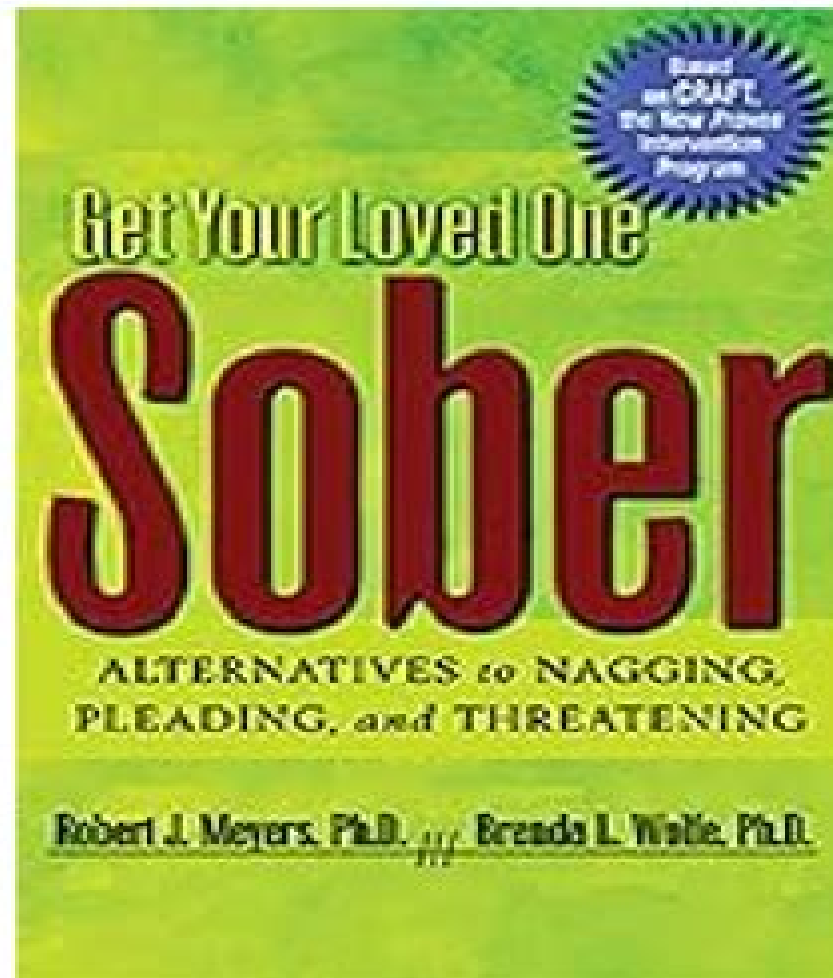


Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening



Get Your Loved One Sober Alternatives To Nagging Pleading And Threatening

Brad Hambrick



Get Your Loved One Sober Alternatives To Nagging Pleading And Threatening:

Get Your Loved One Sober Robert J Meyers, Brenda L. Wolfe, 2009-07-30 The first general consumer book ever on the powerful award winning scientifically proven new system of intervention that is turning the recovery field on its head Historically there have been few options available for individuals seeking help for treatment resistant loved ones suffering from substance abuse Co author Dr Robert Meyers spent ten years developing a treatment program that helps concerned significant others both improve the quality of their lives and learn how to make treatment an attractive option for their partners who are substance abusers Get Your Loved One Sober describes this multi faceted program that uses supportive non confrontational methods to engage substance abusers into treatment Called Community Reinforcement and Family Training CRAFT the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment Equally important CRAFT also helps loved ones reduce personal stress and introduce meaningful new sources of satisfaction into their life Key Features CRAFT is more effective than other types of interventions This breakthrough new system is sweeping the recovery field This is its first introduction to the general public Contains simple exercises readers can practice at their own pace with no costly or heart breaking interventions Proven successful for numerous addictions not just alcoholism *Beyond Addiction* Jeffrey Foote, Carrie Wilkens, Nicole

Kosanke, Stephanie Higgs, 2014-12-30 Full of useful information and practical suggestions an important resource for families affected by drug and alcohol problems Sober Siblings Patricia Olsen, Petros Levounis, 2008-07 An empowering practical guide to help the brothers and sisters of alcoholics by a journalist and sibling of two alcoholics and an addiction specialist

