

Read Free The Art Of Balance
Addictions Cheat Sheet

The Art Of Balance Addictions Cheat Sheet

One of the few books on the topic, this updated edition offers alternatives to disease models of addiction by exploring personal pathways to

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recovery. Focusing on alcohol and drug problems, it provides a literature review of 40 years of studies on self-change with particular emphasis on the current decade and methodological issues (starting with how much or how little treatment constitutes

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"treatment"). The 24 experts keep the coverage consistently readable, and dozens of brief narratives from individuals who have successfully recovered from an addictive behavior without formal help lend valuable personal perspectives.

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Focusing provides an effective way of listening to the innate wisdom of the body, while art therapy harnesses and activates creative intelligence.

Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence is a ground-

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breaking book integrating renowned psychologist Eugene Gendlin's Focusing with art therapy. This new, Focusing-based approach to art therapy helps clients to befriend their inner experience, access healing imagery from the body's felt sense to

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express in art, and carry forward implicit steps that lead toward change. Written for readers to be able to learn the application of this innovative approach, the book provides in-depth examples and descriptions of how to adapt Focusing-Oriented Art Therapy

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to a wide variety of clinical populations including individuals and groups with severe psychiatric illness, trauma, PTSD, anxiety, depression, and more, as well as applications to private practice, illness and wellness, spirituality, and self-care. Integrating

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theory, clinical practice, and numerous guided exercises, this accessible book will enhance clinical sensitivity and skill, while adding resources for bringing creativity into practice. It will be of interest to art therapists, Focusing therapists, psychologists,

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counselors and social workers, as well as trainers and students.

Daily Meditations to Help You End Codependency “In 200 short, straightforward daily lessons illustrating the many forms that detachment can take in one’s life.

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Casey's latest is an easy reference guide for those seeking recovery or peace.” —Publishers Weekly End codependency now. Do you ever feel like you might be giving other people too much power over your mood? Do you find yourself feeling immobilized

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by expectations and demands? The cure for codependency is detachment, says Karen Casey, best-selling author of over forty books that have helped fans around the world. Letting go. When we remove codependent relationships and codependent

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behavior from our lives, we discover a life of balance and freedom. Detach from emotions and circumstances that are not in your control. Find your balance point and learn how to reach it, whether you find yourself tempted to become enmeshed in other people's

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problems or rushing to their rescue. Letting life in. Is where we are intentional? Why is every moment an opportunity? Using 200 meditations, Karen reminds us that we cannot control anyone or anything beyond ourselves. Inspiring and easy to read,

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Let Go Now guides us away from taking care of others, and toward taking care of ourselves. If you agree that recovery works and enjoyed other codependency books like Codependent No More, Journey to the Heart, or The Language of Letting Go; you'll love

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Karen Casey's Let Go Now.

A revolutionary and empowering paradigm in treating addiction based on groundbreaking new science. For decades addiction has been viewed and treated as a social and behavioral illness, afflicting people of "weak"

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character and "bad" moral fiber. However, recent breakthroughs in genetic technology have enabled doctors, for the first time, to correctly diagnose the disease and prove that addiction is an inherited, neuro-chemical disease originating in brain

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*chemistry, determined by genetics, and triggered by stress. In their groundbreaking **The Addiction Solution**, David Kipper, MD, and Steven Whitney distill these exciting findings into a guide for the millions of adults who want to be free from the*

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cycle of addiction, and for their loved ones who want to better understand it and to help. It draws on composite case histories to illustrate how the innovative Personal Recovery Program works by customizing treatment for a diverse group of addicts abusing a

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wide variety of different substances—from the first day of treatment to its successful resolution. The result is a complete guide to a world made brand-new by this enormous paradigm shift in the treatment of addiction.

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*Research on the Treatment of Narcotic
Addiction*

A Comprehensive Handbook

Celebrating the Feminine in

Counseling Treatment and Recovery

And New Ideas for a New Time

The Art of Balance

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How Addictions Develop and Addicted People Recover

The Addiction Solution

Describes the politics and economics of health care in Japan and their implications for the USA.

