



# SHAME, GUILT, and **ALCOHOLISM**

Treatment Issues  
in Clinical Practice

Second Edition

Ronald Potter-Efron, PhD

# Shame Guilt And Alcoholism

**Rokelle Lerner**



## **Shame Guilt And Alcoholism:**

**Shame, Guilt, and Alcoholism** Ron Potter-Efron, Bruce Carruth, 2013-12-16 Explore the causes and effects of the shame guilt addiction cycle Since the original edition in 1989 great strides have been made in understanding the overlapping functions of shame and guilt and the ways these painful emotions are linked with addictions Shame Guilt and Alcoholism Treatment Issues in Clinical Practice Second Edition integrates up to date psychological research with penetrating insight into the emotional realities of substance abuse It provides a clear and practical model for understanding the shame guilt addiction cycle Shame Guilt and Alcoholism provides constructive suggestions to therapists for treating substance abusing clients and their affected family members By treating destructive inappropriate or excessive shame and guilt therapists can help their clients free themselves from the downward spiral of addiction and begin to build on their genuine strengths It explores the positive functions of shame and guilt describes the conscious and subconscious defense mechanisms against them and highlights the crucial family behaviors that initiate and encourage shame and guilt Shame Guilt and Alcoholism thoroughly explains the significant differences between shame and guilt including clients experiences of failure primary responses and feelings precipitating events and involvement of self origins and central fears Shame Guilt and Alcoholism adds immeasurably to our understanding of the total recovery process It is an essential resource for therapists social workers psychologists substance abuse counselors and educators in the field *The Treatment of Shame and Guilt in Alcoholism Counseling* Ronald T. Potter-Efron, Patricia S. Potter-Efron, 1988 An enlightening look at shame and guilt and their relationship to the development and treatment of alcoholism and chemical dependency Experienced alcoholism counselors offer proven strategies for resolving these feelings that are so deeply entangled in the development and perpetuation of alcoholism **Shame, Guilt, and Alcoholism** Ronald T. Potter-Efron, 1989 Increase your understanding of the link between alcoholism and shame and guilt with this tremendously important book that adds to our understanding of the total recovery process This practical volume authoritatively defines the often elusive terms of shame and guilt and provides constructive suggestions to therapists for treating alcoholic clients and affected family members who are suffering from excessive quantities of shame and guilt Shame Guilt and Alcoholism thoroughly explains to therapists the significant differences between shame and guilt as displayed by clients experiences of failure primary responses and feelings precipitating events and involvement of self and origins and central fears Author Potter Efron includes creative approaches to the general treatment of shame and guilt explores the positive functions of shame and guilt describes the conscious and subconscious defense mechanisms against shame and guilt and highlights the very crucial family behaviors that initiate and encourage shame and guilt Shame Guilt and Alcoholism adds immeasurably to our understanding of the total recovery process Shame, Guilt, and Alcoholism Ronald T. Potter-Efron, Bruce Carruth, 2002 Explore the causes and effects of the shame guilt addiction cycle Since the original edition in 1989 great strides have been made in understanding the overlapping

functions of shame and guilt and the ways these painful emotions are linked with addictions Shame Guilt and Alcoholism Treatment Issues in Clinical Practice Second Edition integrates up to date psychological research with penetrating insight into the emotional realities of substance abuse It provides a clear and practical model for understanding the shame guilt addiction cycle Shame Guilt and Alcoholism provides constructive suggestions to therapists for treating substance abusing clients and their affected family members By treating destructive inappropriate or excessive shame and guilt therapists can help their clients free themselves from the downward spiral of addiction and begin to build on their genuine strengths It explores the positive functions of shame and guilt describes the conscious and subconscious defense mechanisms against them and highlights the crucial family behaviors that initiate and encourage shame and guilt Shame Guilt and Alcoholism thoroughly explains the significant differences between shame and guilt including clients experiences of failure primary responses and feelings precipitating events and involvement of self origins and central fears Shame Guilt and Alcoholism adds immeasurably to our understanding of the total recovery process It is an essential resource for therapists social workers psychologists substance abuse counselors and educators in the field

