

# RECOVERY AT WORK

A Clean and Sober Career Guide



**Carol Cox Smith, M.A., Ed.**

With a Foreword by James M. Schaefer, Ph.D.

# Recovery At Work The Clean And Sober Career Guide

**Shirley Waskel**



## **Recovery At Work The Clean And Sober Career Guide:**

**Recovery at Work** Carol Cox Smith,1990 The first book to focus on the needs of recovering persons trying to rebuild their careers with guidance on reentering the workforce assessing a job environment and making healthy career choices

Removing the Roadblocks Marsha Vannicelli,1992-02-14 Based on the author s 18 years of experience supervising group therapists this quintessentially practical book is designed to help practitioners think through and formulate appropriate strategies in their clinical work Utilizing many clinical examples and providing explanations throughout for her interventions Vannicelli pays special attention to the therapeutic stance where the clinician positions him or herself in relation to the patient and why and how various strategies and techniques maximize the patient s opportunity for therapeutic growth A hallmark of Dr Vannicelli s approach richly illustrated in this work is her sensitivity to countertransference and the ways it can be used productively in clinical practice Alone among books in the substance abuse field REMOVING THE ROADBLOCKS analyzes the group therapy issues that arise in the three populations most commonly seen in substance abuse clinics substance abusers themselves adult children of alcoholics and other family members The author describes characteristics unique to each population and addresses overlap among them in terms of basic procedures formats and hurdles that group leaders face The book also differs from most psychotherapy texts by giving the reader an opportunity to hear the voice of an experienced therapist as she provides examples of various kinds of interventions and demonstrates how they might actually be communicated and implemented Rather than reading about psychotherapy or about various kinds of problems one has the sense of experiencing a thorough consultation with a truly seasoned supervisor A particularly useful feature is the appendix at the end of the volume which provides examples of assessment and intake questionnaires history questionnaires ground rules for treatment contracts and other practical materials Designed for all mental health professionals who work with substance abusers the book s focus on practical clinical issues also makes it ideal for paraprofessionals It is an excellent text for courses on substance abuse in social work psychology nursing and other disciplines as well as for courses in group psychotherapy

**Addiction-Free** Gene Hawes,Anderson Hawes,2025-06-25 A thorough guide about how to get help for a friend or loved one who is having problems with alcohol or other drugs Provides places names numbers who to call what questions to ask and what to expect This invaluable guide includes six initial options for getting into recovery The AA treatment program Interventions detox and rehab Work related programs Al Anon Law enforcement programs Therapeutic communities Addiction Free How to Help an Alcoholic or Addict Get Started on Recovery is a much needed guide for everyone whose life is touched by addiction

A Womans Guide to Recovery Brenda Iliff,2009-06-03 The essential recovery guide for women new to sobriety written by the director of clinical services at Hazelden s new cutting edge treatment facility for women The essential recovery guide for women new to sobriety written by the director of clinical services at Hazelden s new cutting edge treatment facility for women Whether you are just embarking down the road of recovery or are well into

the journey consider Brenda Iliff's *A Woman's Guide to Recovery* your companion and guide Brenda Iliff is a leading Hazelden clinician. She developed this guide to help women handle issues and challenges that come with their new life of recovery. How can you balance self care with family responsibilities? What do you do about friends who aren't comfortable with your newfound sobriety? How do you rebuild family relationships? *A Woman's Guide to Recovery* offers real life insight into what it means and what it takes to sustain healthy lasting recovery.

*Mid-Life Issues and the Workplace of the 90s* Shirley Waskel, 1991-05-30 The median age of workers in the United States will reach 36 by the year 2000. The number of workers between the ages of 35 and 47 will increase by 38 percent while those aged 48 to 53 will grow by a staggering 67 percent. This middle aging of the work force brings with it unique employee issues and personal mid life stresses that affect work performance. Shirley A. Waskel suggests that as the number of workers aged 35 to 55 increases, human resource managers will have to deal increasingly with problems that once applied only to a minority. Her book addresses the need to retain mid life workers, see them as assets, and provide avenues for them to enhance their own sense of self. Mid life as a developmental stage has come into its own in the past fifteen years. Waskel presents the mid life individual as an adult who has brought along the behaviors, coping mechanisms, sense of self, and problems developed from infancy to the present day. Her study explains the problems that mid life employees can bring to the workplace, the need to recognize how the worker produces, and the recognition that mid life is a time when people begin to deal more intensely with issues left over from childhood. These childhood issues added to workplace problems such as age, sex, and race discrimination, sexual harassment, ineffective job placement, and lack of appreciation for the skills and expertise of the mid life employee can all work against achieving a highly productive work force. Waskel discusses why no organization with these types of problems can expect to thrive and suggests programs such as the Employee Assistance Program and counseling groups as ways for human resource specialists to meet the challenge of mid life employee difficulties. *Mid life Issues and the Workplace of the 90s* is an indispensable guide for students and teachers of business psychology, counseling, and sociology, as well as mid life workers and human resource specialists.

