

Recovering Couples: Building Partnership the Twelve-Step Way

Smith, Carol Cox

Note: This is not the actual book cover

Recovering Couples Building Partnership The 12 Step Way

Tracy S. Moore



Recovering Couples Building Partnership The 12 Step Way:

Recovering Couples Carol Cox Smith,1992 Based on the Twelve Steps and on Smith's program that has helped hundreds of couples this book identifies and helps the reader resolve those relationship issues which surface in the later stages of recovery when addiction is under control Smith outlines reasons for relationship failures and provides advice for resolving conflicts

Clinical Management of Sex Addiction Patrick J. Carnes,Kenneth M. Adams,2019-11-28 Clinical Management of Sex Addiction's newest edition updates many of the original chapters from 28 leaders in the field with new findings and treatment methods in the field of sex addiction With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field It additionally provides new chapters on emerging areas of interest including partner counseling trauma and sexual addiction and adolescent sex addiction With a focus on special populations the book creates a current and coherent reference for the therapist who faces quickly escalating new constellations of addictive sexual behavior Readable concise and filled with useful interventions it is a key text for professionals new to the field and a classic reference for all clinicians who treat sex addiction

Clinical Management of Sex Addiction Patrick Carnes,Kenneth M. Adams,2013-06-17 This is the first comprehensive volume of the clinical management of sex addiction Collecting the work of 28 leaders in this emerging field the editors provide a long needed primary text about how to approach treatment with these challenging patients The book serves as an excellent introduction for professionals new to the field as well as serving as a useful reference tool The contributors are literally the pioneers of one of the last frontiers of addiction medicine and sex therapy With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field With a focus on special populations it also becomes a handy problem solving tool Readable concise and filled with useful interventions it is a key text for a problem clinicians must be able to identify It is destined to be a classic reference

Systemic Sex Therapy Katherine M. Hertlein,Gerald R. Weeks,Nancy Gambescia,2010-06-10 Systemic Sex Therapy serves as an introduction to the field of sex therapy from a systems perspective It is an excellent resource for graduate students in marriage and family therapy programs or students and professionals who want a truly fresh perspective on sex therapy This approach moves beyond traditional behavioral approaches to incorporate individual couple and intergenerational factors in etiology and treatment Unlike current books on the market that are outdated too advanced simplistic unfocused or too diffuse in content Systemic Sex Therapy is comprehensive concise highly focused on treatment user friendly and contains features not found in other sex therapy texts such as a systemic behavioral focus clinical innovation and a greater focus on implementation rather than competing works

12-Step Couples Therapy Workbook

Samantha Richards,2025-08-18 Do you ever feel like the two of you are slowly drifting apart A text that never gets answered A sharp tone that leaves a sting The same fight replayed in different words Silence that feels heavier than words It doesn't take betrayal to create distance Most relationships struggle in ordinary ways through stress mismatched expectations and the erosion of small moments of care What starts as love can quietly turn into cold efficiency where partners share a home but not a bond The truth Connection is a skill Repair is a practice And both can be learned together This workbook is a practical playbook built for real couples with real lives You won't find abstract theories or complicated frameworks Instead you'll find short concrete tools you can use immediately phrases that soften conflict rituals that survive busy weeks agreements that stop fights from spiraling and repair strategies that actually land Inside you and your partner will learn how to Build your Team Us identity with a one page charter that sets your purpose decision rules and red lines Catch tension before it explodes using a simple traffic light system that makes stress visible and manageable Write Six Rules of Engagement you can both recall under pressure turning conflict into workable conversations Open softly and get further with phrases that lower defensiveness and protect trust Make your partner feel deeply heard even when you disagree by mastering validation instead of debate Use timeouts that actually bring you back with a protocol that prevents silence from feeling like rejection Turn fights into workshops designing small testable plans instead of courtroom battles Set boundaries that breathe protecting dignity and privacy without building walls Create time tech and privacy agreements that reduce digital jealousy and prevent late night spirals Decode your real mix of love languages translating preferences into small daily actions that land Rebuild after betrayal with a structured path stabilization no contact agreements trigger regulation and paced reconnection Foster intimacy that adapts lowering brakes raising accelerators and keeping closeness alive across different seasons Build a money system that fits ending recurring fights with short money dates and safeguards against financial secrecy Make the invisible mental load visible so household management stops falling silently on one partner Run your week like a team with a 15 minute operational huddle that prevents chaos and aligns calendars Catch relapses early and recover fast using visible cues and agreed resets before small slips turn into crises Ready to stop the cycle If you've ever thought Why do we keep having the same fight Why do small things turn into big ones so fast Why do I feel like I'm carrying this relationship alone then what you need isn't more effort or better timing What you need is a clear simple set of moves that work under stress and protect the bond you're building This is that set Open the pages Try one move tonight Protect the bond first Make the point second And watch how quickly the climate of your relationship begins to shift *Integrating 12-Steps and Psychotherapy* Kevin A. Osten,Robert Switzer,2013-05-15 Integrating 12 Steps and Psychotherapy Helping Clients Find Sobriety and Recovery presents a practical and applied approach to working with substance dependent clients Designed to be accessible to a wide and multidisciplinary audience of helpers at all skill levels this text helps future practitioners fully understand the clinical challenges with substance dependence adjust their thinking and technique in order

