

FULLY REVISED | SECOND EDITION

*The*  
**Selfish  
Brain**

LEARNING FROM  
ADDICTION

ROBERT L. DuPONT, MD

*Foreword by Betty Ford*

# Selfish Brain Learning From Addiction

**Anthony Walsh, Jessica Wells, Shaun M.  
Gann**



## **Selfish Brain Learning From Addiction:**

**The Selfish Brain** Robert L DuPont, 2010-09-28 The Selfish Brain explains how individuals and communities are affected by drugs such as alcohol tobacco marijuana cocaine and heroin and how treatment can lead to whole healthy lives Why is the brain so vulnerable to the effects of alcohol and other drugs How does addiction echo through families cultures and history What is it that families and communities do to promote or prevent addiction These are some of the questions that this thorough thoughtful and well reasoned book answers in clear comprehensible terms From the basics of brain chemistry to the workings of particular drugs such as alcohol tobacco marijuana cocaine and heroin The Selfish Brain explains how individuals and communities become trapped in destructive habits and how various treatments and approaches lead to recovery and whole healthy lives

The Selfish Brain Robert L. DuPont, 1997 In this country drug addiction and alcoholism have reached crisis proportions The grim statistics illuminate the size of this crisis More than 30 million Americans alive today will become addicted The use of alcohol tobacco and illicit drugs causes one out of every four deaths in the United States Illegal drug use now costs the nation 67 billion a year The Selfish Brain Learning From Addiction takes a comprehensive no holds barred look at the easy path to drug addiction and the tough road to recovery Written in an easy to understand style this book can help people confront addiction in their own lives and in their families by exploring the biological roots of addiction and the way addicts are allowed to deny their addiction by compassionate well meaning people Based on his experience as a specialist on addiction and as a policymaker former drug czar Robert L DuPont M D advocates tough love measures to strip away the denial that allows addicts to remain trapped in their destructive habit and place them on the road to recovery He examines treatment options especially 12 step programs which he believes are the most effective path to recovery Powerful and often controversial The Selfish Brain provides an honest examination of an insidious destructive disease

**The Selfish Brain** Robert Dupont, MD, 2017-07-11 In The Selfish Brain Second Edition Dr DuPont reflects current knowledge and modern practices to lead the way for the future This book is informed by prevention intervention treatment and social change statistical data gathered in the 20 years since its first release to present a clear and practical overview of substance related disorders Long considered one of the most comprehensive works on substance abuse and addiction The Selfish Brain was one of the first books to demonstrate the effect a substance use disorder has on the part of the body it targets first the brain The Selfish Brain also explores how addiction ripples through families cultures and history and explains the influence of public policy on social patterns of substance use Dr Robert L DuPont s groundbreaking research combines the science sociology and humanity of addiction that makes us understand it for what it is a disease Fully revised and updated this second edition captures how principles of prevention intervention treatment and public policy have evolved in the twenty years since the book s first release The result is a clear and practical overview of substance related disorders Capturing drug specific information and trends Dr DuPont reflects current knowledge and modern practices to lead

the way for the future      *The American Society of Addiction Medicine Handbook on Pain and Addiction* Ilene Robeck, Melvin Pohl, Michael Weaver, Mark Weiner, Herbert Malinoff, Cory Waller, William Haning, 2018-03-15 The American Society of Addiction Medicine Handbook on Pain and Addiction provides clinical considerations and guidelines for the clinician treating patients with pain and addiction Produced by the largest medical society dedicated to the improvement of addiction care the book takes an evidence based approach and uses articles from both the literature and well regarded organizations and government agencies including NIDA CDC SAMHSA PCSS O and ASAM itself The ASAM Handbook is structured in five sections that cover the core concepts of addressing pain and addiction diagnosis and treatment treating pain in patients with or at risk for co occurring addiction treating substance use disorders SUD and addiction in patients with co occurring pain and adapting treatment to the needs of specific populations Each chapter ends with suggestions for further reading on the topics discussed This book is ideal for primary care providers mental health clinicians SUD clinicians and pain clinicians who wish to bridge the knowledge gaps related to treating patients with pain and addiction To learn more about the American Society of Addiction Medicine and its commitment to providing the best resources for addiction clinicians please visit <http://www.asam.org>