**Looking for Work The Facilitator's Guide - Item 1243 ,      Using Bibliotherapy in Clinical Practice** John T. Pardeck, 1993-10-26 Pardeck provides mental health professionals with readily available information on self help books that can be effectively used with various clinical problems. The materials presented can also be used by those not necessarily trained in clinical intervention; this group would include parents, teachers, and librarians. The approach offered, bibliotherapy, is an emerging clinical technique. There are over 400 self help books presented and annotated that focus on chemical dependency, coping with change, family violence, and dysfunctional families, parenting, personal growth, serious illness, social relationships, and divorce, and blended families.

*Recovery at Work* Amy Newman, 2024-12-13 The tools I learned in recovery from addiction can help anyone find peace and develop resilience at work. The principles behind Twelve Step programs like Alcoholics Anonymous are simple but profoundly useful for restoring balance and building

confidence Recovery at Work provides practical examples for applying tools to overcome the stress and burnout of daily work life and to build a better career Twelve Step principles have helped millions of people in recovery and they can work for anyone Dozens of real personal stories illustrate ways to handle work challenges and conflicts with honesty humility hope compassion and courage Examples show how to find your footing as though you re walking along a narrow ridge without overreacting or numbing out With practice you ll get better at discerning what you can and can t control at work You ll learn to accept what you can t control and become more skillful at changing what you can control     *The Everything Parent's Guide to Teenage Addiction* Edward Lynam, Ellen Bowers, 2014-04-18 Professional advice for finding the right treatment for your child If your teen or preteen is struggling with an addiction to drugs or alcohol you need to find the best treatment for your child With *The Everything Parent's Guide to Teenage Addiction* you ll learn how to take an active role in helping your child on the road to recovery With this invaluable resource you will begin to understand the complex nature and scope of teen addiction and learn to Recognize warning signs Identify symptoms and causes Choose appropriate treatment Discuss your child's addiction openly Avoid the chance of relapse Featuring healthy and attainable recovery solutions for any situation including alternative recovery therapies this companion will be your guide as you help your child rebuild your relationship and heal the damage caused by addiction     **American Bookseller** ,1990     *The Publishers Weekly* ,1990

**Human Resource Management** William P. Anthony, Pamela L. Perrewe, K. Michele Kacmar, 1999 Taking a strategic approach to human resource management this text integrates human resources with other functional areas such as marketing finance operations and accounting It links human resource strategies to corporate strategies demonstrating how HR fits into an organization     *All Music Guide Required Listening* Chris Woodstra, John Bush, Stephen Thomas Erlewine, 2007 Collects reviews for one thousand enduring classic rock albums ranging from the extremely popular to more obscure works     **The Cumulative Book Index** ,1992 A world list of books in the English language     *A Woman's Journey to Freedom* Sandra Simpson Lesourd, 1998-03     *The Handbook of Addiction Treatment for Women* Shulamith Lala Ashenberg Straussner, Stephanie Brown, 2001-01-18 Providing essential theoretical and practical guidelines for clinicians educators policymakers and public health professionals *The Handbook of Addiction Treatment for Women* is a comprehensive resource of the most current research and knowledge from recognized experts in the field of addiction and treatment This much needed guide offers an historical context on the issue of women and addiction examines the myriad challenges of the female addict and includes recommendations for choosing a course of treatment that will meet the specific needs of an individual woman addict     **A Practical Guide to Recovery-Oriented Practice: Tools for Transforming Mental Health Care** Larry Davidson, 2009 This book takes the lofty vision of recovery and of a life in the community for every adult with a mental illness promised by the U S President's New Freedom Commission and shows the reader what is entailed in making this vision a practical reality for people with mental illnesses and their families     **The Path to Addiction...** Richard

McKenzie Neal, 2008-12-10 While this book is technically a sequel the hope was that there would never be reason to continue the first book's storyline. That book was left open ended because we can never be sure of an addict's long term sobriety. Given the longevity of his addiction, his drug of choice and history of failures, the probability was high that my son could relapse again. He had been clean and sober for 30 months, 18 months in prison and 12 months back home before his regression was triggered by a prescription pharmaceutical Vicodin was prescribed and that led my son back to the streets for methadone and from there it was just a matter of time before reconnecting with his old friend heroin. My son's meltdown and the mind numbing ugliness of the fallout are documented in depth during the early chapters of this book. In an effort to better understand the profound difficulties that addicts struggle with and why they seem powerless to control their lives, the mid section of the book is devoted to research. The book covers addictions in general, the history of worldwide drug usage, the pros and cons of the various treatment programs, the debate over the difference of opinion regarding the numerous models, the causal triggers and the pharmaceutical companies. Every addict has two personalities but the general public only sees the manifestation of the unsightly one; the good one goes unnoticed even when they're clean and sober. The indistinguishable one is no different than you or me; he's just overpowered by his unwanted tenant addiction. I'm trying to point out that no one wants to be an addict. Once clean, the addict knows that he must always be strong and vigilant because his co pilot is always waiting in the wings for his chance to once again take over the flight controls.

**Paperbound Books in Print**, 1992      Vocational and Technical Resources for Community College Libraries Mary Ann Laun, 1995

## **Recovery At Work The Clean And Sober Career Guide** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Recovery At Work The Clean And Sober Career Guide**, a literary masterpiece that delves deep in to the significance of words and their affect 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 will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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