to match their client's phase of recovery and optimize client retention and treatment outcomes Utilizing educator training and practice perspectives authors Kevin A Osten and Robert Switzer explore relevant theory and techniques in integrating 12 Steps across a broad range of clinical issues including the assessment and treatment of resistant and ambivalent pre recovery clients boundary setting undoing antisocial adaption processing counter transference reactions and the intersection between biological functioning and ability in early recovery **The Alcoholic Family in Recovery** Stephanie

Brown, Virginia Lewis, 2012-01-19 Family relationships change dramatically when one or more members stops drinking Far from offering a quick fix to family problems in fact the first years of sobriety are often marked by continuing tension that fuels marital stress acting out kids and difficulties at work This book explores the process of recovery from addiction as it affects the entire family presenting an innovative model for understanding and treating families navigating this difficult period The authors draw upon extensive clinical and research experience to demonstrate how families can be helped to regroup after abstinence weather periods of emotional upheaval and find their way to establishing a more stable yet flexible family system Cybersex: The Dark Side of the Force Al Cooper, 2013-05-13 This groundbreaking examination of cybersex was originally published as a special issue of the journal Sexual Addiction and Compulsivity It is a crucial resource for sex therapists who until now had no rigorous study of the effect of online pornography on the patients they treat It will also be of great interest to general marriage and family therapists who find themselves dealing with this issue with their clients as well as others who are interested in the Internet as a social phenomenon Cybersex The Dark Side of the Force presents for the first time an empirical foundation for the discussion of cybersex compulsivity and its effect on the mental health of individuals couples teens and young children *Family Interventions in Substance Abuse* Oliver Morgan, Cheryl

Lizke, 2013-09-13 Leading clinicians discuss the latest evidence based approaches to working with families that have an addicted or substance abusing member Family Intervention in Substance Abuse Current Best Practices gathers together in one easy to read volume the most effective family based clinical approaches to work with families and the difficult issues of substance abuse The field's most respected and best known clinicians discuss the latest interventions that prove most effective and how to easily integrate them into clinical practice This unique text is ideal for clinical trainers and professors working with students in the addictions and family therapy fields Family Intervention in Substance Abuse Current Best Practices provides students practicing professionals and educators with a range of clinical strategies from engaging resistant substance abusers into treatment to therapy from a systemic viewpoint to relapse prevention This essential text comprehensively discusses nine of the most current and evidence based approaches to working with families that have an addicted or substance abusing member Each chapter contains basic theoretical descriptions case applications practical points for implementation reviews of the outcome studies and extensive bibliographies Topics discussed in Family Intervention in Substance Abuse Current Best Practices include Family systems interventions Motivational Interviewing

stages of family recovery from addiction integration of clinical work with Twelve Step programs strategies for engaging reluctant alcohol and other drug abusers working with adolescent alcohol and other drug abusers behavioral couples work for alcoholism and drug abuse and more Family Intervention in Substance Abuse Current Best Practices is an invaluable resource for students counselors social workers addiction specialists marriage and family therapists psychologists psychiatrists and professors and trainers in the fields of addiction and family therapy **American Book Publishing**

Record ,1992 The Handbook of Systemic Family Therapy, Systemic Family Therapy with Couples Adrian J.

Blow,2020-10-19 Volume III of The Handbook of Systemic Family Therapy focuses on therapy with couples Information on the effectiveness of relational treatment is included along with consideration of the most appropriate modality for treatment Developed in partnership with the American Association for Marriage and Family Therapy AAMFT it will appeal to clinicians such as couple marital and family therapists counselors psychologists social workers and psychiatrists It will also benefit researchers educators and graduate students involved in CMFT **Intimate Deception** Dr. Sheri Keffer,2018-03-20

Nothing destroys trust like sexual betrayal Beyond broken vows a woman who discovers that the man she loves has been viewing pornography or having an affair must deal with devastating blows to her self image and self worth She must grapple with the fact that the man she thought she knew has lied and deceived her She may even bear the brunt of shame and judgment when the people around her find out Drawing from her experience both as a marriage and family therapist and a woman who personally experienced the devastation of sexual betrayal Dr Sheri Keffer walks women impacted by betrayal through the pain and toward recovery She explains how the trauma of betrayal affects our minds bodies spirits and sexuality She offers practical tools for dealing with emotional triggers and helps women understand the realities of sexual addiction And she shows women how to practice self care develop healthy boundaries protect themselves from abuse or manipulation and find freedom from the burden of shame and guilt **Interventions for Addiction** ,2013-05-20 Interventions for