**The Recovery Revolution** Claire D. Clark, 2017-05-02 In the 1960s as illegal drug use grew from a fringe issue to a pervasive public concern a new industry arose to treat the addiction epidemic Over the next five decades the industry s leaders promised to rehabilitate the casualties of the drug culture even as incarceration rates for drug related offenses climbed In this history of addiction treatment Claire D Clark traces the political shift from the radical communitarianism of the 1960s to the conservatism of the Reagan era uncovering the forgotten origins of today s recovery movement Based on extensive interviews with drug rehabilitation professionals and archival research The Recovery Revolution locates the history of treatment activists influence on the development of American drug policy Synanon a controversial drug treatment program launched in California in 1958 emphasized a community based approach to rehabilitation Its associates helped develop the therapeutic community TC model which encouraged peer confrontation as a path to recovery As TC treatment pioneers made mutual aid profitable the model attracted powerful supporters and spread rapidly throughout the country The TC approach was supported as part of the Nixon administration s law and order policies favored in the Reagan administration s antidrug campaigns and remained relevant amid the turbulent drug policies of the late twentieth and early twenty first centuries While many contemporary critics characterize American drug policy as simply the expression of moralizing conservatism or a mask for racial oppression Clark recounts the complicated legacy of the ex addict activists who turned drug treatment into both a product and a political symbol that promoted the impossible dream of a drug free America

**The Sober Kitchen** Liz Scott, 2003-08-05 The thoughtful advice accompanying almost every entry makes these recipes invaluable for recovering addicts in need of a nourishing diet Publishers Weekly The Sober Kitchen is the first major book to focus on the important and often overlooked link between food and recovery Professional chef and recovering alcoholic Liz Scott serves up this

groundbreaking cookbook chock full of vital information on basic nutrition and current addiction research as well as more than 300 delicious simple recipes She also offers plenty of realistic down to earth advice and encouragement making The Sober Kitchen a complete culinary lifestyle companion There is much a cook can do to help a recovering alcoholic Chef Liz Scott shares what she learned The Detroit News Provides a wealth of basic information and dozens of outstanding recipes to benefit both people in recovery and those who take care of them In straightforward prose she explains the dangers of dining out and gives advice on how to avoid being confronted with alcohol laden dishes Her recipes show creativity especially in shortcut desserts Booklist Chef Scott herself a recovering alcoholic has developed recipes and menus that help the addicted to navigate three stages of recovery Filling a gap this well researched and easy to follow cookbook is recommended for public libraries and consumer health collections Library Journal *It Takes A Family* Debra Jay,2014-10-21 As the coronavirus pandemic isolates us from many of our circles the power of family connections to help loved ones succeed in recovery is as essential as ever Counselor and interventionist Debra Jay shows alcoholics other addicts and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long term sobriety Most books on recovery from addiction focus either on the addict or the family While most alcoholics and addicts coming out of treatment have a recovery plan families are often left to figure things out for themselves In It Takes a Family Debra Jay takes a fresh approach to the recovery process by making family members and friends part of the recovery team beginning in the early stages of sobriety In straightforward compassionate language she outlines a structured model that shows family members both how to take personal responsibility and to build a circle of support to meet the obstacles common to the first year of recovery Together family members address the challenges of enabling denial and pain while developing their communication skills through practical easy to follow strategies and exercises designed to create transparency and accountability With this invaluable guide family members work together as they reinvent their relationships without the all consuming dysfunction of active addiction

**Eating Disorders, Overeating, and Pathological Attachment to Food** Mark Gold,2004-09-02 The CDC has reported that obesity is second only to tobacco as the leading cause of associative deaths in America Can both be types of substance abuse A decade ago scientists hypothesized that loss of control over eating which results in obesity may be a form of addictive behavior Using direct evidence gathered by the nation s leading experts Eating Disorders Overeating and Pathological Attachment to Food Independent or Addictive Disorders examines the relationship between overeating and addiction In this text you ll find case studies tables figures and analyses supporting the hypothesis that there are important similarities between highly desirable foods and the classic addictive substances Researchers have only recently come to a consensus that obesity is a disease but the debate continues as to whether it is related to depression personality disorders or addictions In Eating Disorders Overeating and Pathological Attachment to Food you will gain new insight on the social and environmental factors related to eating disorders problem drinking and eating disorders from a gendered perspective in a

college student population possible neural interconnections between eating messengers and targets for drugs of abuse neuroimaging studies on somatosensory cortex changes and hypothalamus reward responses weight gain following supervised abstinence from drugs and alcohol With overeating and obesity on the rise Eating Disorders Overeating and Pathological Attachment to Food offers new hope in the quest to help patients and clients successfully conquer their eating disorders and or substance addictions without substituting one for another This book is a step forward for concerted research toward a better understanding of cravings which can lead to new therapeutic options more suited toward eating disorders and drug addiction      **The Complete Idiot's Guide to Changing Old Habits for Good** Deb Baker,G. Alan Marlatt

