

# Moderate Drinking

The **New Option**  
for Problem  
Drinkers

**Audrey Kishline**

with an introduction by  
**Dr. Stanton Peele**

# Moderate Drinking The New Option For Problem Drinkers

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## **Moderate Drinking The New Option For Problem Drinkers:**

**Moderate Drinking** Audrey Kishline, 1996 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

**US of AA** Joe Miller, 2019-04-02 In the aftermath of Prohibition America's top scientists joined forces with AA members and put their clout behind a campaign to convince the nation that alcoholism is a disease They had no proof but they hoped to find it once research money came pouring in The campaign spanned decades and from it grew a multimillion dollar treatment industry and a new government agency devoted to alcoholism But scientists research showed that problem drinking is not a singular disease but a complex phenomenon requiring an array of strategies There's less scientific evidence for the effectiveness of AA than there is for most other treatments including self enforced moderation therapy and counseling and targeted medications AA's own surveys show that it doesn't work for the overwhelming majority of problem drinkers Five years in the making Joe Miller's brilliant in depth investigative reporting into the history politics and science of alcoholism shows exactly how AA became our nation's de facto treatment policy even as evidence accumulated for more effective remedies and how as a result those who suffer the most often go untreated US of AA is a character driven beautifully written exposé full of secrecy irony liquor industry money the shrillest of scare tactics and at its center a grand deception In the tradition of Crazy by Pete Earley and David Goldhill's Catastrophic Care US of AA shines a much needed spotlight on the addiction treatment industry It will forever change the way we think about the entire enterprise

**Brief Alcohol Screening and Intervention for College Students (BASICS)**

Linda A. Dimeff, 1999-01-08 This instructive manual presents a pragmatic and clinically proven approach to the prevention and treatment of undergraduate alcohol abuse The BASICS model is a nonconfrontational harm reduction approach that helps students reduce their alcohol consumption and decrease the behavioral and health risks associated with heavy drinking Including numerous reproducible handouts and assessment forms the book takes readers step by step through conducting BASICS assessment and feedback sessions Special topics covered include the use of DSM IV criteria to evaluate alcohol abuse ways to counter student defensiveness about drinking and obtaining additional treatment for students with severe alcohol dependency Note about Photocopy Rights The Publisher grants individual book purchasers nonassignable permission to reproduce selected figures information sheets and assessment instruments in this book for professional use For details and limitations see copyright page

Addiction Is a Choice Jeffrey A. Schaler, 2011-09-30 Politicians and the media tell us that people who take drugs including alcohol or nicotine cannot help themselves They are supposedly victims of the disease of addiction and they need treatment The same goes for sex addicts shopping addicts food addicts gambling addicts or even addicts to abusive relationships This theory which grew out of the Temperance movement and was developed and

disseminated by the religious cult known as Alcoholics Anonymous has not been confirmed by any factual research. Numerous scientific studies show that addicts are in control of their behavior. Contrary to the shrill mindless propaganda of the war on drugs, very few of the people who use alcohol, marijuana, heroin, or cocaine will ever become addicted, and of those who do become heavy drug users, most will mature out of it in time without treatment. Research indicates that treatment is completely ineffective, an absolute waste of time and money. Instead of looking at drug addiction as a disease, Dr. Schaler proposes that we view it as willful commitment or dedication, akin to joining a religion or pursuing a romantic involvement. While heavy consumption of drugs is often foolish and self-destructive, it is a matter of personal choice.

Alcoholics Anonymous Charles Bufo, 1997-12-01. This well-researched, painstakingly documented book provides detailed information on the right-wing evangelical organization Oxford Group Movement that gave birth to AA, the relation of AA and its program to the Oxford Group Movement, AA's similarities to and differences from religious cults, AA's remarkable ineffectiveness, and the alternatives to AA. The greatly expanded second edition includes a new chapter on AA's relationship to the treatment industry and AA's remarkable influence in the media.

*Handbook of Brief Cognitive Behaviour Therapy* Frank W. Bond, Windy Dryden, 2005-01-14. Brief Cognitive Behaviour Therapy can be applied to the treatment of a wide range of problems in many different settings. In this unique handbook, Frank Bond and Windy Dryden have brought together a prominent cast of authors to discuss issues concerning the definition, assessment, and in particular, the practice of brief Cognitive Behaviour Therapy. CBT Contents include: The difference between brief and regular CBT and evidence for its effectiveness; How to use brief CBT in your own area of practice; Applying brief CBT to emotional disorders, anxiety, workplace stress, and more. This handbook is accessible to a wide range of readers, including academics, practitioners, psychotherapists, counsellors, and students training in CBT.

