

Treating Addiction A Guide For Professionals Miller

Drug addiction is a complex illness. It is characterized by intense and, at times, uncontrollable drug craving, along with compulsive drug seeking and use that persist even in the face of devastating consequences. This update of the National Institute on Drug Abuse's Principles of Drug Addiction Treatment is intended to address addiction to a wide variety of drugs, including nicotine, alcohol, and illicit and prescription drugs. It is designed to serve as a resource for healthcare providers, family members, and other stakeholders trying to address the myriad problems faced by patients in need of treatment for drug abuse or addiction. Addiction affects multiple brain circuits, including those involved in reward and motivation, learning and memory, and inhibitory control over behavior. That is why addiction is a brain disease. Some individuals are more vulnerable than others to becoming addicted, depending on the interplay between genetic makeup, age of exposure to drugs, and other environmental influences. While a person initially chooses to take drugs, over time the effects of prolonged exposure on brain functioning compromise that ability to choose, and seeking and consuming the drug become compulsive, often eluding a person's self-control or willpower. But addiction is more than just compulsive drug taking-it can also produce far reaching health and social consequences. For example, drug abuse and addiction increase a person's risk for a variety of other mental and physical illnesses related to a drug-abusing lifestyle or the toxic effects of the drugs themselves. Additionally, the dysfunctional behaviors that result from drug abuse can interfere with a person's normal functioning in the family, the workplace, and the broader community. Because drug abuse and addiction have so many dimensions and disrupt so many aspects of an individual's life, treatment is not simple. Effective treatment programs typically incorporate many components, each directed to a particular aspect of the illness and its consequences. Addiction treatment must help the individual stop using drugs, maintain a drug-free lifestyle, and achieve productive functioning in the family, at work, and in society. Because addiction is a disease, most people cannot simply stop using drugs for a few days and be cured. Patients typically require long-term or repeated episodes of care to achieve the ultimate goal of sustained abstinence and recovery of their lives. Indeed, scientific research and clinical practice demonstrate the value of continuing care in treating addiction, with a variety of approaches having been tested and integrated in residential and community settings.

"The purpose of this book is to explain addiction and to help families and friends to deal with it successfully. People who are struggling with addiction can also use this book to understand their situation and the resources that are available to help them. And people who are wondering if they might have an addiction can use it to get a better sense of the nature and depth of their potential problem. Part I explains the science behind addiction. Part II looks at the emotional side of the problem and how families are affected. Part III discusses many of the real-world legal and practical issues that addicts often face, and ways to keep them out of trouble. Part IV provides a detailed overview of treatment options. And Part V describes the recovery process and the most effective strategies to keep it going for the long term"--

Isn't it unethical to pay people to do what they should be doing anyway? Won't patients just sell the reinforcers and buy drugs? Others didn't get prizes for not using. Why should they? The concerns surrounding Contingency Management (CM) are many and reflect how poorly understood and rarely utilized this evidence-based treatment model is in practice settings. Despite being identified as the most efficacious intervention for substance use disorders, a significant gap persists between research and practice, at the client's expense. Nancy Petry, an experienced researcher and consultant for organizations such as the National Institute of Health, has begun to fill this gap by authoring the first clinician-oriented text that focuses on CM protocol development and implementation. In this well-organized and clear book she provides a foundation for understanding CM and details how to design and implement a program that can work for any clinician, whether he or she works for a well-funded program or not. She also addresses realistic concerns such as: How to describe CM to eligible and ineligible patients How to calculate the costs of CM interventions How to solicit donations and raise funds to support CM interventions How to stock a prize cabinet and keep track of prizes Over 50 charts, worksheets, and tables are provided to help the clinician pinpoint exactly which behaviors to target, brainstorm how to reinforce change, and develop a treatment plan that incorporates cost, length of treatment, and method for determining patient compliance. Included with the book is a CD-ROM of editable logs, forms, tables, and worksheets for personal use. More than just filling a void, Dr. Petry provides all of the tools clinicians require to successfully apply a novel treatment in practice. Winner of the 2011 St. Paul, Biglerville Prize from the Lutheran Historical Society of the Mid-Atlantic In the summer of 1816, the state of Pennsylvania tried fifty-nine German-Americans on charges of conspiracy and rioting. The accused had, according to the indictment, conspired to prevent with physical force the introduction of the English language into the largest German church in North America, Philadelphia's Lutheran congregation of St. Michael's and Zion. The trial marked the climax of an increasingly violent conflict over language choice in Philadelphia's German community, with members bitterly divided into those who favored the exclusive use of German in their church, and those who preferred occasional services in English. At trial, witnesses, lawyers, defendants, and the judge explicitly linked language to class, citizenship, patriotism, religion, and violence. Mining many previously unexamined sources, including German-language writings, witness testimonies, and the opinions of prominent legal professionals, Friederike Baer uses legal conflict as a prism through which to explore the significance of language in the early American republic. The Trial of Frederick Eberle reminds us that debates over language have always been about far more than just language. Baer demonstrates that the 1816 trial was not a battle between Americans and immigrants, or German-speakers and English-speakers. Instead, the individuals involved in the case seized and exploited English and German as powerful symbols of competing cultural, economic, and social interests.