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***Group Psychotherapy
with Addicted
Populations: An
Integration of Twelve-
Step and Psychodynamic
Theory, Third Edition is
the newly revised edition***

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of the classic text, that brings together practical applications of 12-step programs and psychodynamic groups to provide proven strategies for defeating alcohol and

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drug addiction through group psychotherapy.
"Not everyone who experiments with substance use or risky behavior becomes addicted, and many who

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are addicted have been able to recover. This authoritative book, now revised and updated, has given tens of thousands of professionals and students a state-of-the-

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art framework for understanding the journey both into and out of addiction. From Carlo C. DiClemente, codeveloper of the transtheoretical model

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(TTM), the book identifies the stages and processes involved in initiating, modifying, maintaining, or stopping any pattern of behavior. Grounded in extensive research, and

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illustrated with vivid case examples, the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more

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effective. Key words/Subject Areas: addictions, alcoholism, problem drinking, substance abuse, substance use disorders, addictive behaviors,

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***chemical dependency,
drugs, nicotine,
dependence, treatments,
interventions,
prevention, recovery,
stages of change,
processes,***

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transtheoretical model, TTM, addiction research, motivational interviewing, behavior change, behavioural change, texts Audience: Practitioners and

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graduate students in clinical psychology, clinical social work, psychiatric nursing, substance abuse counseling, and psychiatry"--

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Are you addicted to your phone? Are you spending too much time on Facebook, Twitter, and Instagram? Is the internet causing you to feel depressed, lethargic,

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and unmotivated? If so, you're not alone. More people than ever are realizing their phones, laptops, and other devices are negatively impacting their quality of

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life. Their relationships are suffering. Their stress levels are increasing. Their sleep quality is in a tailspin. Many are even suffering chronic aches and pains.

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constantly plugged in comes at a severe price. Here's the good news: there's a simple way to enjoy a quieter, more relaxed daily experience. Take a

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vacation from technology. In DIGITAL DETOX, Amazon bestselling author Damon Zahariades provides an effective, step-by-step plan. Nothing is left to

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your imagination. Nothing is left unexplained. Every aspect, from the factors that led to your technology addiction to the life-changing benefits

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you'll enjoy after taking a technology vacation, is detailed in this fast-moving action guide. Creating a more rewarding lifestyle begins with giving yourself

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permission to disconnect. Buy DIGITAL DETOX today to experience more creativity, less anxiety, and a boost of inspiration!

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***Accessing the Body's
Wisdom and Creative
Intelligence
Learning to Love
Differently: A Healing
Pathway for Families of
Addicts***

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***Art Therapy in the
Treatment of Addiction
and Trauma
The Urge
The Digital Diet
Addiction Counseling
Review***

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***Unraveling the Mysteries
of Addiction through
Cutting-Edge Brain
Science***

Among Australians use of alcohol and other drugs is almost ubiquitous and results in 13% of

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total morbidity, but clinicians generally receive limited training in diagnosis and management of substance-use disorders. Written by clinical and academic specialists in their fields, and providing a comprehensive overview of the principles and

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practice of addiction medicine, this textbook will facilitate such training. The book's 36 chapters, by 62 specialist contributors, are organised into 5 sections. In Section 1, how substance use can be understood and core principles of management of substance-use

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disorders are outlined. In Section 2, the clinical and other core skills required for practice are described: clinical assessment, therapeutic relationship, psychological interventions, screening and brief interventions, drug testing and biomarkers of

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consumption, responsible prescribing, and medico-legal assessment and report-writing. In Section 3, common clinical issues – intoxication and overdose, withdrawal, comorbidities, and pain management and pharmaceutical opioids – are

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described. Section 4, the largest section, is devoted to consideration of specific substances, legal, illegal, and emerging: tobacco, alcohol, opioids, cannabis, stimulants, hallucinogens, benzodiazepines, and volatile substances. The

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focus of Section 5 is special populations, adolescents, Aboriginal and Torres Strait Islanders, injecting-drug users, and others. With new clinical syndromes arising from synthesis of new substances, and with new approaches to treatment being

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developed, addiction medicine is a rapidly-evolving field. The book is designed to meet the specific needs of a young graduate who is starting a clinical rotation in a drug and alcohol unit. Medical students and junior medical officers will find the book

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valuable, as will other health professionals who care for people with substance-use problems in drug and alcohol services, nurses, counsellors, and welfare/social workers.