Parents in Recovery Sarah Allen Benton, 2024-10-15 For parents in recovery PIRs the process of recovery is so much more than just stopping drug and alcohol abuse Parents facing these challenges will feel understood and supported Booklist I am just like other parents except Parents in Recovery is not a book about how to parent It is also not a book about how to get sober Instead it is meant to be a guide for parents in recovery PIRs from substance use disorders that provides insights and strategies for coping with the many unique and not so unique challenges they may face It is also intended to give the loved ones and families of PIRs an inside look at this world and explain why certain changes and behaviors are necessary to maintain long term recovery Each chapter is an integration of research the voices of parents in recovery input from addiction treatment experts parent recovery wisdom suggestions and the author's past journal accounts This guidebook can support mothers and fathers in navigating their way through parenting with a sober lifestyle which includes physical emotional social spiritual behavioral environmental and vocational wellness It is written for those who have embraced sobriety before during or after becoming a parent and can serve as a job aid on this journey Key topics include love and marriage family systems work and life balance self care parenting types sober socializing coping with hard times mental health and recovery pride This book also addresses modern day challenges including the use of electronics social media career identity social trends

non traditional parental roles and living in a post COVID 19 pandemic world While many parents feel shame associated with aspects of their addiction this book emphasizes the gifts and accomplishments of being in recovery and how they positively impact the entire family system

The Joy of Recovery Michael McGee, MD,2018-03-29 Are you ready to join the ranks of the addiction free This is the guide you ve been waiting for With his new 12 step program Harvard trained Dr Michael McGee has helped hundreds of patients in their full recovery Start reading now and completely transform your life from suffering to joy fully heal the wounds that drove you to addiction drastically improve your relationships live longer and be healthier feel and look better improve your financial situation discover a deep sense of peace and happiness never before available to you Dr McGee s one of a kind guide based on 30 years of experience in enabling addiction recovery has been awarded the Readers Favorite five star seal of excellence and has been featured on ABC NBC and Fox Grab your copy now to take the first step on your journey to an addiction free life

REVIEWS FOR THE JOY OF RECOVERY There are many books on recovery but every now and again a book is published that best captures what it takes to recover from addiction Dr McGee has done just that I have been in the field for over four decades and I must say I learned a lot from reading his book and you will too Allen Berger PhD Clinical Director The Institute of Optimal Recovery and Emotional Sobriety The Joy of Recovery gives a new perspective in treating an old disease This book can turn today s failures into tomorrow s miracles John Harsany Jr MD DFSAM Medical Director Riverside County Substance Abuse Program The healing power of Love runs through this book like a golden thread William R Miller PhD Emeritus Distinguished Professor of Psychology and Psychiatry The University of New Mexico The Joy of Recovery is a wonderful addition to the available lexicon of materials that are designed to help people follow a recovery path that not only leads to abstinence but leads to a life filled with joy and meaning Dr McGee provides a very practical approach that translates his extensive experience into tools and tips for the reader at every step along the path I would not hesitate to recommend this book to those individuals suffering with addiction who are seeking an informed and helpful companion on their journey of hope Kenneth Minkoff MD I had relapsed before I was introduced to Dr McGee and the Touchstones of Recovery I needed more than the fellowship that 12 step programs provide The Joy of Recovery is the next evolutionary step in addiction recovery This book expands on tried and true methods using 21st century thinking and practices to make living in recovery a joyful experience DN a patient of Dr McGee s The Joy of Recovery is a must read for anyone dealing with the hardships of addiction whether it s for yourself or someone you love The Touchstones of Recovery along with Dr McGee s mental and spiritual fortitude have given me the strength and encouragement to overcome many obstacles in my life The Touchstones can be a guide to help change your life forever They have showed me how to get the most out of my recovery and have changed me into the person I have always wanted to be ST a patient of Dr McGee s

Facilitated Self-Help Guide Stephen G. Wartel,2023-03-04 The Facilitated Self Help Guide describes a helping model for use by professionals during the challenging times A professionally facilitated model it utilizes technologies like secure

videoconferencing to deliver a range of stress reduction and behavioral health strategies based on cognitive behavioral principles Minimalist in orientation this stepped care model promotes self reliance and builds on resilience Help is assessed by a professional facilitator who collaboratively adapts and designs strategies relying when possible on trying self administered self help first The guide applies the model across a range of presenting issues encountered during these challenging times Illustrated examples flowcharts and protocols are included The guide has a detailed table of contents to aid navigation a glossary and resource list for additional information and extensive referencing to document sources The Facilitated Self Help Guide describes a helping model for use by professionals during the pandemic and beyond A professionally facilitated model it respects social distancing by utilizing technologies like secure videoconferencing to deliver a range of stress reduction and behavioral health strategies based on cognitive behavioral principles and informed by neuroscience breakthroughs like memory reconsolidation Minimalist in orientation this stepped care model promotes self reliance and builds on resilience Help is assessed by a professional facilitator who collaboratively adapts and designs strategies relying when possible on trying self administered self help first The guide applies the model across a range of presenting issues encountered during the pandemic as well as beyond Illustrated examples flowcharts and protocols are included The guide has a detailed table of contents to aid navigation a glossary and resource list for additional information and extensive referencing to document sources