**Shame, Guilt, and Alcoholism** Ron Potter-Efron, Bruce Carruth, 2014-04-04 Increase your understanding of the link between alcoholism and shame and guilt with this tremendously important book that adds to our understanding of the total recovery process This practical volume authoritatively defines the often elusive terms of shame and guilt and provides constructive suggestions to therapists for treating alcoholic clients and affected family members who are suffering from excessive quantities of shame and guilt Shame Guilt and Alcoholism thoroughly explains to therapists the significant differences between shame and guilt as displayed by clients experiences of failure primary responses and feelings precipitating events and involvement of self and origins and central fears Author Potter Efron includes creative approaches to the general treatment of shame and guilt explores the positive functions of shame and guilt describes the conscious and subconscious defense mechanisms against shame and guilt and highlights the very crucial family behaviors that initiate and encourage shame and guilt Shame Guilt and Alcoholism adds immeasurably to our understanding of the total recovery process

**Shame and Guilt** Ernest Kurtz, 2007 Originally published in 1981 by Hazelden under the title Shame and guilt characteristics of the dependency cycle an historical perspective for professionals

*The Self-Conscious Emotions* Jessica L. Tracy, Richard W. Robins, June Price Tangney, 2013-11-27 Timely and authoritative this volume reviews the breadth of current knowledge on the self conscious emotions and their role in psychological and social functioning Leading investigators approach the subject from multiple levels of analysis ranging from basic brain mechanisms to complex social processes Chapters present compelling advances in research on the most fundamental self conscious emotions embarrassment guilt humiliation pride and shame Addressed are neural and evolutionary mechanisms developmental processes cultural differences and similarities and influences on a wide array of social behaviors and personality processes A unique chapter on assessment describes and evaluates the full range of

available measures      **The Object of My Affection Is in My Reflection** Rokelle Lerner,2010-01-01 In her latest book relationship expert Rokelle Lerner tackles the innerworkings of narcissism and offers compassionate and realistic advice for surviving a relationship with those afflicted with this personality disorder A Narcissist can make life exhilaratingly exciting one minute and shear hell the next A narcissist has no qualms about taking another s money love admiration body or soul to satisfy their unquenchable hunger They are not inherently evil but unfortunately their wounds compel them to act in ways that are sometimes unconscionable damaging and ultimately tragic Whether a mother in law friend coworker or boss sometimes it s impossible to avoid narcissists so instead of being miserable or taken advantage of Rokelle Lerner shares her insights on the dynamics behind this personality disorder to give readers the tools to cope with narcissists including Learning to see narcissists as they see themselves Creating defense factors to ward them off Maintaining a balanced relationship based on mutual love not one sided narcissism      **Phenomenological Inquiry in Psychology** Ron Valle,2013-11-11 This fine new book the third in a series brings psychologists up to date on the advances of phenomenological research methods in illuminating the nature of human awareness and ex periences In the more congenial and welcoming intellectual climate of the 1990s phe nomenological methods have moved to the forefront of discourse on research methods that support and advocate an expanding view of science In Valle and King 1978 phenome nological methods were presented as alternatives to behavioral methods In Valle and Halling 1989 phenomenological methods were advanced to perspectives in psychology This new volume is even less cautious indeed bolder in relation to conventional methods and epistemologies By now people knowledgeable about psychology and most psycholo gists have digested the criticisms directed against methods that operationalize quantify and often minimize human behavior In bringing us up to date on the growing power of phe nomenological methods this volume brings welcome coherence and integrity to an in creasingly harried science attempting to reenchant itself with meaning and depth an endeavor artfully exemplified by phenomenological inquiries of the last several decades      **Family Systems Application to Social Work** Karen Gail Lewis,2015-07-24 Originally published in 1991 this title is a valuable social work text which demonstrated how to apply family system concepts to clinical situations encountered in work with inner city populations at the time Unlike traditional theories in clinical social work which were oriented toward the individual this fascinating book offers a paradigm for social work that encompasses the client his or her immediate and extended family the community the government and the social worker The family systems concepts in this refreshing volume are illustrated by case examples addressing the specific issues of AIDS and drug abuse homelessness foster care wife abuse care of those with intellectual disabilities and adoption issues Social workers and social work students can still gain perspective from these insightful chapters and will discover that it is not pathological people that make difficult populations but difficult life situations that breed pathology      *Handbook of Art Therapy* Cathy A. Malchiodi,2011-11-30 Providing a complete overview of art therapy from theory and research to practical applications this is the definitive handbook in the

field Leading practitioners demonstrate the nuts and bolts of arts based intervention with children adults families couples and groups dealing with a wide range of clinical issues Rich with illustrative case material the volume features 110 sample drawings and other artwork The inclusion of diverse theoretical approaches and practice settings makes the Handbook eminently useful for all mental health professionals interested in using art in evaluation and treatment New to This Edition Incorporates the latest clinical applications methods and research Chapter on art materials and media including uses of new technologies Chapters on intervening with domestic violence survivors bereaved children and military personnel Expanded coverage of neuroscience cultural diversity and ethics