In THE ART OF BALANCE: STAYING SANE IN AN INSANE WORLD, life

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coach and psychotherapist David J. Bookbinder shows you how to stay on top of the forces that unbalance us, recover quickly if you get knocked down, and be prepared whenever life's unbalancers throw you a curve ball.

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Today's new media offers detailed coverage of "the epidemic," but offers little insight into a healing process for family members impacted by a loved one's substance use disorder. Learning to Love Differently guides families through that rocky

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landscape. It offers:

- A definition of addiction and codependency without shame/blame
- A clear and simple look at how complex love becomes during addiction
- Personal recovery stories from author, from addicts and family members
- Tools for self-

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reflection, referred to as "Story Pages," at end of each chapter □A name for the family pain as well as strategies for change
From my perspective as an addict, this story is a memoir and a true account of my personal experience working for a large

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auto manufacturing company and my own destructive path in which I abused and became addicted to prescription pills. At the time, I began to question all things and realized how I had become a bit slightly insane, yet I was able to capture many thoughts and

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feelings that circulated inside my head for this period of time.

During this experience, I became consumed by everything, including my own addiction as well as the different addictions of society and the corporate entity. It's not exactly straight forward,

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but there is a theme to it if one can dig it out, as the reader you have to put it together as a puzzle and understand you are inside the mind of someone who has collided with many issues and understandings of life not meant for everyone. There is also

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information in my story that needs to be told, as the public should be aware of certain issues. And this is just the beginning! An Integration of Twelve-Step and Psychodynamic Theory, Third Edition
Three Tools to End It Now

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Tarot Unveiled: The Art of Tarot Reading for Beginners
A Behavioral Economic Perspective
Maintaining Japan's Low-Cost, Egalitarian System
Digital Detox: The Ultimate Guide To Beating Technology Addiction,

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Cultivating Mindfulness, and
Enjoying More Creativity,
Inspiration

The Art of Meditation

The Art of Balance WestBow Press

Everything You Need To Know To
Begin Working With The Tarot The

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world of Tarot card reading is rich with beauty, complex detail, symbolic imagery, spiritual significance, and arcane knowledge. Of course, this means that many aspiring tarot readers feel too overwhelmed early in their study of

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Tarot and never end up following through to the point of functional interpretation. Others may feel discouraged by their lack of inherent intuition or clairvoyant ability and wonder if they are even qualified to take up a practice like Tarot

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reading.. Rest assured, Tarot is for everyone, and that includes you, regardless of your natural intuitive gifts or level of experience! This book was written for beginners and novices, designed to be as accessible and easily digestible as possible.

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You'll have no trouble understanding the symbolism and metaphysical correspondences of the cards. Memorization takes time, but you'll find tips and tricks to help you shortcut or expedite the process; before you know it, you'll be able to

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make instantaneous connections upon sight of any Tarot card in any context. Furthermore, you'll be given tools and recommendations to enhance your intuition, awaken your subconscious mind, and tap into the magical energies of the universe.

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Even if you're a skeptic, you'll find it hard to deny the uncanny synchronicities that the Tarot deck will open your eyes to. All you need to get the most out of this book and the Tarot deck is an open mind.

Within these pages, you will learn:

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?All about the history and origins of the modern Tarot deck ?The history of cartomancy and divination ?Imagery, symbolism, interpretations, and correspondences for each of the twenty-two cards in the Major Arcana ?Imagery and

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interpretation of all the Court Cards and Minor Arcana ?How to store, care for, and cleanse your Tarot deck ?How to interpret upright and reversed cards in Tarot readings ?Shortcuts and quick tricks to decipher the meaning of cards

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without a guidebook or memorized database ?Advice on how to prepare for a Tarot reading, as a querent or cartomancer ?How to enhance your intuition and awaken your subconscious mind ?How to perform Tarot readings, with guides

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to several different traditional spreads ?How to interpret imagery in non-traditional or custom decks ?How to expand your esoteric knowledge and incorporate correspondences from other popular forms of divination, such as

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astrology, numerology, geomancy, and more ?How and why the practice of divination can be so eerily accurate ... and so much more! Scroll up to the top of this page and click the Buy Now button and begin your quest into understanding and

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mastering the ancient art of Tarot reading today!