The Community Reinforcement Approach

Addiction Essentials: The Go-To Guide for Clinicians and Patients (Go-To Guides for Mental Health)

Evidence-based Treatment for Alcohol and Drug Abuse

Treating Addiction, Second Edition

Addiction Treatment

The Complete Family Guide to Addiction

Healing Addiction

An indispensable practitioner reference and text, this engaging book focuses on how to provide effective help to clients with substance use disorders. The authors, leading authorities on addiction treatment, present a state-of-the-art framework for assessment and treatment (updated for DSM-5). They describe and illustrate evidence-based treatment methods, including cognitive-behavioral, 12-step, motivational, pharmacological, and family approaches. Also addressed are such crucial clinical issues as resistance, maintenance of change, treating co-occurring disorders, and spirituality. Reproducible clinical tools can be photocopied from the book or downloaded and printed in a convenient 8 1/2" x 11" size. Of special utility, the companion website features more than 25 widely used, ready-to-download assessment tools, assembled in one place for the first time, together with the authors' guidance for using them throughout the process of treatment.

There are just so many things that I love about this book that I simply don't know where to begin! Marich and Dansiger take an approach that is comprehensive, integrative, relational, and deeply hopeful. They share their wisdom and lived experience as skilled clinicians AND as vulnerable human beings who themselves have struggled with addiction, benefiting in profound ways from EMDR therapy... - Deborah Korn, Psy.D. Co-Author of Every Memory Deserves Respect: EMDR The Proven Trauma Therapy with the Power to Heal This must-read volume, offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions. Clinicians will find in this book the guidance, foundational and advanced skills, as well as an incredibly rich repertoire of stabilization strategies... - Ana M. Gomez, MC, LPC Author of EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation Healing Addiction with EMDR is tailored to support therapists along the different phases of EMDR Therapy. It focuses on understanding each individual case, through case conceptualization and treatment planning, and avoiding the simplistic "What protocol should we use?" question. People need to be understood as individual beings since this is the essence of EMDR Therapy... - Dolores Mosquera, Co-Author of EMDR and Dissociation: The Progressive Approach INTRA-TP, A Coruña, Spain Offers a holistic, comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction. Targeting the trauma lurking beneath the addiction, the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders, and guides practitioners in incorporating their protocols of choice into EMDR treatment. While illuminating underlying theory, the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully-integrated approach to the diagnosis, treatment, and management of addiction across populations Written in user-friendly language by two prominent practitioners and trainers of EMDR therapy, the book helps therapists to address the complexity of addictive disorders by providing a comprehensive guide to the standard eight-phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment. Chapters contain case studies with commentary on relevant decision-making points along with discussion questions to enhance critical thinking. Abundant " Tips and Tricks " learned in the trenches make the text come alive with clinical relevance, and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma, guide readers to choose the best protocol for each situation. Purchase includes digital access for use on most mobile devices or computers. Key Features: Authors' lived experience brings a wealth or real-world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up-to-date scholarly literature Uses abundant case studies, " Tips and Tricks from the Field " and practical exercises to reinforce knowledge

Addiction is a common clinical problem, and one in which treatment professionals can make a life or death difference. This book is a reference and text that focuses on how to provide effective help to clients with substance use disorders. The authors, leading authorities on addiction treatment, present a state-of-the-art framework for assessment and treatment. They describe and illustrate evidence-based treatment methods, including cognitive-behavioral, 12-step, motivational, pharmacological, and family approaches. Also addressed are such crucial clinical issues as resistance, maintenance of change, treating co-occurring disorders, and the use of spiritual resources in recovery. The text explains the latest clinical science and shows how to apply it in practice. The full continuum of care is addressed, from screening and evaluation to detoxification, individualized rehabilitation, adherence, and maintenance of change. Special sections contain the authors' insights on diverse aspects of addiction treatment and the professional's role.