The Beyond Addiction Workbook for Family and Friends Jeffrey Foote, Kenneth Carpenter, Carrie Wilkens, 2022-08-01 Addiction is a family affair and one in four US families are impacted by its devastating effects From the authors of the best selling guide Beyond Addiction this empowering and healing workbook offers evidence based skills for family members who want to understand what drives their loved one s addictive behavior and learn how to discuss it without conflict This practical comprehensive workbook demonstrates how family members can be crucial instruments of change for loved ones struggling with substance abuse

Overcoming Opioid Addiction: The Authoritative Medical Guide for Patients, Families, Doctors, and Therapists Adam Bisaga, Karen Chernyaev, 2018-05-01 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 did at its peak Opioid abuse accounts for two thirds of these overdoses with over 100 Americans dying from opioid overdoses every day Now Overcoming Opioid Addiction provides a comprehensive medical guide for opioid use disorder OUD sufferers their loved ones clinicians and other professionals Here is expertly presented urgently needed information and guidance including Why treating OUD is unlike treating any other form of drug dependency The science that underlies addiction to opioids and a clear analysis of why this epidemic has become so deadly The different stages and effective methods of treatment 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 best treatment program manage medications and reverse an overdose

#familyaddictions101 Lisa Raisbeck,2018-11-19 Forget everything you thought you knew about addiction After working with and listening to hundreds of people struggling with addictions Lisa began formulating strategies for measuring success What works and what doesn't She knew there is no better source than the people struggling themselves From talking to people with years of sobriety to those panhandling on the streets she began to see patterns which lead to an unyielding search for answers and advocacy for those that couldn't advocate for themselves Have you and your family been suffering alongside a loved one affected by an addiction Are you wondering how this happened Are you wondering how you can support your loved one without enabling them familyaddictions101 helps to answer these questions and you will again have hope that you can be supportive and loving meeting your loved one wherever they are at in their struggle Within the pages of this book you will See that the path to addiction can begin as early as in the womb Explore the commonly discussed causes of drug addictions Look at the in depth role that trauma has in addiction and stigma has in recovery See the history and current discussions around self medicating and dual diagnosis and Learn about tough love coping as a family and where to find answers An easy to read book familyaddictions101 provides you with evidence based practices to put in your toolkit When finished you will want to learn more and you will have the confidence of knowing where and how to get it The Continuum of Care Treatment Planner Chris E. Stout,Arthur E. Jongsma, Jr.,2025-05-06 Create customized formal treatment plans with over 1 000 professional goal and intervention statements The Continuum of Care Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the process of planning treatments for adults and adolescents The authors provide a thorough introduction to treatment planning along with the elements necessary to quickly and easily develop formal customizable treatment plans Treatment planning statements satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This planner provides treatment planning components for anxiety bipolar disorder depression eating disorders posttraumatic stress disorder substance use disorders and beyond Following the user friendly format that has made the Treatment Planners series so popular this book smooths the planning process so you can spend less time on paperwork and more time with clients Get definitions treatment goals and objectives therapeutic interventions and DSM 5 diagnoses for mental disorders in adults and adolescents Employ over 1 000 polished goals and intervention statements as components of provider approved treatment plans Use workbook space to record customized goals objectives and interventions Access a sample plan that meets all requirements of third party payers and accrediting agencies including the JCAHO This updated edition of The Continuum of Care Treatment Planner is a valuable resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals who work with adult and adolescent clients *The Complete Adult Psychotherapy Treatment Planner* Arthur E. Jongsma, Jr.,L. Mark Peterson,Timothy J. Bruce,2021-05-11 The revised edition of the clinicians time saving Psychotherapy Treatment

Planner Revised and updated the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients The authors provide all the elements necessary to quickly and easily develop formal customizable treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This revised edition includes new client Short Term Objectives and clinician Therapeutic Interventions that are grounded in evidence based treatment wherever research data provides support to an intervention approach If no research support is available a best practice standard is provided This new edition also offers two new presenting problem chapters Loneliness and Opioid Use Disorder and the authors have updated the content throughout the book to improve clarity conciseness and accuracy This important book Offers a completely updated resource that helps clinicians quickly develop effective evidence based treatment plans Includes an easy to use format locating treatment plan components by Presenting Problem or DSM 5 diagnosis Contains over 3 000 prewritten treatment Symptoms Goals Objectives and Interventions to select from Presents evidence based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists therapists counselors social workers addiction counselors psychiatrists and other mental health professionals The Complete Adult Psychotherapy Treatment Planner Sixth Edition has been updated to contain the most recent interventions that are evidence based