Enlightening and practical, Addictions Counseling Today invites readers into the heart of addictive thinking, offering first-person accounts of what it is like to

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experience different addictions. The text covers the range of addictions from alcohol, drug abuse, and nicotine to various process addictions, including sex, internet, gaming, social media, and gambling. Also included are the various

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theories and models of addiction, with a unique chapter on the neuroscience of addiction. Focusing on the new DSM-V classifications for addiction with an emphasis on CACREP and treatment, this provocative, contemporary text is an

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essential reference for readers wanting to gain a deeper understanding of those with addiction.

Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition

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Technique

The 4-Step Plan to Break Your Tech
Addiction and Regain Balance in
Your Life

Game Addiction

Addiction and Art

Addiction Medicine

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A Revolutionary New Way of
Understanding Addiction
Group Psychotherapy with Addicted
Populations
Updated to provide a
modern look at the daily

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stressors evolving in our ever changing society, Managing Stress: Skills for Self-Care, Personal Resiliency and Work-Life Balance in a Rapidly Changing World, Tenth

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Edition provides a comprehensive approach to stress management, honoring the balance and harmony of the mind, body, spirit, and emotions. Referred to as the

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"authority on stress management" by students and professionals, this book equips readers with the tools needed to identify and manage stress while also coaching on how

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to strive for health and balance in these changing times. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides

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the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of the mind-body-spirit connection.

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In this book, you will find an insightful look into several subjects and ideas, things you find in the everyday as well as the deeply philosophical, presented in a way you may

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never have heard before. In our time, we often find ourselves on one extreme or the other, politically, ideologically, religiously, making relationships difficult.

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This book attempts to tackle some of the things hiding behind these differences in an attempt to find cohesion rather than dispute. Another issue in our time is the

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way authority often behaves and our reaction to it. Teachers often tell us what to think, rather than how to think. We are told to believe something, not because we've been

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told why it's believable but simply because they say so. Our reaction has been blunt, brutal honesty, as well as skepticism. A decent response to make, though

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it additionally separates us from one another. This book is an attempt to do some right where much has gone wrong, discussing ideas rather than forcing ideologies. Come away from

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this book with lots of new ideas and much to ponder. Be more effective in group therapy with addicted clients Group Psychotherapy with Addicted Populations: An

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Integration of Twelve-Step and Psychodynamic Theory, Third Edition is the newly revised edition of the classic text, that provides you with proven strategies for defeating

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alcohol and drug addiction through group psychotherapy. Philip J. Flores, a highly regarded expert in the treatment of alcoholism and in group psychotherapy brings

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together practical applications of 12-step programs and psychodynamic groups. This updated book explores the latest in constructive benefits of group therapy to

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chemically dependent individuals, providing opportunities to share and identify with others who are going through similar problems, to understand their own attitudes about

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addiction by confronting similar attitudes in others, and to learn to communicate their needs and feelings more directly. Topics in Group Psychotherapy with

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Addicted Populations: An Integration of Twelve-Step and Psychodynamic Theory, Third Edition include: alcoholism, addiction, and psychodynamic theories of addiction alcoholics

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anonymous and group
psychotherapy use of
confrontational techniques
in the group inpatient
group psychotherapy
characteristics of the
leader transference in the

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group resistance in groups
preparing the chemically
dependent person for group
the curative process in
group therapy integrating
a modern analytic approach
a discussion of object

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relations theory group psychotherapy, AA, and twelve-step programs diagnosis and addiction treatment treatment issues at early, middle, and late stages of treatment a

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discussion of guidelines and priorities for group leaders

countertransference

special considerations of resistance to addiction
termination of treatment

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Professionals working in group therapy and addictions will find Group Psychotherapy with Addicted Populations: An Integration of Twelve-Step and Psychodynamic Theory,

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Third Edition an invaluable resource emphasizing the positive and constructive opportunities group psychotherapy brings to the chemically dependent

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individual.

