

Moderate Drinking

The Moderation
Management Guide

FOR PEOPLE WHO WANT TO
REDUCE THEIR DRINKING

AUDREY KISHLINE

Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking

Michael S. Levy



Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking:

Moderate Drinking Audrey Kishline,1994 Take Control of Your Drinking Michael S. Levy,2021-01-12 Accepting that there is no one size fits all approach to controlling drinking the latest edition of this bestselling book will help you assess your drinking and determine whether moderation or abstinence is the best path for you For decades the standard treatment for people struggling with alcohol consumption has focused on convincing them to admit that they are an alcoholic to stop drinking entirely and to enter into a program most commonly Alcoholics Anonymous But in his more than thirty five year career as an addiction specialist working with people who want to change their drinking habits Michael S Levy has found that the routes to behavioral change actually vary And although abstinence is the successful route for many people others can moderate their drinking on their own or with professional help In this practical effective and compassionate book Levy helps people take control of their alcohol problem by teaching them how to think about and address their drinking habits Beginning with a set of self assessments that reveal whether the reader s use of alcohol is creating problems Levy explains the causes of problem drinking discusses the growing recognition of the various ways an alcohol use disorder can show itself and talks about why it is so difficult to change Offering advice for choosing between moderating your drinking or abstaining altogether he also touches on coping with slipups fighting helplessness and the fear of failure and knowing when moderation is not achievable The book is unique in that instead of telling people what they need to do it meets people at their stage of change and level of readiness to change and helps them decide for themselves what they need to do Drawing on the latest scientific evidence this new edition includes a chapter on the concept of self medication a useful but at times overused idea a chapter on the concurrent use of drugs particularly cannabis during recovery an exploration of modern strategies for dealing with drinking including technology apps that count drinks for example and medications that curb alcohol consumption reflections on the use of stigma communication strategies for individuals seeking to share their struggle with others an exploration of common triggers additional worksheets and tips to achieve success further material about self help programs and insights about the dark side of addiction treatment Ultimately *Take Control of Your Drinking* empowers people to tackle their drinking problem and gives them the freedom to do so in a way that fits with their own lifestyle and values This book is useful for anyone who may find that they are drinking too much for the loved ones of such people and for clinicians who want to broaden their skills when working with people who struggle with alcohol *Understanding the High-Functioning Alcoholic* Sarah A. Benton,2009-02-27 Who is the typical alcoholic among the 12 5 million living in the United States now Many if not most of us when asked that question would envision a skid row bum or someone at least out of work or with little education locked into a low skill low paying job But that is not accurate according to the results of a national study released in June 2007 by the National Institutes of Alcohol Abuse and Alcoholism The NIAAA determined that alcoholics in the United States really fall into five subtypes including nearly 20 percent who are highly functional alcoholics well educated with good

incomes They include corporate presidents powerful politicians police lawyers doctors scientists and other highly skilled highly educated people who are middle to high income and by most accounts successful In this unprecedented book mental health counselor Sarah Benton takes us into the worlds and minds of so called high functioning alcoholics to understand how people so intelligent and achievement oriented get drawn into states in which they secretly cannot control their liquor consumption but still manage to excel in their careers The book includes a look at celebrity alcoholics like singer Eric Clapton and actor comedian Robin Williams as well as alcoholics in high positions including Chris Albrecht former Chairman and CEO of HBO Other high profile people included in this book are Miss USA 2007 Tara Conner and football legend Joe Namath With her own story of alcoholism and her recovery woven into the text Benton takes us into the lives and challenges of these well educated and successful people seeking to understand how when and why they became addicted as well as the reasons their alcoholism is for most so hard to admit cope with and recover from

The Essential Handbook of Treatment and Prevention of Alcohol Problems Nick Heather,Tim Stockwell,2004-02-06 The last three decades have seen an explosion of social psychological and clinical research to identify effective strategies to prevent and treat alcohol related problems This Essential Handbook contains an updated selection of reviews of what works drawn from the critically acclaimed International Handbook of Alcohol Dependence and Problems Selected specifically for health and other professionals who need to provide effective responses in their work these authoritative science based reviews are a distillation of the more practical elements designed to save time for the busy practitioner *Alcohol Research & Health* ,1999 The Treatment of Drinking Problems E. Jane Marshall,Keith Humphreys,David M. Ball,2010-09-30 The Treatment of Drinking Problems has become the definitive text in the field of alcohol problems It addresses the frontline realities of clinical practice in an informed and empathetic way whilst grounding this approach in critical scientific review Now in its fifth edition the text has been thoroughly revised and updated with new sections covering interventions for hazardous and harmful drinking dependent drinking and the different settings in which alcohol problems are encountered Clinical vignettes are used throughout the text to bring the discussion to life and to address the frontline realities of clinical practice This is a highly readable and practical guide for anyone generalist or specialist treating or caring for someone with an alcohol problem

