



NOT THE ONLY WAY

Your One Stop Resource Guide to 12-Step Alternatives

**Including a Comprehensive Directory of
Licensed Professionals and Treatment Programs**

Melanie Solomon

Foreword by Marc F. Kern, Ph.D.

Preface by Frederick Rotgers, PsyD, ABPP

Alternatives For The Problem Drinker Aa Is Not The Only Way

Arlene Rubin Stiffman



Alternatives For The Problem Drinker Aa Is Not The Only Way:

Alternatives for the Problem Drinker Ariel Winters,1978 *AA Not the Only Way* Melanie Solomon,2008 A discussion of alternative resources for addiction treatment including a comprehensive directory of licensed professionals and treatment programs **The Consumer Health Information Source Book** Alan M. Rees,Blanche A. Young,1981 This book assembles describes and evaluates the principal sources of health information for the layperson Contains bibliography of books and pamphlets of current literature as well as directory information to audiovisual producers distributors and resource organizations Author title subject indexes **How to Quit Drinking Without A.A.** Jerry Dorsman,1994 Suggests a test for alcoholism describes the benefits of not drinking and offers practical advice on a variety of ways to stop drinking **How to Quit Drinking Without AA, Revised 2nd Edition** Jerry Dorsman,1997-10-01 Now You Can Take Control of Your Own Recovery Process Alcoholics Anonymous is not the only answer or even the best answer for many people In fact seven of every eight people who start AA s 12 step program abandon it within three years Fortunately there are more effective ways to quit drinking proven methods that will help you be successful on your own terms Inside this life affirming book is the new beginning you re looking for Certified addictions counselor and 16 year recovering alcoholic Jerry Dorsman offers more than 100 proven techniques to gain control of your recovery His self help approach includes the best Step by step instructions for breaking the habit Foods to help you beat the cravings Methods for internal cleansing and detox Nutrition information for rebuilding your health And much more A thorough approach backed with practical guidelines and techniques Addiction and Recovery Magazine The right blend of substance and simplicity Bubbling with resources Natural Health magazine

Treatment and Rehabilitation of the Chronic Alcoholic Benjamin Kissin,2012-12-06 The present volume contains a large variety of treatment approaches to the long term rehabilitation of the alcoholic ranging from the biological to the physiological to the psychological to the social The multiplicity of proposed therapies each of which has its strong proponents suggests that alcoholism is either a complex medical social disease syndrome requiring a multipronged treatment approach or a very simple illness for which we have not yet discovered the remedy The latter may indeed be true but we cannot use what we do not know and must use what we do know We do however have the obligation to be responsible in our treatment to provide the best that is known at this time and to be discriminating in our prescription of appropriate treatment for individual patients If there is one conclusion we would like to offer in our preface it is that alcoholics constitute a markedly heterogeneous population with widely disparate needs for whom at least at our present level of knowledge a broad spectrum of treatment modalities is necessary If this is true then probably most of this book has validity With this volume on the treatment and rehabilitation of the chronic alcoholic we bring to completion our five volume series *The Biology of Alcoholism* As the title of the present volume indicates we have departed from our original intention to deal solely with biological aspects of the syndrome and have attempted rather to produce a more comprehensive work **The Help Book** Jan Yager,1979

Abstract Organizations and societies that provide direct professional help for social economic and medical problems are listed The subject matter ranges from Alcoholism to Volunteerism and from Battered Adults to Suicide Prevention Each chapter opens with a summary of professional knowledge on a specific problem and each lists many contact organizations Health the family counseling education women s issues crime citizen action emergencies and employment are the broad areas covered Base or national organizations listed will help readers locate more local or specialized ones Clean David Sheff,2013 The author of the 1 New York Times bestseller Beautiful Boy offers a new paradigm for dealing with addiction based on cutting edge research and stories of his own and other families struggles with and triumphs over drug abuse

Atkinson & Hilgard's Introduction to Psychology Edward E. Smith,Rita L. Atkinson,Ernest Ropiequet Hilgard,2003 This text offers an up to date view of the dynamic nature of contemporary psychology The authors build a strong foundation in the fundamentals of psychology while featuring the most innovative contemporary research With plenty of supportive pedagogy experiments are explained in detail and charts and figures add to an understanding of the results The book offers an integrated biological orientation a trend that is changing the way psychological topics are viewed exemplified by the coverage of bio evolutionary research **Mental Health Disorders in Adolescence** Arlene Rubin Stiffman,1986 First published in 1986 Routledge is an imprint of Taylor Francis an informa company An Ethnographic Study of Mental Health Treatment and Outcomes Fran Babiss,2002 Selected for inclusion in Doody s Core Titles in the Health Sciences 2005 edition DCT this book documents the treatment history of three women suffering from affective and personality disorders The book guides you through the process of conducting qualitative ethnographic research providing examples of data collection techniques analysis and interpretation Interviews and observations provide you with a glimpse into the world of mental health treatment from each woman s perspective and offer suggestions on interventions and group activities designed to improve treatment outcomes *Journal of Studies on Alcohol* ,1979 The contents alternate monthly original articles in odd numbered months current literature in even numbered months **Alcoholics Anonymous as a Mutual-help Movement** Klaus Mäkelä,1996 Part of an international study of Alcoholics Anonymous carried out in collaboration with the World Health Organization Regional Office for Europe *Dealing with an Addict* Peter Ferentzy, PhD,2013-10 If you are living with the pain of seeing a loved one battle an addiction your life is already filled with too many questions and not enough answers You are not alone Dr Peter Ferentzy has walked the lonely path of addiction himself but it was the tragic death of two close friends that inspired him to do his part to save others His guide Dealing with an Addict walks you through the confusing and often corrupt world of addiction treatment and recovery Far too often those seeking help for their loved ones find themselves treated with disrespect by industry professionals who are more interested in fees than lasting results A helpful companion for anyone wanting to help an addicted friend partner or offspring Dealing with an Addict gives you the tools to make effective decisions about when to help how to help and above all how to protect yourself and your loved one from an industry that is

