new methods that will help the family thrive amid dysfunction. While the entire world seems to focus on helping the alcoholic-addict, the family is largely ignored or treated as an afterthought. Chaplain Farris [and Ruth] Robertson ...know that hurting families need straightforward explanations and examples in order to prosper and assist their still suffering loved ones. Recovery for the Christian Family introduces practical and careful steps to restore family harmony. The do's and don'ts of living with alcoholism, explanations of interventions, treatment, and the role of the Church, all present alternatives for including the alcoholic in family recovery. God wants to save families and here is a book that teaches the family how to survive when everything seems to be falling apart."--amazon.com

For the millions of Americans who suffer in alcoholism-torn lives of loneliness, fear, shame, guilt, hurt, anger, and frustration, Another Chance offers invaluable insights and solid steps toward recovery. It shows what is happening with the alcoholic, within the alcoholic family, and within the world of professional treatment for chemical dependents, their co-dependents, and their adult children. The first edition won the prestigious Marty Mann Award, which honors outstanding contributions and achievements in alcoholism communications. Building on the success of that first edition, Wegscheider-Cruse has expanded this book to address issues of: adult children of alcoholics, the importance of spirituality in recovery, a powerful therapeutic experience called a Family Reconstruction, and co-dependent therapists and their need for treatment.

This book is for the millions of people all over the world who are affected by someone close who abuses or is addicted to alcohol. Many family members and friends are so badly disturbed that they often become sicker than the abuser. They experience fear, anger, confusion and in many cases extreme feelings

of hopelessness and helplessness. Because of the stigma and shame attached to the word alcoholic they don't know who to turn to or where to get help. The behaviour of the alcoholic is erratic, unpredictable and often hostile. The impact of deceit, denial, blame and abuse is such that family members and others who are close, get inevitably drawn into the world of the alcoholic. That's why alcoholism is commonly known as "A Family Disease." Having experienced alcoholism within my own family as well as working closely with both alcoholics and their families for many years I understand the needs of this much forgotten group. They are the victims of alcohol. Husbands, wives, mothers, fathers, children, siblings, friends and colleagues and sometimes completely innocent bystanders. There is no magic pill. No guarantees: but in this book I discuss ways in which families and friends can make changes for themselves that will not only impact on the behaviour of their loved one but in turn help them to lead more fulfilling lives whether or not the alcoholic continues to drink. I address the following issues. - The Disease of Addiction - Denial and Acceptance - Feelings and Emotions - "The Blame Game." - Enabling and Support - Communication - Boundaries and Agreements. - Detachment - Detox, Rehabilitation and Going Home. - Relapse

Alcoholism, like other forms of addiction, is a complex disease, but treatment does not have to be complicated. The stigma/shame of the disease comes from the behaviors developed from the disease. These behaviors must be addressed and changed using a therapy program. Sobriety is more than abstinence and relapse prevention. Family members are severely emotionally and mentally injured and need as much treatment as the alcoholic/addict so they can become healthy persons. A clinical social worker, author Alice M. Lebron has dedicated her career to finding and developing information to help individuals suffering from alcoholism/addiction, as well people directly affected by the disease-their families. The author believes that "recovery enables a person to become the person they were born to become," and through this book, she aims to guide you and your family down the path of change and healing, which she has been doing for more than forty years.

Don't Let Your Kids Kill You

Bridges to Recovery

A Guide to Recovery from Alcohol And Drug Addiction

Another Chance

Familial Responses to Alcohol Problems

Stories of Loss, Hope, and Recovery

The Loving Path to Family Recovery

Family relationships change dramatically when one or more members stops drinking. Far from offering a "quick fix" to family problems, in fact, the first years of sobriety are often marked by continuing tension that fuels marital stress, acting-out kids, and difficulties at work. This book explores the process of recovery from addiction as it affects the entire family, presenting an innovative model for understanding and treating families navigating this difficult period. The authors draw upon extensive clinical and research experience to demonstrate how families can be helped to regroup after abstinence, weather periods of emotional upheaval, and find their way to establishing a more stable, yet flexible, family system.

This "little green book," as it has come to be known to hundreds of thousands of C.O.A.'s and A.C.O.A.'s, is meant to help the reader understand the roles children in alcoholic families adopt, the problems they face in adulthood as a result, and what they can do to break the pattern of destruction.