This book is the first complete guide to implementing the Community Reinforcement Approach (CRA), an empirically based, highly effective cognitive-behavioral program for treating alcohol problems. CRA acknowledges the powerful role of environmental contingencies in encouraging or discouraging drinking, and attempts to rearrange these contingencies so that a non-drinking lifestyle is more rewarding than a drinking one. Unique in its breadth, the approach utilizes social, recreational, familial, and vocational strategies to aid clients in the recovery process. This authoritative manual is a hands-on guide to applying these therapeutic procedures. The authors present a step-by-step guide to each component of the treatment plan, many of which have been shown to be effective forms of treatment in themselves. Topics include behavioral skills training, social and recreational counseling, marital therapy, motivational enhancement, job counseling, and relapse prevention. Each chapter provides detailed instructions for conducting a procedure, describes what difficulties to expect, and presents strategies for overcoming them. Sample dialogues between clients and therapists, annotated by the authors, further illuminate the treatment process. The book concludes with a chapter that both addresses the common mistakes made when implementing CRA, and emphasizes the flexibility and benefits of this total treatment plan. This book is an invaluable resource for a wide range of practitioners including psychologists, psychiatrists, substance abuse counselors, and social workers.

How Science and Kindness Help People Change

Third Edition

An Essential Board Exam Study Guide

Mindfulness-Based Sobriety

Absolute Addiction Psychiatry Review

Recover to Live

Principles of Drug Addiction Treatment

Get a quick, expert overview of all types of addiction – from substance use disorders to behavioral addictions and more. This practical resource presents a focused summary of today ' s current knowledge on topics of interest to all health care professionals who work with those who suffer from this wide-ranging problem. It provides current, relevant information on emerging findings, best practices, and treatment challenges, covering a variety of assessment and treatment strategies and making it a one-stop resource for staying up to date in this critical area. Discusses precision health in addiction; the latest trend of electronic cigarettes; state-of-the-art treatments for opioid use disorder and cannabis use disorder; best practices for chronic pain; prevention among adolescents; the role of physicians in the prescription drug epidemic; and the role of integrative interventions in addiction treatment. Includes coverage of behavioral addictions such as internet, sex, and gambling; food addiction; PTSD and substance use disorders; preventing relapse; the neurobiology of addiction; and more. Consolidates today ' s available information on this timely topic into one convenient resource.

Treating Addiction, Second EditionA Guide for ProfessionalsGuilford Publications

This manual presents the first empirically studied, integrative treatment approach developed specifically for co-occurring PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety--to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach "safe coping skills" that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, topics can be conducted in any order and in a range of different formats and settings. The volume is designed for maximum ease of use with a large-size format and helpful reproducible therapist sheets and handouts, which purchasers can also download and print at the companion Web page. See also the author's self-help guide Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both, an ideal client recommendation.

Written for a broad audience of medical and behavioral healthcare professionals, The Definitive Guide to Addiction Interventions: A Collective Strategy introduces clinicians to best practices in addiction interventions and bridges the gap between the theory and practice of successful intervention. Synthesizing decades of fieldwork, Louise Stanger explores the framework for successful invitations to change, what they look like in action, and how to adjust approach by population, and Lee Weber serves as editor. The authors summarize and compare intervention models in use today and explain the use of family mapping and individual portraiture as clinical tools. The text also teaches clinicians to troubleshoot common situations as they help move clients toward positive life decisions. Practical, ready-to-use clinical tools follow the text in downloadable worksheet form.

A Research-Based Guide (2nd Ed.)

A Practical Treatment Guide

Treating Addiction

The Complete Paperwork Resource for Treating Clients with Addictions

A comprehensive guide for people who struggle with sex addiction and those who want to help them

A Clinician's Treatment Guide for Addiction Recovery Using Relapse Prevention Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing

The Addiction Counselor's Documentation Sourcebook

All of the requisite forms addition treatment professionalsneed—a crucial time-saver in today's healthcare system Treating addiction in today's healthcare environment means thatmental health professionals must manage an imposing amount ofpaperwork.

Government and private grant funding, insurance andbenefits programs, regulatory compliance, and the need for data ontreatment effectiveness (evidence-based treatment) all requireproper documentation. If these forms are missing, the results canrange from bureaucratic headaches to problems serious enough toclose a practice. Now fully updated and revised, The Addiction Counselor'sDocumentation Sourcebook: The Complete Paperwork Resource forTreating Clients with Addictions, Second Edition provides themost useful and current forms for accurate and comprehensivedocumentation and record keeping. These ready-to-use forms willsave you and your practice hours that would otherwise be spentcreating and collating them, freeing you to devote more energy tothe important matters of treatment. A companion CD-ROM includes alldocuments in Word? format so you can customize them according tothe unique needs of your practice. Covering every aspect of mental health practice for addictiontreatment, this fully revised Second Edition also includes: Critical forms updated to help providers achieve HIPAA, JCAHO,and CARF compliance Unique handouts, exercises, and facilitator guides for use inindividual and group therapy A comprehensive CD-ROM featuring all forms in Word format, aswell as PowerPoint slideshows for every psychoeducationalpresentation in the book The Addiction Counselor's Documentation Sourcebook, SecondEdition is an essential timesaving resource that allows anyprofessional practicing or working in the field of addictiontreatment the freedom to give more of their time and energy tothepeople they serve.