often more predatory than helpful **Alcohol and Youth** Grace M. Barnes,1982-12-06 Product information not available

To be Continued-- Charles Bishop,Bill Pittman,1994 The Sophisticated Alcoholic David Allen,2011-11-16 If that concerned thought recurs when you recycle yet another batch of empties you need to read this book Handbook of Psychology and Health, Volume I Robert J. Gatchel,Andrew Baum,Jerome E. Singer,2021-09-30 Originally published in 1982 this volume deals with behavioral medicine and clinical psychology Much of what psychologists had been able to contribute to the study and treatment of health and illness had to this point been derived from clinical research and behavioral treatment This volume presents some of this work providing a fairly comprehensive view of the overlap between behavioral medicine and clinical psychology Its purpose was to present some of the traditional areas of research and practice in clinical psychology that had directly and indirectly contributed to the development of behavioral medicine Before the birth of behavioral medicine which subsequently attracted psychologists from many different areas ranging from social psychology to operant conditioning the chief link between psychology and medicine consisted of the relationship albeit sometimes fragile and tumultuous between clinical psychology and psychiatry Many of the behavioral assessment and treatment methods now being employed in the field of behavioral medicine were originally developed in the discipline of clinical psychology

BETTER IS BETTER! stories of alcohol harm reduction Kenneth Anderson,April Wilson Smith,2019-10-22 This book contains the stories of men and women who have used the HAMS Harm reduction Abstinence and Moderation Support program to overcome their problems with alcohol and change their lives Experts in the addictions field say the following about this book Through these moving personal stories we learn not only how HAMS works but how addiction works And we learn that overcoming addiction doesn't have to adhere to a rigid program or philosophy HAMS succeeds because it connects with people who drink on their own terms respects their goals and wishes recognizes their strengths and supports them where they need and want support These little memoirs are as varied in style and substance as the individuals who wrote them but they converge on themes that just don't go away including the inadequacy of AA for many who drink despite its value for some Intimately told both raw and articulate these memoirs reveal how people struggling with addiction can help each other through sensitivity and generosity rather than judgment and dogma Marc Lewis PhD Author of The Biology of Desire Why Addiction Is Not a Disease If you are looking for an alternative to 12 step groups that will support you in changing your drinking whether you want to abstain moderate or just cut down check out HAMS It's evidence based supportive non judgmental non religious and even fun Maia Szalavitz Author of Unbroken Brain Kenneth Anderson and April Smith have given us a book that will help thousands of people told from the point of view of people who have already been helped by HAMS Many of the stories show how ingenuity freedom of choice and concern for one's wellbeing can lead to meaningful changes in problem drinking habits Many of the stories would shock the hell out of most treatment programs and staff Many of the stories had me biting my nails hoping that it would turn out okay What a relief to be reminded that given

respect kindness and support even the most outlandish harm reduction plans save and improve peoples lives Patt Denning PhD Director of The Center for Harm Reduction Therapy Co author of Over the Influence The three page introduction to Better Is Better ought to be required reading for anyone in this country with a connection to addiction and recovery which is most of us but especially health and mental health professionals The scientific findings succinctly described there would reshape US addiction treatment and recovery if they were known and used Unfortunately these findings continue to be overshadowed by substantially outdated ideas and methods This little page book then contains 14 stories of change eight women six men none longer than three pages These stories will be informative and inspiring to a wide range of individuals who are considering or acting upon a desire to reduce or eliminate drinking problems and they could be the basis for discussion in a mutual help or treatment group I can t think of a better bang for your 99 cents A Tom Horvath PhD President Practical Recovery Psychology Group San Diego Past President SMART Recovery HAMS is an amazing and much needed organization expanding how we think about addiction in brave and thought provoking ways Everyone should read this book Johann Hari Author of Chasing the Scream HAMS is a group for people who want support to changes their drinking Support not chastisement not admonitions not guilt tripping Just sharing feelings experiences histories successes and failures And that nonjudgmental approach which is so different from AA makes people feel better about themselves and allows them to pursue their goals better longer and in more areas of their lives drinking included but not exclusively And what are their goals around drinking Well you ll have to read this book of human stories to see Stanton Peele Author of Recover

Group Psychotherapy with Addicted Populations Philip J. Flores,2007 Group Psychotherapy with Addicted Populations An Integration of Twelve Step and Psychodynamic Theory Third Edition is the newly revised edition of the classic text that brings together practical applications of 12 step programs and psychodynamic groups to provide proven strategies for defeating alcohol and drug addiction through group psychotherapy

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