Enough Already! is an easy read that educates alcoholics and addicts on precisely what to do to get and stay sober. After learning about the disease of alcoholism/addiction and time-tested tools of recovery, the reader is introduced to relapse prevention strategies, the 12 Steps of Alcoholics Anonymous and other 12 Step programs, and coping skills to deal with uncomfortable emotions that often lead to drug and alcohol use. This is followed by specific instructions on how to get started in recovery and a final inspiring chapter entitled "The Miracle." Having years of sobriety and experience in the field of chemical dependency, Bob presents the information in this book drawing from personal and professional perspectives. Therefore, the reader learns the principles of sobriety and how to apply them in daily living through Bob's candid self-disclosure - a unique quality of this book.

An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself —Carl Erik Fisher's *The Urge* is the best-written and most incisive book I've read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn't self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read. —Beth Macy, author of *Dopesick* Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.

Growing up with Addiction as Youngsters, Adolescents, Adults

Recovery for the Christian Family: Surviving Alcoholism

It Will Never Happen to Me!

Utilizing Myth As Addiction Metaphors in Family Therapy

Addiction in Human Development

The Key to Recovery

"A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery." —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty

Ford Center "The Recovery Book is the Bible of recovery. Everything you need to know you will find in here." –Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of The Recovery Book, the Bible of addiction recovery. The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. This new edition features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where they can enjoy a life of recovery and help others. And the Recovery Zone ReCheck is a simple and effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to "remold their brains" around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, The Recovery Book covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, The Recovery Book tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on current options and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy and handling common ailments. Pain Control: How to deal with pain in recovery and avoid a relapse if you need pain control for medical care. Family and Friends: How to help a loved one with addiction, and how to help yourself. Raising Substance-Free Kids: How to "addiction-proof" your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness.

Rich with insight and awareness, Recovery explores the secrets, fears, hopes and issues that confront adult children of alcoholics. Authors and widely respected therapists and ACOA workshop leaders Herbert Gravitz and Julie Bowden detail in a clear question-and-answer format the challenges of control and inadequacy that ACOAs face as they struggle for recovery and understanding, stage-by-stage: Survival * Emergent Awareness * Core Issues * Transformations * Integration * Genesis. If you feel troubled by your post, Recovery will start you on the path of self-awareness, as it explores the searching questions adult children of alcoholics seek to have answered: * How can I overcome my need for control? * Do all ACOAs play the same kind of roles in the family? * How do I overcome my fear of intimacy? * What is all-or-none functioning? * How can ACOAs maintain self-confidence and awareness after recovery? * How do ACOAs handle the family after understanding its influence? * And many other important questions about your post, family and feelings. Written with warmth, joy and real understanding, Recovery will inspire you to meet the challenges of the post and overcome the obstacles to your happiness.

Most books on recovery from addiction focus either on the addict or the family. While most alcoholics and addicts coming out of treatment have a recovery plan, families are often left to figure things out for themselves. The author takes a fresh approach to the recovery process by making family members and friends part of the recovery team, beginning in the early stages of sobriety.

"This book will be an asset to teachers and students in clinical social work, psychology and substance abuse counseling programs."--BOOK JACKET.

It Takes a Family

Adult Children

From Discovery to Recovery

The Alcoholic Family in Recovery

Enough Already!

The Adult Children of Alcoholics Syndrome

A Guide to Treatment and Prevention

This book offers mental health professionals an updated and expanded guide for applying family therapy approaches to the treatment of alcoholism. It shows how alcoholism can impair the family's normal functioning and growth, offers advice for helping individual family members to resume their specific roles and responsibilities and so begin healthy development. In addition, this revised version includes new insights on contending with such issues as violence, sexual abuse, and incest, and it reveals new findings on the long-

term effects on children growing up in families with alcoholics.