The College Student Counseling Treatment Planner Chris E. Stout, Timothy J. Bruce, Arthur E. Jongsma, Jr., 2025-09-16 Guide to develop formal treatment plans for third party payers and state and federal review agencies Pressure from accrediting agencies and other outside parties has increased the need for clinicians to produce effective high quality treatment plans Treatment Planners provide all the elements necessary to quickly and easily develop formal treatment plans that satisfy the needs of most third party payers and state and federal review agencies This second edition has been updated with new chapters and appendices and enables readers to stimulate clinical thought to improve the quality and comprehensiveness of treatment plans and to reduce the time involved in recordkeeping In this new edition readers will find New chapters on Anxiety Attention Deficit Hyperactivity Disorder Bipolar Disorder Low Self Esteem Obsessive Compulsive and related Disorders Opioid Use Disorder Panic Disorder Agoraphobia Sexual Promiscuity Sleep Disturbance Social Anxiety and Specific Phobia New Objectives and Interventions consistent with identified evidence based practices Integrated DSM 5 diagnostic labels and codes into the Diagnostic Suggestions section of each chapter More suggested homework assignments integrated into the Interventions Treatment Planners help practitioners clarify simplify and accelerate the treatment planning process so they spend less time on paperwork and more time with their clients

Just One More Carol Dass, 2016-03-11 This book gives an insight into the life of a carer Carol whose loved one Paul was addicted to alcohol Carol never gave up hope that Paul would receive treatment and become the person he always wanted to

be But it was not to be Paul died at the age of forty two from cirrhosis of the liver In her book Carol concentrates more on how loved ones can get the support they need while dealing with their loved ones addiction She details her journey through Pauls addiction and why she founded the charity Footprints which offered support to others in a situation similar to hers She talks honestly about her feelings of frustration anger and sadness but also is honest about feeling trapped in a relationship not knowing in which direction to move the many relapses that happen the trips to the ER the suicide attempts and the violence But she also shows compassion for the drinker who is also trapped in the addiction not knowing what life will be like without their nonjudgmental friend the bottle of alcohol *Navigating Destructive Relationships* Brad Hambrick,2024-07-29 Navigating Destructive Relationships is a 9 step support group curriculum to help process destructive relational patterns and identify key choice points for more productive responses The Addiction Treatment Planner Robert R. Perkinson,Arthur E. Jongsma, Jr.,Timothy J. Bruce,2022-04-19 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients The Addiction Treatment Planner Sixth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You ll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you ll find new chapters on some of today s most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home Quickly and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving treatment goals objectives and interventions plus space to record your own customized treatment plan This book s easy to use reference format helps locate treatment plan components by presenting behavioral problem or DSM 5 diagnosis Inside you ll also find a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA The Additction Treatment Planner Sixth Edition will liberate you to focus on what s really important in your clinical work The Complete Adult Psychotherapy Treatment Planner David J. Berghuis,L. Mark Peterson,Timothy J. Bruce,2014-01-02 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed

care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA

Controlling Your Drinking
William R. Miller, Ricardo F. Muñoz, 2013-07-24 Interested in cutting down on your drinking without giving it up altogether This encouraging science based book can help make that goal a reality Distinguished clinician researchers William R Miller and Ricardo F Muñoz have spent more than 40 years studying whether moderation works who it works and doesn't work for and how to achieve it They give you tools to evaluate your alcohol consumption decide what changes you want to make and create a doable plan of action Learn new ways to enjoy social events defuse tension and stress and cope with difficult emotions with or without a glass in hand The updated second edition incorporates the latest scientific data and features a new chapter on mindfulness Helpful forms and worksheets can be downloaded and printed in a convenient 8 1/2 x 11 size

The Parent's 20 Minute Guide (Second Edition) The Center for Motivation and Change, 2016-01-13 Parenting is hard If you are reading this you are likely a very concerned parent who is looking for guidance about how to help your child who is using substances or engaging in other risky behaviors You may have mild concerns about your child's focus at school choice of friends new minimalist communication style with you or you may be facing sudden and terrifying changes Whatever your particular mix of worries as a parent your child's drug use including alcohol tends to make it that much more nerve racking sometimes explosive From introduction page 1

The Partner's 20 Minute Guide (Second Edition) The Center for Motivation and Change, 2016-03-08 The Partner's 20 Minute Guide helps partners change their loved one's substance use Developed by psychologists at the Center for Motivation and Change the 20 Minute Guide pulls from Motivational Interviewing MI CRAFT Community Reinforcement and Family Training Cognitive Behavioral Treatment CBT and Dialectical Behavior Therapy DBT to give family members the best tools to help a loved one change their substance use while staying connected and using the power of science and kindness This guide will help you with such tools as How to react when your child has been using substances and when he has NOT been using How to utilize your support network as effectively as possible Getting more of what you want to see from your spouse and less of what you don't How to talk to your partner so that you are more likely to be heard How to take care of yourself all along the way

The Complete Family Guide to Addiction Thomas F. Harrison, Hilary S. Connery, 2019-06-14 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

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