Addiction examines a wide range of responses to addictive behaviors including psychosocial treatments pharmacological treatments provision of health care to addicted individuals prevention and public policy issues Its focus is on the practical application of information covered in the two previous volumes of the series Comprehensive Addictive Behaviors and Disorders Readers will find information on treatments beyond commonly used methods including Internet based and faith based therapies and criminal justice interventions The volume features extensive coverage of pharmacotherapies for each of the major drugs of abuse including disulfiram buprenorphine naltrexone and others as well as for behavioral addictions In considering public policy the book examines legislative efforts price controls and limits on advertising as well as World Health Organization WHO efforts Interventions for Addiction is one of three volumes comprising the 2 500 page series Comprehensive Addictive Behaviors and Disorders This series provides the most complete collection of current knowledge on addictive behaviors and disorders to date In short it is the definitive reference work on addictions Includes descriptions of

both psychosocial and pharmacological treatments Addresses health services research on attempts to increase the use of evidence based treatments in routine clinical practice Covers attempts to slow the progress of addictions through prevention programs and changes in public policy **Relationships in Recovery** Kelly E. Green,2021-06-30 One of the most devastating aspects of addiction is the damage it causes to relationships with intimate partners family friends or colleagues But recovery programs often recommend that you focus solely on sobriety and don t emphasize the need to rebuild relationships Psychologist and addictions expert Kelly Green wants to change that Through her work with hundreds of clients Dr Green has learned that social support is key to the recovery process This compassionate judgment free guide shares powerful tools you can use to recognize the differences between healthy and unhealthy relationships set and maintain boundaries reestablish emotional intimacy communicate your feelings and needs and end harmful relationships respectfully With inspiring stories and easy to use worksheets you can download and print additional copies as needed this book lights the way to a life untethered from addiction and filled with positive connections [How Methamphetamine Abuse Affects Spousal Relationships](#) Tracy S. Moore,2011-01-20 How Methamphetamine Abuse Affects Spousal Relationships relay a great deal of extremely relevant information about Methamphetamines and the destruction it causes on families Much of the information also focuses on the pattern of behaviors that brings destructive traits to a spousal relationship and how substance abuse plays a role in those relationships The information shared here is vital for victims of the people who use drugs This research project is considered to be some of the most important pieces of literature about drug abuse today

Recovery from Smoking Elizabeth Hanson Hoffman,Christopher Douglas Hoffman,1998 Second Edition Elizabeth Hanson Hoffman rationalized her smoking for 27 years then she finally accepted the fact that she was powerless over cigarettes Using her own story the Twelve Steps and techniques she has developed as a practicing psychologist Hoffman will help you find the strength to finally let go of smoking **The New Template for Recovery** Portman,2010-08 The New Template for Recovery is for people who believe they have the ability to make important changes in their lives including quitting drinking It is designed for those who want to succeed at sobriety but want something different than or in addition to what standard treatment programs and AA have to offer If you want to pursue a forward going approach to recovery and to become excited rather than depressed about life without alcohol this book may be the place for you to find the motivation the knowledge and the pathway to succeed If you are drawn to the idea of an independent recovery from an alcohol use problem know that you are not alone and rest assured that millions of people gain lasting sobriety on their own Indeed an irrepressible body of research finds that many possibly most people in successful recovery manage to quit drinking on their own The New Template for Recovery provides a clear and practical self directed guide to sobriety and a better life by the use of a template for recovery that can be crafted and followed according to each person s needs Learn The level of alcohol use problem that you have How to safely manage alcohol withdrawal Why you are not to blame The pros and cons of AA and

standard treatment programs The psychological and physical addiction processes and effects Discover The foreword going template model for recovery How to focus on the life areas of recovery that are important to you Powerful relapse prevention strategies The motivation to recreate your life your way T Christopher Portman Ph D earned his doctorate at the University of Oregon He has directed both outpatient and inpatient treatment programs and has taught many addiction courses and seminars in the Pacific Northwest He presently lives in Bellingham Washington where his practice focuses on the treatment of addictions and related mental health and relationship problems Behavioral Couples Therapy for Alcoholism and Drug Abuse Timothy J. O'Farrell, William Fals-Stewart, 2012-03-12 This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners Behavioral couples therapy BCT explicitly focuses on both substance use and relationship issues and is readily compatible with 12 step approaches In a convenient large size format the book provides all the materials needed to introduce BCT implement a recovery contract to support abstinence work with clients to increase positive activities improve communication and reduce relapse risks and deal with special treatment challenges Appendices include a session by session treatment manual and 70 reproducible checklists forms and client education posters **Building Britain's Recovery** Great Britain. Department for Work and Pensions, 2009 This White Paper sets out proposals to tackle the effects of the recession and to get back to full employment Its aims are to give young people a chance to a better start to their working lives and to help more people back to work and make sure they are better off in work to keep them in work and to build a fair and family friendly labour market **Forthcoming Books** Rose Arny, 2002

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