In this book, you will find an insightful look into several subjects and ideas, things you find in the everyday as well as the deeply philosophical,

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presented in a way you may never have heard before.

In our time, we often find ourselves on one extreme or the other, politically, ideologically, religiously, making

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ideologies. Come away from this book with lots of new ideas and much to ponder. Enabling Recovery from Alcohol and Other Drug Addiction Women, Girls, and

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Addiction

Addiction Reality

Managing Stress: Skills for Self-Care, Personal Resiliency and Work-Life Balance in a Rapidly Changing World

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An Integration of Twelve-step and Psychodynamic Theory

Internet Addiction

Principles and Practice

The New York Times bestseller

All around us people are looking

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at their phones too much, eating too much, drinking too much.

Our world is addicted to fleeting distracting pleasures that get us nowhere. Dr Anna Lembke provides a clear way back to a balanced life. This book is about

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pleasure. It's also about pain. Most importantly, it's about how to find the delicate balance between the two, and why now more than ever finding balance is essential. We're living in a time of unprecedented access to high-

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reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting... The increased numbers, variety, and potency is

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staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we've all become vulnerable to compulsive overconsumption. In

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Dopamine Nation, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain...and what to do about it. Condensing

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complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping

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fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, Dopamine Nation shows that the secret to finding

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balance is combining the science of desire with the wisdom of recovery. 'Dr Anna Lembke is a whiz on why we get hooked on things - and how we can enjoy pleasurable things in healthier doses.' - The Guardian

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Stunning and occasionally unsettling, this unique portfolio reveals addiction art as a powerful complement to addiction science.

Art therapy is an effective treatment for individuals with

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addictions. Working with this unique and often difficult clinical population, however, requires special therapist awareness and knowledge. This handbook provides an in-depth foundation of knowledge for art therapists

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working with clients with addictions. Drawing on many years' experience working with this population, Libby Schmanke provides valuable insight into this client group and explains how to ensure therapeutic interventions

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remain personalized and effective, while also meeting program needs. With case vignettes throughout, the book covers everything from common treatment models and how art therapy can be incorporated

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within them, to the bio-psycho-social aspects of addiction and how to handle a lack of cooperation or resistance to therapy.

An eleven-year-old boy strangled an elderly woman for the

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equivalent of five dollars in 2007, then buried her body under a thin layer of sand. He told the police that he needed the money to play online videogames. Just a month later, an eight-year-old Norwegian boy saved his

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younger sister's life by threatening an attacking moose and then feigning death when the moose attacked him—skills he said he learned while playing World of Warcraft. As these two instances show, videogames

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affect the minds, bodies, and lives of millions of gamers, negatively and positively. This book approaches videogame addiction from a cross-disciplinary perspective, bridging the divide between liberal arts

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academics and clinical researchers. The topic of addiction is examined neutrally, using accepted research in neuroscience, media studies, and developmental psychology.

Addiction

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The Art of Balance in Health Policy

Integrative Addiction and Recovery

The Experience and the Effects Addictions Counseling Today

Staying Sane in an Insane World

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Food and Addiction

This book examines the benefits and uses of art therapy in the treatment of addiction and trauma, highlighting its effectiveness at revealing underlying causes

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and relapse triggers, as well as treating co-occurring conditions that impair learning and recovery. This book also focuses on art therapy for trauma within specific populations, including

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incarcerated individuals, military personnel and survivors of commercial sexual exploitation. Quinn discusses how art therapy is often carried out alongside combined approaches, such as CBT and

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DBT, and how it can help those with cognitive issues to learn through treatment.

Furthermore, this book explores the benefits art therapy has for people with co-morbid conditions, such as

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dementia, emotional disorders and traumatic and acquired brain injuries. With co-authored chapters from leading researchers in art therapy, the book demonstrates how art therapy can help to uncover

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triggers, process trauma and find a means of self-expression whilst working towards a sustained recovery.