This new book offers professionals a practical guide to the psychological treatment of all substance abuse, including tobacco, alcohol, stimulant drugs, cannabis and opiates. It focuses on CBT interventions, which have the strongest evidence base for effectiveness in treating addictive disorders. Written by an author team highly experienced in the treatment of addiction, Applied Cognitive and Behavioural Approaches to the Treatment of Addiction will be accessible to a wide range of professionals, such as specialist nurses, drug counsellors and mental health graduate workers. The author team are all at the South London and Maudsley NHS Trust, UK.

Clinical Manual of Addiction Psychopharmacology is a comprehensive guide to the pharmacology of drugs of abuse and the medications used to treat dependence on those substances. This new, second edition provides a thorough update on a broad range of addictive substances, along with enhanced coverage in areas where significant advances have been made since publication of the first edition. Clinicians, including psychiatrists, psychiatric residents and fellows, and other mental health practitioners who encounter individuals with substance-related disorders in the course of their clinical work, will find the manual to be well-organized, exhaustively referenced, and current. The book is structured for ease of use and completeness of coverage, with an abundance of beneficial features: Material is presented in a systematic fashion, addressing epidemiology, pharmacology of the abused substance (including pharmacokinetics and pharmacodynamics), psychopharmacological treatments, and issues of dependence, tolerance, withdrawal, and abstinence. Both basic science and clinical dimensions are addressed, and these different perspectives, including pharmacotherapy and the psychosocial aspects of treatment, are integrated to allow clinicians a more holistic and effective treatment approach. Coverage of the pharmacology of drugs of abuse is thorough and reflects the latest research findings, providing a necessary background for understanding the clinical effects and treatment of dependence on these substances. Coverage of pharmacotherapy for dependence on these drugs is equally comprehensive, with meticulously detailed findings and evidence-based recommendations for the clinical care of patients dependent on a variety of substances. Tables are used strategically to present complex information in a logical and accessible way; for example, the table on management of alcohol withdrawal syndrome includes detailed information on the symptom-triggered approach, fixed dose schedules, and delirium in a condensed, yet easy-to-understand format. The book is well written and edited for clarity and accuracy by editors and contributors at the forefront of the psychopharmacology of addiction. As new drugs come into the market and old drugs find new applications, clinicians must stay current to provide the best care. Clinical Manual of Addiction Psychopharmacology helps them to do just that, offering both sound science and clinical wisdom to meet the complex challenges of treating individuals with substance-related disorders.

Sex addiction is on the increase - in the media as well as in the therapy room. But while more and more people seek help for their compulsive sexual behaviours, there is still confusion and debate about whether the condition even exists. Understanding and Treating Sex Addiction explains why an increasing number of people are inadvertently finding their lives devastated by their sexual behaviours. It explores the latest scientific understandings and research into why pornography, cyber sex, visiting sex workers, fetishes and multiple affairs can come to control some people's lives to the point that they can't stop. It explains how sex addiction is not a moral issue, as some assume, but a health issue that we as a society need to start taking seriously.

Throughout the book are the revealing statistics from the UK's latest survey on sex addiction. Three hundred and fifty people who struggle with this condition have bravely and candidly shared their experience for the benefit of their fellow sufferers and those who choose to help them. This book contains support and advice for both the clinician and for those who suffer from sex addiction. As well as practical guidance and techniques for stopping compulsive behaviours and preventing relapse, there is also a thorough exploration of the deeper underlying causes and how these must be addressed.

Principles of Drug Addiction Treatment: a Research-Based Guide

Seeking Safety

Integrated Care in Addiction Treatment

A Program for Treating Addiction, Workbook

A Clinical Guide to Treating Behavioral Addictions

Pocket Guide to Addiction Assessment and Treatment

Contingency Management for Substance Abuse Treatment

"What we wish to offer you, then, is an updated professional resource that combines both clinical and scientific perspectives. We hope this book will be helpful to professionals who are already treating addictive disorders and also to those who are just learning how to treat addictions. We also encourage health professionals more generally to think of addictions as falling within their own normal scope of work, and we have kept this in mind in our writing. In addiction treatment, it makes a difference what you do and how you do it, and it is far easier to develop evidence-based practice from the outset than to change already established habits."--Page x

The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition *Reflects significant developments in research and clinical practice. *Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. *Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. *41 of the 58 handouts are new or revised; all are now downloadable. See also Substance Abuse Treatment and the Stages of Change, Second Edition, by Gerard J. Connors et al., which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts.