Ph.D.,2008-12-02 Kick bad habits for good Nearly everybody has at least one self destructive habit they can t eliminate from spending too much time online to eating too much ice cream Changing an old habit is no easy business and more than 90% of people relapse within a year This one of a kind guide helps readers separate good habits from bad evaluate the risks and benefits prepare themselves for change and make the change for good Dr Marlatt is a groundbreaking author at the top of the relapse prevention field This book shares the latest research on kicking old habits for good      **The Book of Ethics**

Laura Weiss Roberts,2009-06-03 The definitive book on ethics for chemical dependency treatment professionals The treatment of addiction as a biological psychological social and spiritual disease requires a high standard of ethical knowledge and professional skill This groundbreaking reader friendly guide to contemporary ethical issues informs and challenges health care professionals students and faculty with a thorough and compassionate examination of the dilemmas faced when providing care for individuals suffering from substance use problems or addiction Renowned psychiatric ethicists Cynthia Geppert and Laura Weiss Roberts tackle issues of autonomy respect for persons confidentiality truth telling and non maleficence setting the standard for contemporary ethical practices These challenges are illuminated with real world case examples that show potential effects on diverse patient populations      **Cutting Edge Issues in Drug Testing and Drug**

**Treatment** United States. Congress. House. Committee on Government Reform and Oversight. Subcommittee on National Security, International Affairs, and Criminal Justice,1999      **Drug Testing in Treatment Settings Manual without CE**

**Test - Item 7390** ,      **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

**Creole Son** E. Kay Trimberger, 2020-04-01 *Creole Son* is the compelling memoir of a single white mother searching to understand why her adopted biracial son grew from a happy child into a troubled young adult who struggled with addiction for decades The answers E Kay Trimberger finds lie in both nature and nurture When five day old Marco is flown from Louisiana to California and placed in Trimberger's arms she assumes her values and example will be the determining influences upon her new son's life Twenty six years later when she helps him make contact with his Cajun and Creole biological relatives she discovers that many of his cognitive and psychological strengths and difficulties mirror theirs Using her training as a sociologist Trimberger explores behavioral genetics research on adoptive families To her relief as well as distress she learns that both biological heritage and the environment and their interaction shape adult outcomes Trimberger shares deeply personal reflections about raising Marco in Berkeley in the 1980s and 1990s with its easy access to drugs and a culture that condoned their use She examines her own ignorance about substance abuse and also a failed experiment in an alternative family lifestyle In an afterword Marc Trimberger contributes his perspective noting a better understanding of his life journey gained through his mother's research By telling her story Trimberger provides knowledge and support to all parents biological and adoptive with troubled offspring She ends by suggesting a new adoption model one that creates an extended integrated family of both biological and adoptive kin

**Brain Policy** Robert H. Blank, 1999-02-01 Neural grafting virtual reality gene therapy psychotropic drugs As startling new treatments emerge for disorders of the brain new concerns are arising along with them In the first book to examine the implications of the full range of revolutionary interventions now possible in the human brain Robert H Blank warns that while these new techniques may promise medical wonders they also raise profound political questions Our rapidly unfolding knowledge about the brain and the accompanying applications have three main policy dimensions funding research initiatives controlling individual use and assessing social consequences But underlying these aspects Blank argues are more disturbing issues that pose fundamental challenges to our conceptions of equality autonomy freedom responsibility and human nature itself *Brain Policy* makes the key facts from the technical literature readily accessible to social scientists and general readers and points out the implications for our society Blank first explains the structure and function of the nervous system and current theories of brain operation he then assesses the uses and potential abuses of various intervention techniques He identifies the public policy issues raised by discoveries in the neurosciences and calls for intensified scrutiny of the advantages and disadvantages of new technologies Warning that the risks and dangers of the dramatic developments in neuroscience are potentially large Blank offers a means of understanding these scientific advances and the philosophical and political issues they entail This book will be of interest to social scientists policy analysts policy makers bioethicists scientists who want to see the bigger picture and the informed reader with an interest in the implications of neuroscience for themselves and society

Correctional Assessment.