Women, Girls, and Addiction is the first book on the efficacy of treatment approaches and

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interventions that are tailored to working with addicted women, and the first publication of any kind to provide a feminist approach to understanding the experience of addiction from the female

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perspective. Part I of the book provides an overview of feminist theory and addiction counseling, followed by an historical look at women and addiction (research, treatment, demographics). The three

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chapters in part two give an in-depth look at the biological, psychological, and social factors of the experience of addiction as unique in women. The final section of the book presents a series of chapters

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spanning the lifespan, which each feature age-specific special issues, treatment strategies, interventions, and commonly encountered topics in therapy with the population. Can certain foods hijack the

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brain in ways similar to drugs and alcohol, and is this effect sufficiently strong to contribute to major diseases such as obesity, diabetes, and heart disease, and hence constitute a public health menace? Terms

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like "chocoholic" and "food addict" are part of popular lore, some popular diet books discuss the concept of addiction, and there are food addiction programs with names like Food Addicts in Recovery

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Anonymous. Clinicians who work with patients often hear the language of addiction when individuals speak of irresistible cravings, withdrawal symptoms when starting a diet, and increasing intake of palatable

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foods over time. But what does science show, and how strong is the evidence that food and addiction is a real and important phenomenon? Food and Addiction: A Comprehensive Handbook

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brings scientific order to the issue of food and addiction, spanning multiple disciplines to create the foundation for what is a rapidly advancing field and to highlight needed advances in science and public policy.

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The book assembles leading scientists and policy makers from fields such as nutrition, addiction, psychology, epidemiology, and public health to explore and analyze the scientific evidence for the

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addictive properties of food. It provides complete and comprehensive coverage of all subjects pertinent to food and addiction, from basic background information on topics such as food intake,

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metabolism, and environmental risk factors for obesity, to diagnostic criteria for food addiction, the evolutionary and developmental bases of eating addictions, and behavioral and

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pharmacologic interventions, to the clinical, public health, and legal and policy implications of recognizing the validity of food addiction. Each chapter reviews the available science and notes needed

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scientific advances in the field. An Emmy Award-nominated online anchor for ABC News Now and former CNN technology correspondent outlines a 28-day plan for reducing unhealthy overuse of

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technology while enabling more moderate levels of use that can promote self-control and optimal benefits. Original. The Art of Consciously Healing Our Addictions Promoting Self-Change From

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*Addictive Behaviors
Learning the Language of
Addiction Counseling
Substances and Addictive
Behaviors
Skills for Self-Care, Personal
Resiliency and Work-Life*

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Balance in a Rapidly Changing World

Addiction and Change, Second Edition

Let Go Now

Addiction: A Behavioral Economic Perspective

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focuses on the behavioral economics of addiction to explain why someone decides and act against her own well-being. It answers the questions of what

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accounts for self-defeating behavior patterns and how do we best motivate individuals to act according with their long-term goals. A

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better understanding of decision processes will lead to an improved knowledge of why people engage in self-destructive behaviors and better policy

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interventions in areas of addiction and obesity. The approach also promises to be valuable as a framework for understanding decisions for an

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addict's professional and business life. This book will be of particular use to clinicians, students, and researchers in the fields of addiction,

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public health, and behavior therapy.

Addiction Counseling Review: Preparing for Comprehensive, Certification, and Licensing Examinations

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offers a clear, readable overview of the knowledge and skills those training as alcohol or other drug counselors need to pass their final degree

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program, certification, and licensing examinations. It is organized into six sections: Addiction Basics, Personality Development and Drugs,

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Common Client Problems, Counseling Theories and Skills, Treatment Resources, and Career Issues. Each chapter includes challenging study questions that

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enable readers to assess their own level of understanding, including true/false, multiple choice, and provocative discussion questions. Each chapter also

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provides a glossary of key terms and, in addition to references, annotated suggestions for further reading and Web site exploration.

This book will be a

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resource to which students and trainees will go on referring to long after it has helped them through their examinations. In addition, faculty and

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established professionals will find it a useful one-stop summary of current thinking about best practice.