Chapter objectives enable readers to use the book as a continuing education tool, and the appendix provides an overview of perspectives on addiction and its treatment by a variety of organizations heavily invested in the care of the addicted client. Illustrative cases (with both successful and unsuccessful outcomes) are included throughout."--BOOK JACKET.

Giordano, an established scholar in behavioral addictions, has provided a landmark clinical reference book. This text provides the quintessential guide to understanding process addictions with detailed attention to assessment and treatment that is unparalleled in the literature. This is a must-have book for every clinician. - Craig S. Cashwell, Ph.D., LPC, NCC, ACS, CSAT-S, Professor, William & Mary "This groundbreaking text, A Clinical Guide to Treating Behavioral Addictions, is a must-read for counselors and educators alike. As a former addictions counselor, now counselor educator, I found the information in this text timely, relevant, and instrumental to the work of treating persons with behavioral addictions. This go-to resource will prove to be invaluable for years to come!" --Michael K. Schmit, PhD, LPC, Hazelden Betty Ford Graduate School of Addiction Studies An innovative new text addressing 11

behavioral addictions in detail with a focus on recent neuroscience. This practical, approachable guide for clinicians comprehensively covers an array of behavioral addictions ranging from internet gaming addiction and sex addiction, to social media addiction and food addiction. Each chapter answers foundational questions to inform clinical practice including: How do I conceptualize it?, How do I identify it?, How do I assess it?, How do I treat it?, and How do I learn more? &Through this innovative resource, clinicians will gain valuable knowledge regarding the conceptualization, identification, assessment, and treatment of behavioral addictions. Each chapter highlights the most current research related to specific behavioral addictions, provides a synthesis of recent neuroscience, and examines diverse treatment approaches to fit the widest range of clinical styles. In addition, this book describes the evolving definition of addiction, provides examples of how to advocate for clients with behavioral addictions, and devotes an entire chapter to understanding the neuroscience of addiction. This clinical reference book will help counselors provide compassionate, effective services to clients with a variety of behavioral addictions. Purchase includes digital access for use on most mobile devices or computers. Key Features: Offers “Voices from the Field” sections in which clinicians describe their experiences working with each behavioral addiction Includes a chapter completely devoted to the neuroscience of addiction in addition to a synthesis of recent neuroscience in each chapter Synthesizes current research to aid in clinical conceptualizations Describes useful assessment instruments and how to access them Presents a wide range of treatment approaches and 12-step program options Provides abundant resources for further study

Everything You Need to Know Now to Help Your Loved One and Yourself Understanding and Treating Sex and Pornography Addiction Group Treatment for Substance Abuse, Second Edition A Clinical Guide to Diagnosis and Treatment Healing Addiction with EMDR Therapy A Trauma-Focused Guide A Practical Guide to Treatment, Self-help, and Quitting on Your Own

An essential workbook for practitioners treating men with substance use disorders and addiction issues In the second edition of Helping Men Recover: A Program for Treating Addiction, Workbook, a team of distinguished practitioners delivers effective resources and tools to accompany their step-by-step guide to treating substance use disorders in men. The provided templates, questions, exercises, and other resources address four areas, including the self, relationships, sexuality, and spirituality, and allow men to process and record the therapeutic experience as they move through it. This new Workbook presents new exercises to use in group sessions, informational summaries, and insightful individual reflection questions and activities that clients can use following group sessions.

Too often, clients with substance abuse and addiction problems achieve sobriety only to relapse shortly after. As a clinician in the addiction treatment field, you are undoubtedly familiar with this common scenario, and it can be a source of extreme frustration. To make matters worse, clients may see their relapse as evidence of personal failure and inadequacy, and as a result, they may resist more treatment. What if you could break this cycle and help clients maintain their progress? Mindfulness-Based Sobriety presents a breakthrough, integrative approach to addiction recovery to help you treat clients recovering from substance abuse and addiction using mindfulness-based therapy, motivational interviewing, and relapse prevention therapy. Research has indicated that mindfulness-based therapy is highly effective in treating emotion dysregulation, stress, depression, and grief—all emotions that lie at the root of addiction. Motivational interviewing is helpful in treating addiction because it helps clients learn to change the behaviors that cause addiction. And finally, relapse prevention therapy teaches individuals with addiction to anticipate and cope with potential relapse. This book combines all three of these highly effective treatments. This powerful manual was developed by Gateway Foundation clinicians in order to better fulfill the mission of reducing substance abuse and co-occurring mental health problems. The book provides two curricula: an outpatient treatment curriculum and a residential treatment curriculum. Both are user-friendly and can be implemented in an open group format, which means that you can say goodbye to the days of tailoring one-on-one treatment to fit a group setting. The integrative approach outlined in this book will help your clients conquer substance abuse by identifying their own values, strengthening their motivation, and tackling other mental health problems that may lie at the root of their addiction. Furthermore, the book’s strong emphasis on relapse prevention means that you can help clients stay on the path to sobriety.