### **A Choice Theory Approach to Drug and Alcohol Abuse**

Michael Rice, MICHAEL. RICE LISAC, 2009-09-17 Michael Rice uses Choice Theory to deal with the sociological and psychological withdrawals by reestablishing values creating new wants and goals and creating new or reconnecting relationships with the important people in one's life Added to this is learning new methods to deal with unhappiness instead of trying to bypass it with short term pleasure from a drug

### **Handbook of Cognition and Emotion**

Tim Dalgleish, Mick Power, 2000-11-21 Edited by leading figures in the field this handbook gives an overview of the current status of cognition and emotion research by giving the historical background to the debate and the philosophical arguments before moving on to outline the general aspects of the various research traditions This handbook reflects the latest work being carried out by the key people in the field

### The Round-Dance of Water

Sergey Kuznetsov, 2023-01-31 From the man Arturo Perez Reverte has called the most talented young Russian author comes this extraordinary family saga a journey into the depths of the human soul The Round dance of Water is a detailed portrait of three generations of a large family but in this story there is no division into primary and secondary characters each individual fate carries its weight and runs into the bloody river of the twentieth century The novel drifts between years tones and styles and the range of its influences is overwhelming ranging from Rudyard Kipling to Andrei Platonov and Daniil Kharms from gangster movies to Japanese anime

Handbook of Individual Differences in Social Behavior Mark R. Leary, Rick H. Hoyle, 2009-06-05 How do individual differences interact with situational factors to shape social behavior Are people with certain traits more likely to form lasting marriages experience test taking anxiety break the law feel optimistic about the future This handbook provides a comprehensive authoritative examination of the full range of personality variables associated with interpersonal judgment behavior and emotion The contributors are acknowledged experts who have conducted influential research on the constructs they address Chapters discuss how each personality attribute is conceptualized and assessed review the strengths and limitations of available measures including child and adolescent measures when available present important findings related to social behavior and identify directions for future study

### **Supporting People Bereaved through a Drug- or Alcohol-Related Death**

Peter Cartwright, 2020-09-21 This pioneering book provides guidance for those helping bereaved adults through the process of grieving loved ones who died as a result of substance use People bereaved in this manner require very specific

support through these unique circumstances and this book contains contributions from a range of leading experts in the field on how to help people bereaved in this way with examples of good practice. It combines theory, research and practice in a straightforward and untechnical way, clearly describing the complex, severe nature of these bereavements and how to support bereaved people through this complex grieving process. The book also explains bereavement, substance use and how addictive substance use can affect a family and provides comprehensive case studies that illustrate how to support and counsel. Rooted in specialist professional experience, this is the indispensable guide for all those whose work involves supporting these bereaved people as well as being of interest to those bereaved this way and their family, friends and colleagues who may be supporting them.

Alcoholism and Other Drug Problems James E. Royce, 1996      **Co-Dependency** Bruce Carruth, Warner Mendenhall, 2014-06-03

Co-dependency has finally become recognized in the late 1980s as a legitimate and a key issue in the chemical dependency field. Most of the literature available on the topic is addressed to the consumer, the co-dependent individual. In Co-dependency, leading therapists share some remarkable insights into the characteristics of the alcoholic, home co-dependents, patterns of responding to the alcoholic and the particular problems that family members experience as a result of the environment, including fear, shame and guilt, anger, denial and confusion. Clinical case material is used to illustrate the value of helping co-dependents through education, peer support, outpatient treatment and psychotherapy. Creative solutions for working with lesbian and gay men and children of alcoholics are also featured.

*Women and Alcohol* Jan Howard, 1996      Alcohol, Alcoholismo Y Emociones Sociales Gabriel Rubio Valladolid, 2022-03-04

El alcohol y su uso en la humanidad, las emociones motivadoras de la conducta, el significado del diagnóstico de dependencias alcohólicas, vicio o enfermedad, el consumo de alcohol y su dependencia.

## **Shame Guilt And Alcoholism** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Shame Guilt And Alcoholism**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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