A Novel of Redemption from Addiction and a Broken Family “ A Clean Heart picks at the knot of addiction and recovery insistently and with a wholesomeness intriguingly at odds with its subject. I enjoyed this book. ”

– Thomas Beller, author of The Sleep-Over Artist Carter Kirchner struggles to stay sane and sober as a counselor at Six West, an adolescent drug treatment center run by Sister Mary Xavier, a hard-drinking nun with an MBA. The young Kirchner is caught between Sister Mary ’ s plan to rescue the center by reforming a hard-case kid and the dysfunctional staff ’ s clumsy plan to intervene on their boss ’ s drinking. Meanwhile, Carter ’ s mother—who never forgave him for giving up a promising hockey career to treat his own addiction—lands in the hospital with an advanced case of cirrhosis. Before Carter can help the young addict commissioned to his care or safely navigate the staff ’ s dysfunctional intervention effort, he must rescue himself from his family ’ s broken past. A Clean Heart is a novel by John Rosengren, a writer and recent nominee for a Pulitzer Prize who knows the territory of addiction. He went through treatment at age 17 and has been clean and sober since 1981. He also worked in adolescent treatment centers when he was younger. John Rosengren ’ s articles have appeared in more than 100 publications, including The Atlantic, New Yorker, Reader ’ s Digest, Sports Illustrated, and Utne Reader. If you are a fan of the 2018 films Ben is Back or David Sheff ’ s Beautiful Boy or have read addiction memoirs such as If You Love Me or We All Fall Down, you will love reading John Rosengren ’ s A Clean Heart.

Springfield, Missouri Chaplain Farris and Ruth Robertson bring life changing ideas to the families of alcoholics and addicts in their new book, Recovery for the Christian Family: Surviving Alcoholism, a 166 page wisdom-filled paperback. Their refreshing approach to the age old problem of alcoholism brings the latest information and techniques to the average family while handling each sensitive topic with a profoundly hard-hitting yet gentle, sometimes humorous, approach. While learning how to interact with an active or recovering addict or alcoholic, the family is taught to survive the experience and create an environment that will support the recovery process. The Robertsons have pulled together the information you need, while providing the family life tools and communication tips you will use to keep the family safe and sane. With a full index, entertaining graphics, and easy to read style designed for ages 14 and up, you will find yourself able to test and try new methods that will help the family thrive amid dysfunction. While the entire world seems to focus on helping the alcoholic-addict, the family is largely ignored or treated as an afterthought. Chaplain Farris Robertson knows that hurting families need straightforward explanations and examples in order to prosper and assist their still suffering loved ones. Recovery for the Christian Family introduces practical and careful steps to restore family harmony. The do ’ s and don ’ ts of living with alcoholism, explanations of interventions, treatment, and the role of the Church, all present alternatives for including the alcoholic in family recovery. God wants to save families and here is a book that teaches the family how to survive when everything seems to be falling apart.

Close-quarters and high-stress family life during the coronavirus pandemic may have you worried about a loved one's use or addictions, and what you can do to help. This book offers wisdom and insight from families who have walked this road. With over 75,000 copies sold, Addict in the Family is a must-have, trusted resource for anyone coping with the addiction of a family member. “ When my eldest son became addicted to crystal meth and heroin, I could barely function. I would not have survived without Beverly Conyers ’ s Addict in the Family, which provided guidance and hope. I realized I wasn ’ t alone on my hellish journey. The book helped me get through interminable nights when I was terrified that his addiction would take his life. It offered a path to healing. ” – David Sheff, author of Beautiful Boy, now a major motion picture With years of experience struggling with her daughter ’ s addiction and recovery, Beverly Conyers has been where you are. In Addict in the Family, Conyers draws on research, experience, and compelling personal stories from others to explain what families should know about substance abuse, interventions, relapse, and more. Although families can ’ t cure a loved one ’ s addiction, they can provide support without enabling, set boundaries, prioritize self-care, and find healing through therapy, spirituality, Al Anon or Nar Anon, and countless other resources that show no one is alone on this journey. Revised and updated in 2015, this classic recovery book is for anyone who has experienced the shame, anxiety, sleepless nights, and physical illness that often stem from loving someone who is struggling with addiction. These stories show that, no matter what is happening with your loved one, you have the power to control your own recovery.

How Science and Kindness Help People Change

Love First

The Alcoholism Handbook

Recover All

A Clean Heart

Family Recovery

The Family and the Alcoholic

The basic text for Alcoholics Anonymous.

The Alcoholic Family in Recovery A Developmental Model Guilford Press

"Rewriting Life Scripts" contains information, explanation, and processes for change that embrace an entire family, not just the alcoholic or drug addict. The steps outlined can bring peace of mind, forgiveness, and reconciliation.