More people are being treated for substance abuse each year, creating a vital need for a practical, easy-to-use manual for addiction treatment providers. Addiction Medicine: An Introduction for Health Care Professionals, by Dr. Robert D. Lovinger, provides clear, authoritative guidance on current concepts of brain functions associated with substance abuse, early management and long-term treatment protocols, and effective psychiatric co-morbidity drug therapies with the goal to provide improved personalized treatments for patients suffering from addiction. Discusses the physiological effects of substance abuse on the brain and body. Summarizes current and successful addiction management protocols. Examines applications and recommended drug treatments for patients susceptible to long-term relapse. Covers smoking cessation and common substance abuse-linked sexually transmitted diseases. Consolidates today’s available information and guidance into a single, convenient resource.

Ambivalence, poor adherence to treatment, serious psychiatric and medical comorbidities -- the difficulties posed by patients of substance use disorders are among the most challenging for practitioners to face. Given that only 10% of patients with these disorders actually receive specialized addiction treatment, it’s clear that physicians in all medical and surgical specialties need to become comfortable assessing and treating substance use disorders. The Pocket Guide to Addiction Assessment and Treatment is designed specifically to aid a wide range of clinicians, regardless of their training in addiction, to more confidently assess and treat this patient population. The book’s practical, actionable content is divided into three sections -- Fundamentals of Addiction, Substances and Behaviors, and Treatment -- that address topics including: The neurobiology of addiction How to recognize and treat intoxication, withdrawal from, and addiction to substances such as alcohol, anabolic-androgenic steroids, benzodiazepines, cannabis, opioids, stimulants, and tobacco, as well as hallucinogens, inhalants, and caffeine Special issues with psychiatric and medical comorbidities, as well as with specific populations Behavioral addictions, with a special focus on gambling disorder Cognitive-behavioral therapy; 12-step programs; nutrition and exercise; spirituality, mindfulness, and meditation; and other treatment options, with examples of how each can be used with patients facing addictions With an accessible, easily referenced format, the Pocket Guide to Addiction Assessment and Treatment serves as a go-to resource for general psychiatrists, internists, family practitioners, pediatricians, emergency medicine physicians, psychiatric nurses, residents, medical students, and other practitioners involved in the addiction treatment field. And because all of the diagnostic discussions are DSM-5®-based, readers can be confident that they’re getting the most relevant and up-to-date guidance on the topic.

Overcoming Opioid Addiction

Clinical Manual of Addiction Psychopharmacology

Internet Addiction

A Comprehensive Guide for People who Struggle with Sex Addiction and Those who Want to Help Them

Clinical Guide to Alcohol Treatment

The Authoritative Medical Guide for Patients, Families, Doctors, and Therapists

Helping Men Recover

Filled with helpful resources and illuminating case studies, Healing Addiction provides you with an integrative guide to understanding and treating addiction that brings together the latest neuroscience, pharmacology, social understanding, and psychological research from professionals in the addiction community, for social scholars and policymakers, and for the interested general reader.

This book emphasizes the importance of integrative care among the healthcare professionals involved in addiction treatment and includes a plan for executing and assessing the success of the system. Drawing on three decades of experience helping practitioners and funders understand and implement this treatment, Dr. Hemphill discusses the history and integration of coordinated care, and details how it works in practice from the medical and business perspectives. He outlines a model that encourages the expansion of the importance of behavioral health treatment in addiction treatment centers, which can reduce treatment costs and enhance care management. Resources are included for assessing organizational readiness, monitoring outcomes, and suggestions for continuous improvement and transition, leading to better outcomes, patient engagement, and worker job satisfaction. This book offers innovative solutions that any healthcare professional practicing behavioral health and addiction medicine can utilize to ensure optimal care.

From a leading addiction expert, a desperately needed medical guide to understanding, treating, and finally defeating opioid use disorder Drug overdoses are now the leading cause of death for Americans under the age of 50, claiming more lives than the AIDS epidemic. Now Overcoming Opioid Addiction provides a comprehensive medical guide for opioid use disorder (OUD) sufferers, their loved ones, clinicians, and others who need to understand the science of addiction. This book provides the essential reading for anyone looking to make an enduring recovery from these conditions, as well as for clinicians new to the field and those wanting to update their skills and knowledge. The science that underlies addiction to opioids, and a clear analysis of why this epidemic has become so deadly The different treatment options, including detoxification vs. maintenance medications, as well as behavioral therapies How to deal with relapses and how to thrive despite OUD Plus a chapter tailored to families with crucial, potentially life-saving information, such as how to select the right medications, and reverse an overdose.