**Cure for Alcoholism** Roy Eskapa, 2012-10-23. Finally, there is a cure for alcoholism. This is the first step. Featuring new and updated information and studies, including an introduction by actress Claudia Christian, the second edition of *The Cure for Alcoholism* delivers exactly what millions of alcoholics and families of alcoholics have been hoping for: a painless, dignified, and medically proven cure for their addiction. Backed by 82 clinical trials and research that extends back to 1964, The Sinclair Method deploys an opiate-blocking medication in a very specific way, in combination with ongoing drinking, to extinguish the addictive software in the brain. The de-addiction process rolls back the addictive mechanism in the brain to its original pre-addicted state, before the first drink was consumed, making this program an actual cure for alcoholism. Drs. Roy Eskapa and David Sinclair of The Sinclair Method have put together a sound scientific book that proves that with this particular method, alcoholism can be cured in more than 78 percent of patients. What's more, the treatment avoids the dangerous withdrawal symptoms, allowing patients to detox gradually and safely while they are still drinking. This removes the need for expensive and unpleasant inpatient rehabilitation programs. Actual drinking levels and cravings automatically decrease until control over alcohol is restored. The bottom line is that patients can control their drinking or stop altogether.

with the simple yet powerful process outlined in *The Cure for Alcoholism* Including a new introduction by actress Claudia Christian about The Sinclair Method's impact on her life updated trial information and a letter explaining the treatment that can be given to doctors by patients *The Cure for Alcoholism* is a revolutionary book for anyone who wants to gain control over drinking     *A Driver's Manual CAR For Drunk Drivers* Maurice "Mo" Murray, 2013-09-30 *CONCISE CAR* the rubrics of *CAR* are similar to other Cognitive Apprenticeship Methodology's *Watch It Do It Know It CAR*'s unique power to facilitate recovery is derived by adding the ingredients of *The Way of Analogy* and *The Concept of the Singular You* might want to start by first reading Chapter 5 in *Bingo* the chair's fixed relax and sit in it as a way to preempt any confusion about how *The Way of Analogy* is being used in Relationship Associations Here is the traditional Thomas Aquinas Way of Analogy Red is Red and yet a horse is Red with a horsey Redness *CAR* melds this with *The Concept of the Singular* i.e. Remember Philosophy 101 the Universal Chair of the Greeks was the perfect chair then came the Particular chair Lounge Chairs then came the Singular chair your Dad's old Morris chair with the cigar burns on the right arm to get its synergism *CAR* is a Singular Analogous Relationship Driven Recovery modality and as such less easily defined than experienced *CAR* methodology is already at work within you even before you start to read these books You already know you are ultimately aware that you are within the answer The Good News is you are in Recovery now This is proclaimed at the beginning of all three books The first step in the acquisition of wisdom is silence the second listening the third memory the fourth practice the fifth teaching others Solomon Ibn Gabriel Respectfully submitted Maurice Mo Murray Reference the Practice of Cognitive Apprenticeship Recovery Maurice J Murray Bowers Stokesbury Press Wilmington DE 1993     *Drinking in Context* Gerry Stimson, Marcus Grant, Marie Choquet, Preston Garrison, 2013-05-13 Drinking beverage alcohol is a widespread source of individual and social pleasure in most countries around the world Yet some drinking patterns can lead to serious physical mental and social harms *Drinking in Context* is intended to complement existing volumes dealing with international alcohol policy by focusing on three main themes drinking patterns targeted interventions and partnership development An understanding that patterns of drinking are important predictors of outcomes has led to a growing realization that alcohol policies and prevention strategies need to focus on excessive or irresponsible drinking As a result there has been a shift towards interventions that address the targeted reduction of harm These approaches recognize socio cultural differences and avoid trying to impose a one size fits all solution In this context multi stakeholder partnerships offer an excellent opportunity to promote the complex mix of measures required by each society Shared responsibilities lead to shared solutions     ***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 saki 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 Goodbye, Mr. Wonderful C. B. McCully,2004 Goodbye Mr Wonderful gives a detailed account of the early stages of recovery from alcoholism From his admittance into hospital to his life as a writer in the Netherlands McCully offers a detailed and often analytical reflection on what it feels like to be a recovering alcoholic *I'll Stop Tomorrow* Paul Campbell,2007 One man s journey through alcoholism and what helped him recover During his drinking days Paul Campbell let down and hurt many people his family and loved ones in particular Alcoholism is known as the family illness and it truly is Before alcoholism kills it usually destroys the lives of loved ones the ones ironically that care about the alcoholic the most Much of this book is written with these people in mind To Paul Campbell s mind family members are usually the silent victims of alcoholism This book is not written by an academic or a doctor It doesn t have carefully drawn charts or squiggly diagrams describing a variety of personalities and behavior patterns This book is written by someone who had everything who lost everything who went through the living hell of chronic alcoholism and the tough times of recovery Ultimately though he is proof that there is hope for everyone even the most crazy out of control self destructive alcoholic Paul Campbell discovered that giving up drink was only half the battle Living and enjoying life is the real challenge Paul Campbell is an Addiction Counsellor living in Ireland He writes regular columns on alcoholism for the Irish press