FULLY REVISED,
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COMPREHENSIVE, AND
PRACTICAL BOOK OF THE
THEORY AND PRACTICE OF
ADDICTION COUNSELING
Learning the Language of
Addiction Counseling,
Fifth Edition introduces

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mental health professionals and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to

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counsel individuals who are caught in the destructive cycle of addiction. Drawing from her years of experience in working in the addiction counseling

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field as a counselor, trainer and educator, Geri Miller provides an engaging, balanced overview of the major theoretical foundations and clinical best

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practices in the field. Fully updated, the fifth edition offers a compassionate accountability, practice-oriented counseling framework and features:

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A research-based clinical application approach to addiction counseling that practitioners can turn to for fundamental, practical, clinical

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guidelines. Revised chapters that reflect important changes in research and practice, including new assessment instruments and new and expanded treatments.

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Additional case studies, interactive exercises, key points and other resources that facilitate the integration of knowledge into practice. A new

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chapter of "Supervision and Mentoring". Revised "Personal Reflections" section at the beginning of each chapter that provide an invaluable, unique perspective on

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the author's view of addiction counseling. Updated and expanded Instructor Resources that include brief video clips, PowerPoint slides, test bank

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questions for each chapter, and sample syllabi. From assessment and diagnosis of addiction to preparing for certification and licensure as an

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addiction counseling professional, this comprehensive book covers essential components required to work as a professional in the field of

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addiction counseling.

A NEW YORK TIMES

BESTSELLER More people

than ever before see

themselves as addicted

to, or recovering from,

addiction, whether it be

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alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of

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addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the

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idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, Unbroken Brain, offers a radical

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and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current

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debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme

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situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals

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come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all. Combining Maia

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Szalavitz's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting

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approach to thinking about addiction. Her writings on radical addiction therapies have been featured in The Washington Post, Vice Magazine, The Wall

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Street Journal, and The New York Times, in addition to multiple other publications. She has been interviewed about her book on many radio shows including

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Fresh Air with Terry
Gross and The Brian
Lehrer show.

Art Therapy and
Substance Abuse
The Addiction Battle
Vietnam Today

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Conscious Breathing

Dopamine Nation

Our History of Addiction

Focusing-Oriented Art

Therapy

***Is every day a challenge as you
wage your personal battle***

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against addiction? If you've fallen into the addiction trap, you are not alone. It is estimated that one out of ten Americans is struggling with addiction. Author Timothy Wulff, M.S.W., is an addiction therapist who has

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spent more than a decade successfully treating individuals addicted to drugs and alcohol. To identify the source of addiction, Wulff focuses on beliefs about one's self that develop early in life and that

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eventually obscure the strong and positive true self, increasing susceptibility to addiction. In The Addiction Battle, Wulff will help you discover where your greatest strengths are buried and teach you how to use their

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hidden power to overcome addiction. Wulff will teach you how to redefine the terms anger, selfishness, and troublemaking, and make them key tools in shaping your actions from a new healthy perspective:&•&•

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Anger—It's a powerful emotion that can be used constructively to protect yourself.&•&•

Selfishness—Healthy selfishness is good self-care. Without it, addiction continues.&•&•

Troublemaking—the opposite of

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pleasing others, troublemaking helps you stand up for your own feelings, needs, and desires. Learning to use these tools, which are already part of you, will enable you to reclaim these inner strengths. Through

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the book's practical and sensitive pages, Wulff gives you a way to begin your life anew and triumph over addiction.