Understanding and Treating Sex and Pornography Addiction demonstrates why people’s lives are being destroyed by compulsive sexual behaviour and what we can do to help them. The book examines the latest research into these conditions and outlines the Recovery Model, a practical, sex-positive model which incorporates CBT, ACT and psychodynamic theories to help people enjoy lifetime recovery. This new edition has been updated throughout, with new material covering pornography addiction, ChemSex, internet offending, and more. Written in a clear and informative manner, this book contains support and advice for both the clinician and for those who suffer from sex addiction, and provides tools for securing confident and rewarding recovery. Understanding and Treating Sex and Pornography Addiction is an essential reading for anyone looking to make an enduring recovery from these conditions, as well as for clinicians new to the field and those wanting to update their skills and knowledge.

AN INTRODUCTION FOR HEALTH CARE PROFESSIONALS

A Collective Strategy

A Handbook and Guide to Evaluation and Treatment

The Definitive Guide to Addiction Interventions

Beyond Addiction

An Integrated Pharmacopsychosocial Approach to Treatment

The Assessment and Treatment of Addiction

A blend of theory and counseling techniques, this comprehensive text provides readers with an overview of several major counseling theories and their application to substance use disorders and addiction counseling, along with related techniques and interventions. Chapters incorporate cutting edge evidenced-based research on neuroscience, psychological and sociocultural theories explaining the biopsychosocial influences of substance use disorders, and examine how substance use disorder risk factors can be utilized when assessing someone who may have a substance use disorder. The text additionally helps apply theory to practice, offering intervention techniques and using accessible case studies. Throughout the text, highlighted learning opportunities and key terms further help students to practice and apply the theories, interventions and techniques that the book discusses. Mental health professionals, undergraduate and graduate students alike will benefit from this deft mix of prominent theory, innovative research and accessible case studies.

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)

An innovative guide for professionals that establishes an extraordinary approach to understanding the dynamics of addiction and the recovery process. RecoveryMind Training (RMT) includes state-of-the-art information on neuroscience and behavioral techniques. RMT challenges readers to see addiction from a different perspective and introduces a structured treatment model that will put order to the chaos typically found with addiction.

An up-to-date guide to the causes, diagnosis, and treatment of addictions. Whether it’s to caffeine, nicotine, or alcohol, many of us suffer from at least one addiction. Carlton K. Erickson presents a comprehensive overview of the various types of addictions—covering both substance and nonsubstance addictions such as gambling, internet use, and video games—and their diagnosis and treatment. This book sheds light upon the biological and environmental factors that cause addiction, reviews the various types of substance and nonsubstance addictions, and offers clinicians and patients hope for recovery. Erickson examines alcohol, drugs that speed us up, drugs that slow us down, and how to recognize addictive behavior—such as exercise and videogame addiction—which may be less obvious. Other topics covered include alcohol and other drug pharmacology, neurophysiology of brain pathways, alcohol and drug interactions, adolescent drug use, drug use differences by gender and culture, and visual signs of drug use. Erickson presents various therapeutic methods for addressing addiction, including pharmacological interventions, individual or group therapy, twelve-step programs, and therapy involving family members. Finally, he reflects on the involvement of family and the risks and consequences of relapse. Written by one of the country’s leading addiction specialists, this accessible, comprehensive book, is a go-to reference for your questions about addiction, and a friendly introduction to the diagnosis and treatment options.

Best Practices and New Frontiers

Addiction Medicine

A Treatment Manual for PTSD and Substance Abuse

Applied Cognitive and Behavioural Approaches to the Treatment of Addiction

TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019)

Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn

This book serves as a tool for general psychiatrists, medical students, residents, and fellows looking for a clinically relevant and high-yield overview of addiction psychiatry in preparation for their board exams - or for everyday clinical practice. Written by expert educators in addiction psychiatry, the text is organized by substances misused and populations affected. This book serves as both a primary learning tool for those new to the field, as well as a reference for those working in addiction treatment. Each chapter begins with summaries of high yield clinical pearls, followed by general information including treatment, and then ends with accompanying board-style review questions. The scope includes understanding substances of misuse and substance use disorders (SUDs), how to evaluate, diagnose, and monitor SUDs, how to treat SUDs both pharmacologically and behaviorally, and critical information for specific populations of patients. Absolute Addiction Psychiatry for Clinical Practice and Review is an excellent resource for all medical students, residents, fellows, and professionals taking certification exams in addiction, including those in psychiatry, addiction medicine, emergency medicine, internal medicine, pain medicine, and others. The chapter "Laboratory Testing for Substance Use Disorders" is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

