

# 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

**Joseph Volpicelli, Maia Szalavitz**



## **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

**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

**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 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 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 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 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 **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 *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 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

**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

**Recovery Options** Joseph Volpicelli, Maia Szalavitz,2008-05-02 A clear and compassionate guide to overcoming substance problems A no nonsense state of the art guide Laurie Garrett Pulitzer Prize winning author of The Coming Plague Comprehensive illuminating easy to read William Cope Moyers Vice President of Public Affairs Hazelden Foundation In Recovery Options The Complete Guide Joseph Volpicelli M D Ph D an award winning addiction research pioneer and Maia Szalavitz a Pulitzer Prize nominated journalist and former addict provide frank and impartial appraisals of all the major treatment options including Alcoholics Anonymous Moderate drinking programs Alternative treatments Therapeutic communities Cognitive therapies Other 12 step programs Medications Methadone Harm reduction How families can help In Recovery Options The Complete Guide you will learn what addiction is and what it isn t You will examine both the mechanism

of addiction and how you can make the best treatment choices why some people are particularly prone to substance problems and the genetic and learning mechanisms that help create these conditions You ll explore the various types of treatment and the ideas on which they are based and find out how effective each treatment is and which ones are not effective Finally you ll find supportive information on staying clean and sober preventing relapse and minimizing damage caused by slips that may occur Featuring the dramatic real life stories of patients experiences both good and bad with various methods of recovery this warm sympathetic and accessible guide to overcoming alcohol and other drug problems will help you and your loved ones begin the journey away from substance misuse toward a better life      **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      **Broadening the Base of Addiction Mutual Support Groups** Jeffrey Roth,William White,John Kelly,2016-04-08 Mutual help groups have proliferated diversified and adapted to emerging substance related trends over the past 75 years and have been the focus of rigorous research for the past 30 years This book reviews the history of mutual support groups for addiction that have arisen as adjuncts or alternatives to Twelve Step Programs including secular mutual support groups like Secular Organization for Sobriety Smart Recovery and Women for Sobriety and faith based mutual support groups like Celebrate Recovery It also considers the mutual support groups attended by families and friends of addicts These mutual support groups are examined in terms of their histories theoretical underpinnings and intended communities The structures common in mutual support groups have influenced the rise of a new recovery advocacy movement and new recovery community institutions such as recovery ministries recovery community centers sober cafes sober sports clubs and recovery focused projects in music theatre and the arts This volume explores how collectively these trends reflect the cultural and political awakening of people in recovery and growing recognition and celebration of multiple pathways of long term addiction recovery This book was originally published as a special issue of the Journal of Groups in Addiction and Recovery      **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      **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

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking**

In a global inundated with monitors and the cacophony of instantaneous connection, the profound power and emotional resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the continuous assault of sound and distractions. Yet, set within the musical pages of **Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking**, a captivating perform of fictional beauty that pulses with raw emotions, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus guides visitors on a psychological odyssey, lightly revealing the latent possible and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is key styles, dissect its captivating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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### **Table of Contents Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking**

1. Understanding the eBook Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking
  - The Rise of Digital Reading Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking
  - Advantages of eBooks Over Traditional Books
2. Identifying Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform

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

- Popular eBook Platforms
  - Features to Look for in an Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking
  - User-Friendly Interface
4. Exploring eBook Recommendations from Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking
- Personalized Recommendations
  - Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking User Reviews and Ratings
  - Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking and Bestseller Lists
5. Accessing Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking Free and Paid eBooks
- Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking Public Domain eBooks
  - Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking eBook Subscription Services
  - Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking Budget-Friendly Options
6. Navigating Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking eBook Formats
- ePub, PDF, MOBI, and More
  - Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking Compatibility with Devices
  - Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking
  - Highlighting and Note-Taking Moderate Drinking The Moderation Management Guide For People Who Want To

Reduce Their Drinking

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

8. Staying Engaged with Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking

9. Balancing eBooks and Physical Books Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking

- Setting Reading Goals Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking

- Fact-Checking eBook Content of Moderate Drinking The Moderation Management Guide For People Who Want To Reduce Their Drinking
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### **14. Embracing eBook Trends**

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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