Find fresh perspectives on the treatment of addictions and effective methods for helping recovering alcohol and drug abuser

valuable book! Addiction in Human Development provides practical strategies based on theories of human development for work with clients recovering from alcoholism and drug addiction. An understanding of these theories will help therapists and addiction counselors recognize stages of recovery and better select appropriate interventions for every phase of treatment of addicted clients. Addiction in Human Development shows how a developmental perspective is particularly appropriate to the treatment of alcohol and substance abusers and the patterns involved in their addiction. Disruptions in clients' childhood or adolescent development, stemming from their own or a parent's drug abuse, can influence their present recovery process. This informative book also describes the developmental course of addiction and provides tools designed to interrupt addictive patterns. In addition, stages in the developmental process of recovery are identified to help therapists select appropriate interventions. Some of the topics related to human development and addiction covered in this insightful volume include developmental deficits and developmental arrest in recovering clients, reactions to sexual abuse and other childhood trauma, stages in recovery from alcoholism or drug addiction, developmental issues in the professional's own life, and multi-problem families with a multigenerational history of substance abuse. Applying these developmental strategies to work with addicted individuals will significantly improve communication and rapport between helping professionals and recovering addicts and lead to more success in alcohol and drug addiction therapy.

Safe Passage

Addict in the Family

Surviving Alcoholism

The Urge

Alcoholism and the Family

Developmental Perspectives on Addiction and Recovery

A Family's Guide to Intervention

Offers advice for parents with children who have turned to substance abuse, includes tending to your needs first, and attending support groups.

Recover All is a needed and telling guide enabling family members, companions, and friends of a chemically dependent person to comprehend the process of addiction. Written from a unique, dynamic perspective, the book equips loved ones of a dependent person with practical tools to find help for the one close to them. Having been diagnosed a chemically dependent polysubstance abuser at age twelve, author Rob Reid entered treatment more than nine times. After his ultimate realization of addictive hopelessness he once knew, Reid worked in a long-term residential drug and alcohol recovery program for many years. Working hands-on with addicts and their families, Reid noticed a dire need to bridge the chasm of understanding between dependent persons and their loved ones. The work opens by addressing what addiction is, how it develops, and the addictive personality. Most, however, this book shares real-life experiences from both the personal and treatment perspectives. Such rare, two-perspective insight communicates the experience, strength, and hope that any person dependent loved one longs for. Recover All not only shares information about addiction, but it also addresses fundamental questions facing loved ones of those struggling with addiction. These issues include identifying the signs of addiction, denial both in the addict and among the addict's family and friends, overcoming rationalization, identifying and preventing manipulation, dealing with selfishness, and saying no effectively. Recover All provides a sensible, realistic overview of dependency treatment options as well as a simple method for determining the usefulness of each treatment option in various circumstances. Reid concludes by outlining the phenomenon of relapse and by providing the ten most detrimental behaviors a member or friend could exhibit in a loved one's recovery process.

Effective interventions for alcohol problems that devastate families An individual's alcohol abuse can devastate the family in various ways. Familial Responses to Alcohol Problems explores the latest research and state-of-the-art practices that provide effective strategies for prevention and treatment. Experts in the fields of alcohol and families discuss the latest studies, innovative programs, and practical therapy approaches that focus on the goal of bringing alcoholic individuals back to health and mending the psychological impact on other family members. This single volume provides specific guides and evidence-based practices, making it invaluable to any professional providing therapy or counseling to families experiencing the issues and challenges involved in recovery. Drawing upon the perspectives from family systems theory, Familial Responses to Alcohol Problems reviews the current literature, research programs, and therapy approaches to family response to alcohol. This comprehensive volume discusses the topic from various points in the lifespan, including childhood, adolescence and youth, and older age. Topics include examining situations when parents have the disease that impacts their children and other relatives, parent-child relationships, children to prevent or reduce a child's involvement with alcohol, attempting to involve a family member in seeking treatment for alcoholism, children intervening in a parent's alcohol abuse, couples who enter into recovery and deal with subsequent issues stemming from that misuse, co-occurrence of other disorders, and recovery that includes attention to spiritual development. Topics discussed in Familial Responses to Alcohol Problems include: the Michigan Longitudinal Study insight into the effect of alcoholism on the family has on three developmental pathways of children three researched-based approaches to treating adolescent alcohol misuse in a family an overview describing the "invisible epidemic" of alcohol abuse by older family members three strategies for family encounter as they advance in recovery bringing a family member into treatment the impact of family recovery on children a research-based approach to bring the individual with the alcohol problem into contact with professionals evolving issues in family recovery including couple identity, family origin issues, couple interdependence issues in four common comorbidity diagnoses how and when spiritual issues may be used in family recovery Familial Responses to Alcohol Problems is a comprehensive resource presenting up-to-date research and therapy approaches, making this text important reading for educators, addiction counselors, and graduate students.