Evidence-Based Treatments for Alcohol and Drug Abuse encompasses the developments in the field over the last decade, blending theory, techniques and clinical flexibility. Research in the past decade has shown that substance abuse and substance dependence are treatable. The field has witnessed the introduction of evidence-based psychological and specific pharmacological treatments. Unfortunately, many of the empirical supported therapies for addictions are still not widely applied by practitioners. The third volume in the Practical Clinical Guidebooks Series (PCG), Evidence-Based Treatments for Alcohol and Drug Abuse, defines the characteristics, classification, and prevalence of substance use disorders, and provides the clinician with practical guidelines applicable across a variety of treatment settings and patient groups. Drawing on the recent research in the field, the authors provide the practicing clinician and student with an up-to-date understanding of the epidemiology, etiology, course and prognosis of substance abuse disorders that would be relevant to clinical practice. In addition to describing phenomenology and etiology, the book provides a comprehensive guide to the assessment and treatment of DSM-IV-TR substance abuse disorders (SUDs), including abuse and dependence of alcohol, stimulants, opiates, hallucinogens, cannabis/marijuana, sedative, and party drugs.

Internet Addiction: A Handbook and Guide to Evaluation and Treatment "This book provides cutting-edge coverage by expanding the field to include specific problems such as online gaming, cybersex addiction, and gambling addiction. Its extensive attention to dealing with adolescents is essential, given the rapid rise in media and technology use by both Net Generation young adults and iGeneration teenagers. I am thrilled to have this invaluable, comprehensive, well-written resource for my own work and recommend it to people who need to understand this unique form of addiction." —Dr. Larry Rosen, Past Chair and Professor of Psychology at California State University, Dominguez Hills, author of Rewired: Understanding the iGeneration and the Way They Learn and Me, MySpace, and I: Parenting the Net Generation "Our clients come to us when online pornography, video gaming, social networking, gambling, and surfing create untenable disruptions in their lives. If we do not understand what we are seeing and how to address it, we will not be able to provide the help they need. This book provides the practical information clinicians can use to assess and treat this growing problem." —Hilarie Cash, PhD, coauthor of Video Games and Your Kids: How Parents Stay in Control, and cofounder of reSTART: Internet Addiction Recovery Program "Internet

Addiction: A Handbook and Guide to Evaluation and Treatment provides an integrated and current overview of the different types of Internet addiction-gaming addiction, gambling addiction, and cybersex addiction. The authors deserve ample praise in providing such a comprehensive and informative guide for Internet addiction." —Ran Tao, MD, Professor and Director, and Xiuqin Huang, MD, Associate Professor, Treatment Center for Internet Addiction, General Hospital of Beijing Military Region, China The first empirically informed reference for defining, assessing, diagnosing, and treating problematic Internet use Comprehensive and timely, Internet Addiction explores: Validated assessment tools to differentiate normal from compulsive patterns of computer and online usage The most addictive or problematic online activities Epidemiology and subtypes of Internet addiction such as online pornography, Internet gambling, and online gaming Current theories on the risk factors associated with the development of an addictive disorder related to Internet usage Evidence-based treatment strategies for helping clients of various ages, taking into account main presenting problems and individual situations and circumstances International in scope and empirically based, the cultural and global impact of this subject is discussed, introducing practitioners to the latest clinical implications, assessment methods, and treatment approaches in working with clients suffering from this emerging addictive disorder.

From New York Times bestselling author of Symptoms of Withdrawal and Moments of Clarity Christopher Kennedy Lawford comes a book that will save lives. For most of his early life, Christopher Kennedy Lawford battled life-threatening drug and alcohol addictions. Now in recovery for more than 25 years, he works to effect change and raise global awareness of addiction in nonprofit, private, and government circles, serving as the goodwill ambassador for drug dependence treatment and care for the United Nations. For the first time, Recover to Live brings together all of the most effective self-care treatments for the seven most toxic compulsions affecting every culture on the planet today—alcohol dependence, drug dependence, eating disorders, gambling, hoarding, smoking, sex, and porn. In Recover to Live, more than 100 of the world’s top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency, what treatments will work best for you, how best to help yourself or a loved one recover from addiction, and how to lead a fulfilling and productive life in recovery.

RecoveryMind Training

A Comprehensive Guide to Addiction Theory and Counseling Techniques

A Practitioner’s Guide to Theory, Methods, and Practice

Drug and Alcohol Abuse

Understanding and Treating Sex Addiction

A Guide for Professionals

A Stages-of-Change Therapy Manual