The Wiley-Blackwell Handbook of Group Psychotherapy Jeffrey L. Kleinberg,2015-06-22 Group Psychotherapy Finally we have a book about group therapy that answers the question Is there one book that covers the waterfront but is deep enough to provide more than just an overview of models and can actually help me become a better group therapist This is such a book International Journal of Group Psychotherapy This volume reflects the expansion in the field of psychodynamic group psychotherapy that today incorporates a variety of theoretical perspectives Leading experts from various countries provide the reader with a clear overview of the different approaches In addition there are chapters in this volume that deal with special populations and conditions of treatment While providing a straightforward introduction to

the plethora of material in the field the volume will also serve as a comprehensive resource for any seasoned group psychotherapist Howard D Kibel Professor of Psychiatry New York Medical College and past President of the American Group Psychotherapy Association USA The Handbook of Group Psychotherapy is a user friendly guide to conducting group psychotherapy in various settings and with different populations It has been designed as a resource for new professionals including graduate students in mental health as well as more seasoned clinicians planning to integrate group psychotherapy into their work Bringing together pre eminent group psychotherapists from different theoretical perspectives and countries the articles in this volume present their approaches to conducting groups with diverse populations in different settings Written in straight forward jargon free language the articles directly speak to the needs of the mental health professional planning to begin a group or to strengthen an existing group Whether combined with a formal class in group techniques human relations or group dynamics or in an institute training group practitioners or read as part of one s own professional development this work is likely to advance the reader s clinical competency and strengthen their self confidence as a leader Using a personal style and speaking from years of experience the contributors provide hands on suggestions as to how a group leader really works From determining patient or client needs developing treatment goals and constructing a group to handling emergencies the contributors address the needs of the new group leader The articles also address issues of diversity and globalism as well as trauma and resiliency making this a truly post 9 11 contribution

The Treatment of Drinking Problems Griffith Edwards,E. Jane Marshall,Christopher C. H. Cook,2003 The Treatment of Drinking Problems has become over the past twenty years the definitive text in its field Internationally acclaimed and translated into six languages it is the most authoritative source book for the treatment of alcohol problems for all professionals who encounter them

Motivate Healthy Habits Rick Botelho,2004 Do you think you should change but don t really feel like it To break unhealthy habits for good lower your emotional resistance before developing effective motivation This guidebook will help you go beyond SURFACE CHANGE gaining knowledge declaring good intentions and setting goals to DEEP CHANGE exploring your feelings views motives and values

Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery Gary L. Fisher,Nancy A. Roget,2009 This collection provides authoritative coverage of neurobiology of addiction models of addiction sociocultural perspectives on drug use family and community factors prevention theories and techniques professional issues the criminal justice system and substance abuse assessment and diagnosis and more

Cognitive Behavior Therapy William T. O'Donohue,Jane E. Fisher,Steven C. Hayes,2004-03-31 This practical book provides empirically supported techniques that are effective for a wide range of problems including enuresis panic disorder depression and skills acquisition for the developmentally delayed Presents 60 chapters on individual therapies for a wide range of problems such as smoking cessation stress management and classroom management Chapters are authored by experts in their particular treatment approach Provides tables that clearly explain the steps of implementing the therapy

Lowinson and Ruiz's Substance Abuse Pedro Ruiz, Eric C. Strain, 2011 A comprehensive authoritative text on all aspects of substance abuse and addiction medicine Scientific topics such as the biology of various addictions and all dimensions of clinical treatment and management are addressed by a wide range of leading contributors Behavioral addictions are addressed also so the text is not solely devoted to specific substances and their misuse Provided by publisher **Treating Addiction** William R. Miller, Alyssa A. Forcehimes, Allen Zweben, 2011-11-11 This book has been replaced by *Treating Addiction* Second Edition ISBN 978 1 4625 4044 0 *Two Minute Talks to Improve Psychological and Behavioral Health* John F. Clabby, 2021-06-23 There are important books that focus a full effort on a painful emotion such as depression or panic Frankly many troubled people do not directly present with such complaints Instead they speak about marital stress upset about making an oral presentation dealing with a mean spirited co worker poor nutritional habits handling uncooperative children or early adolescents and domestic violence They want practical guidance about those content areas as well John F Clabby Health professionals confronted with symptoms of mental and emotional distress often lack knowledge of how to respond to the situations that underlie them or feel unable to address them in time limited consultations This can lead many to either adopt an empathetic listening approach which fails to address underlying causes effectively or avoid asking their patients and clients about their psychosocial lives at all *Two Minute Talks to Improve Psychological and Behavioral Health* takes a unique approach to this common dilemma It provides concise pragmatic and matter of fact advice which health professionals can use to effectively address the most common underlying causes of distress such as work family or relationship difficulties poor nutritional habits domestic violence and grief Although firmly evidence based it avoids unnecessary detail to provide a practical reference which can either be read in its entirety or used as a quick reference of clear accessible advice and strategies that patients can put into use It is an essential addition to the toolbox of all health professionals who want to provide effective responsive and empathetic care to their clients in time limited situations This book will reveal to you talents and results you did not believe possible It will re energize your approach to care and make it fun to talk with and get to know your patients from the Foreword by Kenneth Faistl *Edwards' Treatment of Drinking Problems* Keith Humphreys, Anne Lingford-Hughes, 2016-04-28 Presenting state of the art accessible reviews of the expanding science of alcohol treatment integrated with down to earth practical guides to the management of a wide range of clinical situations this new edition is compassionate toward patients optimistic about treatment and candid about the clinical and professional challenges embedded in the treatment endeavour The coverage updates the science that has occurred in the half decade since the last edition most notably in the areas of neuroscience neuroimaging and pharmacotherapy and includes expanded discussion of historical and public policy forces that have shaped the alcohol treatment field The book recognizes that drinking problems occur across all social structures and cannot be neatly confined to the specialist addiction treatment sector This text is relevant to all those working to help those with a drinking problem meeting the needs of general medical