Within our daily realities, we all face challenges. It is our choice whether we deal with them in a

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positive or negative way. Unfortunately, some of us turn to addictive behaviors in an attempt to relieve or forget inner-turmoil or painful experiences. By gaining awareness of these unhealthy responses, we can

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reverse addictive patterns and learn to look within to create happiness and fulfillment. Raul Llanos, a physician with more than forty years of experience, shares guidance, ideas, concepts, and techniques that

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will help others achieve a higher stage of consciousness, create a freer reality full of joy, and embrace Gods unconditional love. Dr. Llanos begins by examining who we are, where we are coming from, and where we

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are going before moving into a deeper reflection on the twelve steps commonly used in addiction rehabilitation. Included are suggestions on how to release long-held addictions through a variety of holistic

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methods and move into a better place of health and well-being. The Art of Consciously Healing Our Addictions offers wisdom from a seasoned physician that encourages others to shun addictive behaviors and awaken

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to a new reality that connects spirituality with self-awareness Integrative Addiction and Recovery offers an authentic model of comprehensive integrative modalities germane and specific to the field of

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addiction and recovery treatment. Although many treatment services for addiction include "holistic," "alternative," or "integrative" in their descriptions, they contain no substantive programs or

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services consistent with the mind, body, spirit paradigm contained within the integrative approach to health and healing. Consequently, many patients do not have the opportunity to benefit from the true spirit of an

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integrative approach within the discipline of addiction and recovery medicine. This book sets the standard for a bona fide integrative approach for others to follow, providing information that is immediately useful in

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clinical practice and rigorously evidence-based. Authored by world-class experts in the field of addiction medicine, Integrative Addiction and Recovery presents both scientific and holistic data regarding a wide variety of

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holistic and conventional approaches to the treatment of substance abuse and behavioral addictions. Its chapters cover both conventional and holistic treatment and provide background for each of the major

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classes of drugs of abuse, including opiates, alcohol, tobacco, stimulants, sedative-hypnotics, hallucinogens and marijuana. It also includes chapters on the topics of food addiction and behavioral

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addictions such as gambling and shopping. The authors explore the major holistic modalities, providing background and theory in areas like acupuncture, Traditional Chinese Medicine, Homeopathy, Aromatherapy, and

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Ayurvedic Medicine, while at the same time providing spiritual approach chapters on Shamanism and Ibogaine, as well as more conventional issues with a holistic view including Co-Occurring Disorders and

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Psychosocial Treatment, and Group Support. The very complex issue of chronic pain and addiction is also addressed, along with relapse prevention strategies.

The internet has transformed the

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world we live in, but it also poses new risks to our psychological well-being. This book provides an introduction to the issue of internet addiction, an increasingly common problem. All day, every day, we are

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connected to the internet, putting most people at some level of risk for internet addiction.

Problematic internet use can take many forms, including overuse of social media and addictions to online shopping,

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gaming, or pornography. Such behaviors can cause anxiety, depression, sleep deprivation, loneliness, and physical health problems. People can lose their jobs and families, and in a few extreme cases, internet addiction

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has directly led to the death of the addicted individual or a child in their care. Internet Addiction is the latest volume in Greenwood's Health and Medical Issues Today series. Part I explores what internet addiction is, the many

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forms it can take, and the serious consequences it can have. Part II examines a number of controversies and issues, such as balancing the internet's benefits against its addictive nature. Part III provides a variety

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of useful materials, including case studies, a timeline of critical events, and a directory of resources. Explores why the internet and other emerging technologies are so addictive, profiling the many forms

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problematic internet use can take and discussing who is most at risk Examines key issues and controversies related to problematic internet use, such as whether or not it should be labeled an addiction and who

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bears primary responsibility for preventing and combating its negative effects Offers illuminating case studies that use engaging real-world scenarios to highlight how internet addiction can arise, the

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effects it can have, and how it can be addressed Provides readers with a helpful Directory of Resources to guide their search for additional information The Heart of Addiction Workbook Embrace Detachment as a Path

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to Freedom

***Practical Implications for Policy,
Prevention, and Treatment***

Rational Recovery

***Finding Balance in the Age of
Indulgence***

Unbroken Brain

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The New Cure for Substance Addiction

"The Heart of Addiction Workbook" provides a deeper study into the problem of addiction from a Christian perspective. The workbook is

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intended to draw the reader closer to Christ while facilitating the cultivation of a close, meaningful relationship with a trusted Christian friend.

An authoritative, illuminating, and deeply humane history of

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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

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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

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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

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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,

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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,

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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

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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

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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,

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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*

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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

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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

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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

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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

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recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.

Preparing for Comprehensive,
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