Casework, and Counseling Anthony Walsh, Jessica Wells, Shaun M. Gann, 2020-11-11 This book combines the latest in sociology psychology and biology to present evidence based research on what works in community and institutional corrections It spans from the theoretical underpinning of correctional counseling to concrete examples and tools necessary for professionals in the field This book equips readers with the ability to understand what we should do why we should do it and tools for how to do it in the field It discusses interviewing interrogating and theories of directive and nondirective counseling including group counseling It discusses the strengths and weaknesses of various correctional approaches such as cognitive behavioral therapies group counseling and therapeutic communities It introduces ethical and legal considerations for correctional professionals With an explanation of the presentence investigation report case management and appendices containing a variety of classification and assessment instruments this volume provides practical hands on experience Students of criminal justice psychology and social work will gain an understanding of the unique challenges to correctional success and practical applications of their studies This book is a teacher student practitioner s dream Grounded in theory and evidence based research on best practices it is accessible well written filled with sound insights and tools for working with criminal justice clients I have used and loved each new edition of this fine text Dorothy S McClellan Texas A M University Corpus Christi

Substance Use and Abuse Russil Durrant, Jo Thakker, 2003-04-07 This book takes an integrative approach to the understanding of drug use and its relationship to social cultural factors It is lucidly and powerfully argued and constitutes a significant achievement The authors sensibly argue that in order to fully understand and explain drug use and abuse it is necessary to take into account different levels of analysis reflecting distinct domains of human functioning the biological psychosocial and cultural historical Overall this book represents an exceptional achievement and should be of interest to drug clinicians and researcher as well as social scientists and students Professor Tony Ward University of Melbourne Substance use and abuse are two of the most frequent psychological problems clinicians encounter Mainstream approaches focus on the biological and psychological factors supporting drug abuse But to fully comprehend the issue clinicians need to consider the social historical and cultural factors responsible for drug related problems Substance Use and Abuse Cultural and Historical Perspectives provides an inclusive explanation of the human desire to take drugs Using a multidisciplinary framework authors Russil Durrant and Jo Thakker explore the cultural and historical variables that contribute to drug use Integrating biological psychosocial and cultural historical perspectives this innovative and accessible volume addresses the fundamental question of why drug use is such a ubiquitous feature of human society provides an inclusive explanation of the human desire to take drugs Using a multidisciplinary framework authors Russil Durrant and Jo Thakker explore the cultural and historical variables that contribute to drug use Integrating biological psychosocial and cultural historical perspectives this innovative and accessible volume addresses the fundamental question of why drug use is such a ubiquitous feature of human society Addressing issues important to prevention treatment and public policy the



authors include A comprehensive historical survey of drug use An exploration of the evolutionary basis of drug taking behavior Historically and culturally based explanations of drug use and abuse Inclusive approaches that complement mainstream biopsychosocial perspectives Designed for upper division undergraduate and graduate students in psychology counseling sociology social work and health departments Substance Use and Abuse Cultural and Historical Perspectives will also be of significant interest to drug clinicians researchers and social scientists

**Community Health Nursing** Stephen Paul Holzemer, Marilyn B. Klainberg, 2014 Written in an accessible user friendly and practical style this text provides a focused and highly engaging introduction to community health nursing It focuses on health care for people in their homes and where they live with an overriding emphasis on care of the client in the community and the business and politics of community health nursing This book is accompanied by a robust Companion Website full of online activities to enhance the student learning experiences

**What Addicts Know** Christopher Kennedy Lawford, 2014-01-07 New York Times bestselling author Christopher Kennedy Lawford revisits addiction in his latest book What Addicts Know this time framing the discussion in an entirely new way the lessons addiction and recovery offer to those of us who haven't battled addiction For too long society has considered addicts as an unfortunate group that faces incredible and unique challenges The reality is that the challenges of the addict are faced to a greater or lesser extent by all of us In a more is better society it's indisputable that we've all experienced cravings and denied the truth about our destructive behaviors traits shared by addicts who've successfully overcome them What Addicts Know offers the coping and wellness skills necessary to overcome life's obstacles and self improvement tips for everything from conquering an unhealthy consumption of junk food to overcoming toxic relationships These techniques are not just for addicts they are for all of us No one until now has related the lessons and life skills that can be drawn from the collective experience of people in recovery from addiction particularly the ways those lessons or principles can be used by those in the broader non recovery community In What Addicts Know Lawford recounts the inspiring stories and wisdom of recovering addicts combining them with cutting edge scientific findings to give hands on practical techniques for recognizing unhealthy impulses and managing them If you're ready to change for the better your habits your frame of mind your relationships your community and your life What Addicts Know is the resource that will educate and inspire you along the way

**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.

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