practitioners psychiatrists and other medical specialists nurses psychotherapists counselors psychologists alcohol support workers social workers and occupational therapists amongst others

Moderate Drinking Audrey Kishline, 1997-06-01 The official handbook of Moderation Management a non profit national self help program that supports moderate drinking as a reasonable and attainable recovery goal for problem drinkers Based on her own unsatisfactory experience with abstinence based programs Kishline offers inspiration and a step by step program to help individuals avoid the kind of drinking that detrimentally affects their lives From the Trade Paperback edition

Substance Abuse and the Family Michael D. Reiter, 2025-08-12 This fully updated third edition of Substance Abuse and the Family demonstrates what it means to view addiction through a systems lens by considering biology and genetics family relationships and larger systems Michael D Reiter illustrates how to examine a person's predilection to become addicted their social environment around substance use the functionality of their family and various treatment options Chapters are organized around two sections assessment and treatment The first section pays attention to how the family system organizes around substance use and abuse Here family roles culture and other issues such as family violence and resilience are covered Two chapters are also included on the neuroscience and genetics of addiction There are also chapters on roles of family members in addicted families using genograms and working in a culturally sensitive way with culture specific consideration paid to Black Hispanic and Latin American Asian American and Indigenous families A separate chapter examines issues faced by both youth and adult children of alcoholics The second half of the book explores what a systems orientation means in practice and goes over self help groups for individuals and families An overview of the major family therapy theories is included which examines intergenerational experiential communication strategic systemic and postmodern models New to this edition is a chapter on trauma and stigma and its relationship to addictions and substance use and abuse Each chapter has been updated with cutting edge research and additional figures to enhance concepts as well a case application to demonstrate and apply each chapter's ideas Intended for undergraduate and graduate students as well as beginning practitioners this text provides one of the most in depth examinations on the topic available

Substance Abuse Joyce H. Lowinson, 1997 A textbook for students and comprehensive reference for professionals in any field that deals with substance abuse Retains chapters from the 1981 and 1992 editions on the sociology evaluation and treatment of particular populations offers new information on the relation of psychopathology psychiatric diagnoses and methods and programs for treating patients with dual diagnoses and adds new chapters on the related addictions of gambling sex and cults Whenever possible materials on treatment modalities provide process and outcome data to help workers evaluate them and make referrals Annotation copyrighted by Book News Inc Portland OR

The SAGE Encyclopedia of Alcohol Scott C. Martin, 2014-12-16 Alcohol consumption goes to the very roots of nearly all human societies Different countries and regions have become associated with different sorts of alcohol for instance the beer culture of Germany the wine culture of France Japan and sake Russia and vodka the Caribbean and rum or the

moonshine culture of Appalachia Wine is used in religious rituals and toasts are used to seal business deals or to celebrate marriages and state dinners However our relation with alcohol is one of love hate We also regulate it and tax it we pass laws about when and where it s appropriate we crack down severely on drunk driving and the United States and other countries tried the failed Noble Experiment of Prohibition While there are many encyclopedias on alcohol nearly all approach it as a substance of abuse taking a clinical medical perspective alcohol alcoholism and treatment The SAGE Encyclopedia of Alcohol examines the history of alcohol worldwide and goes beyond the historical lens to examine alcohol as a cultural and social phenomenon as well both for good and for ill from the earliest days of humankind Hidden Addictions Marilyn Freimuth, 2009-03-19 Media portrayals and diagnostic criteria convey an image of an addicted person as someone whose deficient coping skills and severely compromised functioning are readily apparent Yet addictions remain some of the most frequently missed diagnoses in health and mental health care settings This occurs in large part because most people with addictions do not fit the stereotype In the context of psychotherapy the typical patient with an addiction will present depression anxiety marital problems or a general sense that life is not working This book addresses how addictions can be recognized more often and accurately assessed in the context of psychotherapy Along with learning about the standard assessment instruments the reader is introduced to methods for asking the appropriate questions and listening to the clinical dialogue for signs of a undisclosed addiction This book provides a great deal of knowledge about addictions and their assessment in a way that is relevant to clinical practice

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Introduction

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