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Rational Recovery

1996-11 Jack Trimpey Offers a self-recovery program for substance abuse based on the Addictive Voice Recognition Technique.

A Kind of Thief

1994-04 Vivien Alcock When her father is suddenly arrested and put into prison, thirteen-year-old Elinor finds that she has to face many unpleasant truths about him and their way of life.

A Course for Successful Life Skills

2019-11-06 Ron Lott Successful Life Skills is the epitome of what the recovery movement

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represents. This guide can help any population learn and improve their lives on a holistic level, focusing on solutions rather than labels or diagnoses. It focuses on choices which are paramount for people to engage and participate in a learning experience. This new manual is by far the easiest, most targeted and user-friendly treatment tool available today. It meets standards for evidence-based treatment, follows a natural progression and can be used in either facilitator-led or participant-led groups. SMART Recovery and NIDA's evidence-based InsideOut Correctional Program has been used in prisons and jails around the world over the last 22 years to

great effect. Successful Life Skills has upgraded this program for the 21st Century, extending the program components and including many valuable and relevant life skills. Focused and thoughtful reading of this book will instill HOPE in people who wish to make changes in their lives and the POWER to make them.

AA Not the Only Way

2008 Melanie Solomon A discussion of alternative resources for addiction treatment, including a comprehensive directory of licensed professionals and treatment programs.

Rational Recovery from Alcoholism

1989-01-01 Jack Trimpey THE SMALL BOOK is a no-nonsense, get-better-now directive to addicts who want a better life. No "higher power" is necessary to recover from alcoholism or other drug dependence, using

this bold, new approach to addiction. THE SMALL BOOK, taking issue with 'The Big Book' of AA, is the core volume for members of the international network of Rational Recovery (RR) groups, founded by author Jack Trimpey, LCSW. It is a comprehensive guide to rational sobriety that directs addicts toward complete recovery through abstinence & the rational-emotive therapy (RET) of Albert Ellis. In his Introduction, Dr. Ellis says, "One of the very best. Therapeutically, it is unusually sound." Self-inspired recovery is made possible through "voice recognition," whereby the addict becomes vigilant for thoughts supporting further use of alcohol or drugs. These ideas are disputed by the addict, & the locus of control is found within. Trimpey discourages the self-label "codependent" but many people are so dependent on addicts (for love or approval) that self-interest is overshadowed. The chapter, "To the

Professionals," is a signal for change in AA-dominated addiction care system.

Get Your Loved One Sober

2009-07-30 Robert J Meyers 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

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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.

The Small Book

1995-12-02 Jack Trimpey Offering an alternative

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to twelve-step programs, a supportive guide explains how to identify the impulse to use intoxicants, learn self-control, value sobriety, and replace addiction with self-supportive behaviors.

Seven Weeks to Sobriety

2011-08-31 Joan Mathews Larson, PhD

"Comprehensive, rational and personal. It supplies much of what is missing in traditional approaches to alcoholic rehabilitation. I believe that this book can save lives." Leo Galland, M.D. Open this book and you will embark on a groundbreaking seven-week journey that will change your life. You will learn how to break your addiction to alcohol and end your cravings--and do it under your own power. Here, step-by-step, is a proven, seven-week program developed by Dr. Joan Matthews Larson at the innovative Health Recovery Center in Minneapolis, that subdues your body's addictive chemistry and puts you on the path to full

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recovery.

Alcoholics Anonymous

1986 Alcoholics Anonymous World Services The basic text for Alcoholics Anonymous.

Seeking Safety

2021-05-07 Lisa M. Najavits 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 webpage. See also the author's self-help guide Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both, an ideal client recommendation.

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