*Managing Your Drug Or Alcohol Problem* Dennis C. Daley,G. Alan Marlatt,1997 Section 1 Overview of Substance Use Problems and Self Assessment Chapter 1 Introduction and Plan for Workbook Chapter 2 Recognizing Your Substance Use Problem Chapter 3 Recognizing Consequences of Your Substance Use Section 2 Change Issues and Strategies Chapter 4 Treatment Settings for Substance Use Problems Chapter 5 Stages of Change Ch 6 How to Use Therapy or Counseling Ch 7 Overview of Goal Planning Ch 8 Managing Cravings and Urges to Use Substances Ch 9 Managing Thoughts of Using Substances Ch 9 Dealing With Upsetting Emotions Ch 11 Refusing Offers to Use Substances Ch 12 Dealing With Family and Interpersonal Problems Ch 13 Building a Recovery Support System Ch 14 Self Help Programs and Recovery Clubs Ch 15 Medications for Substance Use Problems Section 3 Relapse Prevention and Progress Measurement Ch 16 Relapse Prevention Reducing the Risk of Relapse Ch 17 Relapse Management Ch 18 Strategies for Balanced Living Ch 19 Measuring Your Progress **Everyday Irrationality** Robyn Dawes,2018-02-19 Robyn Dawes defines irrationality as adhering to beliefs that are inherently self contradictory not just incorrect self defeating or the basis of poor decisions Such beliefs are unfortunately common This book demonstrates how such irrationality results from ignoring obvious comparisons while instead falling into

associational and story based thinking Strong emotion or even insanity is one reason for making automatic associations without comparison but as the author demonstrates a lot of everyday judgment unsupported professional claims and even social policy is based on the same kind of everyday irrationality

### **Overcoming Your Alcohol, Drug & Recovery Habits**

James DeSena,2002-09-01 Recognizing that an addiction to 12 step programs can be just as dangerous as an addiction to alcohol or drugs this book provides techniques to counter the self defeating beliefs that lead to addiction It enables those who have gone through Alcoholics Anonymous Narcotics Anonymous and formal 12 step addiction treatments to overcome the self destructive beliefs and attitudes that these programs promote These include the idea that addicts and alcoholics are powerless the belief that addiction is an incurable disease the assertion that people who slip inevitably lose control and the notion that those who reject the 12 step approach are doomed Devoted to helping individuals indoctrinated in 12 step dogma recognize their destructiveness this book provides effective psychological techniques to vanquish negative thinking and help individuals regain control of their lives

*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

*Adult Psychopathology, Second Edition* Francis J. Turner,1999-09-02 The most comprehensive textbook for students in advanced social work and mental health courses is now completely revised and updated for a new generation When Adult Psychopathology A Social Work Perspective was first published in 1984 this pioneering text was the first to conceptualize and organize theory and practice about the treatment of the mentally ill within their families and communities from a social work perspective Now in response to new developments in theory and research as well as changes in service delivery within the field the second edition contains updated and accessible information on how mental illnesses develop and how they can be treated within a social work framework that recognizes the importance of family economics and culture as well as biochemical and psychodynamic factors Each chapter is written by the leading social work authority on that subject and includes practical in depth discussion of state of the art technologies treatments and research The book encompasses the broad spectrum of topics that social workers need to understand including personality adjustment schizophrenia suicide anxiety states phobias neurological disorders psychosexual disorders drug and alcohol addiction eating disorders and others Adult Psychopathology Second Edition is essential for both M S W and Ph D social work students and as the authoritative unequalled reference book will aid clinicians in making more precise diagnoses in their daily

work     *Managing Addictions* F. Michler Bishop, 2001 This volume offers a range of techniques designed to address the complexity of treating addictive disorders Understanding that one form of treatment will not work for all patients Dr Bishop stresses the need for therapists to be flexible and to consider a variety of perspectives     [You Are STILL Being Lied To](#) Russ Kick, 2009-01-01 A must have revised and expanded edition of The Disinformation Company's classic anthology *You Are STILL Being Lied To* contains more than a dozen all new essays from contributors like Norman Solomon Graham Hancock Alex Jones John Major Jenkins Robert Bauval Richard DeGrandpre Alexandra Bruce John Hogue Gregory Davis and Scott Creighton on topics ranging from the misleading marketing of antidepressants to the truth about the North American Union from media consolidation to the New Thought movement Editor Russ Kick's massive collection acts as a battering ram against the distortions myths and outright lies that have been shoved down our throats by the government the media corporations organized religion the scientific establishment and others who want to keep the truth from us An unprecedented group of researchers including Howard Zinn Noam Chomsky Howard Bloom Sydney Schanberg Michael Parenti Riane Eisler Jim Marrs and many many others paint a picture of a world where crucial stories are ignored or actively suppressed and the official version of events has more holes in it than Swiss cheese A world where real dangers are downplayed and nonexistent dangers are trumpeted In short a world where you are being lied to     **Drug-impaired Professionals** Robert H. Coombs, 1997 Drawing on more than 120 personal interviews with addicted physicians dentists nurses pharmacists attorneys and airline pilots and those who treat them Professor of Biobehavioral Sciences Robert Coombs gives us a startling picture of drug abuse among pedestal professionals unveiling a problem that affects nearly every family in America



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