Al-Anon adult children tell their stories.

A Guide for Families in Understanding Addiction

Adult Children of Alcoholics Syndrome

Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety

The Process of Recovery for the Alcoholic and the Family

From Survival to Recovery

Alcoholic Iliad/Recovery Odyssey

Recovery is reclaiming the person you were born to be.

“A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery.” —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center “The Recovery Book is the Bible of recovery. Everything you need to know you will find in here.” —Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of The Recovery Book, the Bible of addiction recovery. The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of The Recovery Book features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to “remold their brains” around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, The Recovery Book covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, The Recovery Book tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help yourself. Raising Substance-Free Kids: How to “addiction-proof” your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family’s treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness. www.TheRecoveryBook.com

A complete self-help program for adult children of alcoholics More than 28 million Americans grew up in alcoholic families. They bear a painful legacy of confusion, fear, anger and hurt—and they are at shockingly high risk of marrying an alcoholic or becoming alcoholics themselves. In this authoritative book, Wayne Kritsberg shows how to recognize—and remedy—the long-term effects of the dysfunctional, alcoholic family. His proven techniques, based on extensive clinical experience using the Family Integration System offer real help and real hope for adult children of alcoholics—and those they love.

This is the official ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program.

More than 28 million Americans grew up in alcoholic families. They bear a painful legacy of confusion, fear, anger and hurt--and they are at shockingly high risk of marrying an alcoholic or becoming alcoholics themselves. In this authoritative book, Wayne Kritsberg shows how to recognize--and remedy--the long-term effects of the dysfunctional, alcoholic family. His proven techniques, based on extensive clinical experience using the Family Integration System offer REAL help and REAL hope for adult children of alcoholics--and those they love.

BALM

Addiction, Family Therapy, and Multicultural Treatment

A Developmental Model

Beyond Addiction

A Positive and Effective Recovery Plan for You and Yours

A Novel

A HANDBOOK FOR THE TREATMENT OF ALCOHOLISM/ADDICTION, FAMILY INVOLVEMENT AND RECOVERY

Most treatments for alcoholism have focused on abstinence as their final goal and emphasize brief interventions with the addicted individual. But family relationships change dramatically when the alcoholic stops drinking--in fact, stress, turmoil, and uncertainty are the norm. This volume details how to help families regroup after abstinence, ride out periods of emotional upheaval, and find their way to establishing a more stable, yet flexible, family system. Using a compelling case-study format to illustrate the process of change, the book presents the moving personal experiences of families at different stages of the recovery process. Expanding the therapist's role to include psychoeducation and supportive counseling, the authors provide pointers for assessment at key stages of recovery and guide clinicians through bringing about lasting change.

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

Everybody is trying to help the addict or alcoholic get sober but very few people really know how to help the family through the experience. This book has the real world insight of a husband and wife team who are survivors of alcoholism who have worked with thousands of people over the last twenty years. You will learn about interventions and how they work and when to use them...not from a TV show full of drama, but from people that want to guide your family toward success. You will learn how to live with alcoholism while not losing your family to it. You will find a way of peace during the storm. You will gain confidence that God has a plan for your family that may not be clear to you quite yet.

This revised and expanded third edition of the gold-standard for intervention provides clear steps for harnessing the power of family, friends, and professionals to create a better future with loved ones suffering from addiction. Over the course of the last twenty years, Love First has become the go-to intervention guide for tens of thousands of families. This trailblazing book empowers and equips families and friends to use the power of love and honesty to give their addicted loved ones a chance to reach for help. Updated with the latest addiction science as well as insights gained from decades of front-line experience in family interventions, this revised and expanded edition contains practical tools for taking the next step together: transforming the intervention team into an ongoing community of loving support, lasting accountability, and lifelong recovery.

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

Alcoholic/dysfunctional Families

A Step By Step Guide To Discovery And Recovery

The Recovery Book

Transformational Recovery for Families of Addicts

Growing Beyond Addiction

Growing Up in an Alcoholic Home