

The Revolutionary Alternative to  
Alcoholics Anonymous

# rational RECOVERY

The New Cure for  
Substance Addiction



By the author  
of the groundbreaking  
*The Small Book*

Jack Trimpey

rational RECOVERY  
The New Cure for Substance Addiction

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# Rational Recovery The New Cure For Substance Addiction

**Kevin G. Alderson**



## **Rational Recovery The New Cure For Substance Addiction:**

**Rational Recovery** Jack Trimpey,1996-11-01 Offers a self recovery program for substance abuse based on the Addictive Voice Recognition Technique      *Rational Recovery* Jack Trimpey,1996-11 Offers a self recovery program for substance abuse based on the Addictive Voice Recognition Technique      **Rational Recovery** Jack Trimpey,1992      *Addiction Treatment* Sandra Rasmussen,2000-06-21 American Journal of Nursing 2001 Book of the Year Award in Psychiatric Mental Health Nursing Developed by a highly experienced author working in both nursing and psychology environments *Addiction Treatment* presents the caregiver with a brief global perspective of different types of addictions techniques for identifying and assessing the addicted client and strategies for effective change The book utilizes assessment planning and intervention summaries to enable the reader to scan for immediate recall and application Chapter objectives enable readers to use the book as a continuing education tool and the appendix provides an overview of perspectives on addiction and its treatment by a variety of organizations heavily invested in the care of the addicted client Illustrative cases with both successful and unsuccessful outcomes are included throughout      *Learning the Language of Addiction Counseling* Geri Miller,2014-09-09 FULLY REVISED COMPREHENSIVE AND PRACTICAL *Learning the Language of Addiction Counseling* Fourth Edition introduces counselors social workers and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides an engaging balanced overview of the major theoretical foundations and clinical best practices in the field Fully updated the Fourth Edition offers a positive practice oriented counseling framework and features A research based clinical application approach to addiction counseling that practitioners can turn to for fundamental practical clinical guidelines Revised chapters that reflect important changes in research and practice including new DSM5 criteria new assessment instruments and new and expanded treatments Case studies interactive exercises end of chapter questions and other resources that facilitate the integration of knowledge into practice Personal Reflections sections at the beginning of each chapter provide an invaluable unique perspective on the author's evolving views of addiction counseling Updated and expanded online Instructor's Manual that includes brief video clips PowerPoint slides test bank questions for each chapter and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional this comprehensive book covers all of the essentials

*Addictions Counseling Today* Kevin G. Alderson,2019-11-14 Winner of the 2020 Canadian Counselling and Psychotherapy Association CCPA Counselling Book Award Enlightening and practical *Addictions Counseling Today* invites students into the heart of addictive thinking offering first person accounts of what it is like to experience different addictions The text covers the range of addictions from alcohol drug abuse and nicotine to various process addictions including sex internet gaming social media and gambling Also included are the various theories and models of addiction with a unique chapter on the

neuroscience of addiction Focusing on the new DSM V classifications for addiction with an emphasis on CACREP and treatment this provocative contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction Online Resources Free PowerPoint slides with video for instructors are available with this text Cure for Alcoholism Roy Eskapa,2012-10-23 Finally there is a cure for alcoholism This is the first step Featuring new and updated information and studies including an introduction by actress Claudia Christian the second edition of The Cure for Alcoholism delivers exactly what millions of alcoholics and families of alcoholics have been hoping for a painless dignified and medically proven cure for their addiction Backed by 82 clinical trials and research that extends back to 1964 The Sinclair Method deploys an opiate blocking medication in a very specific way in combination with ongoing drinking to extinguish the addictive software in the brain The de addiction process rolls back the addictive mechanism in the brain to its original pre addicted state before the first drink was consumed making this program an actual cure for alcoholism Drs Roy Eskapa and David Sinclair of The Sinclair Method have put together a sound scientific book that proves that with this particular method alcoholism can be cured in more than 78 percent of patients What s more the treatment avoids the dangerous withdrawal symptoms allowing patients to detox gradually and safely while they are still drinking This removes the need for expensive and unpleasant inpatient rehabilitation programs Actual drinking levels and cravings automatically decrease until control over alcohol is restored The bottom line is that patients can control their drinking or stop altogether with the simple yet powerful process outlined in The Cure for Alcoholism Including a new introduction by actress Claudia Christian about The Sinclair Method s impact on her life updated trial information and a letter explaining the treatment that can be given to doctors by patients The Cure for Alcoholism is a revolutionary book for anyone who wants to gain control over drinking **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

Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery Gary L. Fisher, Nancy A. Roget, 2008-11-11 The scope includes behavioral addictions such as eating disorders gambling and compulsive shopping Preparation of the profession is heavily featured in numerous articles on standards training ethics and professional organizations An emphasis on expectations and current practice make this set an excellent resource for those preparing for work in their fields Therefore this title is highly appropriate for academic libraries John R M Lawrence This comprehensive resource makes a great companion to works such as Edith M Freeman's Substance Abuse Treatment Sage 1993 Gary L Fisher and Thomas C Harrison's Substance Abuse 4th ed Allyn Bacon 2008 and most of the works in Guilford's Substance Abuse series Highly recommended for research and academic libraries Library Journal

Reflecting the recent explosion in the knowledge base of all aspects of the alcohol and drug abuse field the Encyclopedia of Substance Abuse Prevention Treatment and Recovery presents state of the art research and evidence based applications The Encyclopedia's approximately 350 A to Z signed entries focus on the information that addiction treatment and prevention professionals and allied health professionals need to effectively work with clients John R M Lawrence Library Journal

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as the 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 Focuses on concepts of addiction and treatment practices but also addresses commonly used and abused drugs including recreational prescription and over the counter Offers a Reader's Guide that lists topic categories with specific entries Presents cross references at the end of each entry to help readers locate related information in other entries as well as Further Readings for those who wish to pursue topics in more depth Includes an appendix listing of 58 different drugs and substances with corresponding relevant entries The Encyclopedia of Substance Abuse Prevention Treatment and Recovery is intended for use by pre service and in service addiction prevention and treatment providers and allied professionals in the fields of criminal justice counseling social work public health nursing medicine other health care professions education and family studies

*Drugs, Power, and Politics* Carl Boggs, 2015-12-03 This book explores the increasingly broad terrain of drugs in American society with an emphasis on politics It begins with the War on Drugs initiated by President Richard Nixon in the early 1970s and extends to the current day with the vast power of the pharmaceutical industry Big Pharma expansion of global criminal syndicates militarization of the drug war and struggles between states and federal government over the legalization of marijuana From the beginning the drug war produced increasing authoritarian tendencies in American politics visible not only in swollen national bureaucracies and burgeoning police functions but in the rise of the largest prison industrial complex in the world a surveillance state and the weakening of personal privacy and freedoms At the same time the legal drug system with some of the most profitable business operations anywhere has expanded to create a huge medical edifice affecting the delivery of health care development of modern psychology evolution of the treatment industry and many other areas of contemporary life including the world of sports and recreation Although prohibitionism remains very much alive targeting a wide range of illicit drugs today it is the hundreds of widely marketed chemical substances sold by Big Pharma that result in some of the most serious health problems affecting society This book explores the long historical trajectory of both the War on Drugs and the growth of Big Pharma focusing on social outcomes and political consequences in the US and beyond

**Addiction, Assessment, and Treatment with Adolescents, Adults, and Families** M. Carolyn Hilarski, 2013-04-15 Time effective intervention and prevention tools for dealing with addiction Addiction Assessment and Treatment with Adolescents Adults and Families examines addiction concerns ranging from prevention to relapse offering effective intervention techniques and assessment tools to ensure delivery of the best possible service to clients who represent a variety of populations and mental health issues Leading addiction researchers address new developments in theory methodology treatment and assessment on counselor beliefs contingency management group treatment rapid assessment instruments behavioral couples therapy BCT family based intervention motivational interviewing and 12 step programs and faith based recovery This essential professional and academic resource presents case studies

reviews research findings and empirical papers that offer unique perspectives on a variety of topics including evidenced based practice theory of reasoned action harm reduction juvenile justice and treatment outcomes Addiction Assessment and Treatment with Adolescents Adults and Families presents sophisticated cutting edge theory and practice concepts that provide professionals practitioners and educators with a more varied focus than most current available books on addiction Counselors working in mental health settings and EAP programs psychiatric nurses working in hospitals and outpatient settings social workers and students pursuing degrees in social work nursing psychology and criminal justice will benefit from the book s wide range of appropriate addiction treatment and prevention methodologies Topics addressed in Addiction Assessment and Treatment with Adolescents Adults and Families include understanding the gap between research and practice in substance abuse counseling prevalence and patterns of illicit drug use among juvenile offenders the relationship between the reported substance abuse of African American and Hispanic youth and their perceived attachments with their primary caregivers using a harm reduction approach to the evaluation of treatment outcomes using a nonconfrontational approach to substance abuse counseling when addressing client denial why contingency management interventions are underutilized especially in community settings how to determine if and when Motivational Interviewing MI and Adapted Motivational Interviewing AMI are effective how to use nonabstinence based prevention services in working with adolescents how to use and score the K6 scale to screen serious mental illnesses how to use Receiver Operating Characteristics analysis to evaluate rapid assessment instruments Addiction Assessment and Treatment with Adolescents Adults and Families is a vital professional resource and an invaluable aid to adults adolescents and families of anyone suffering with some level of addiction

**Ethics for Addiction Professionals** Jennifer D. Berton, 2013-12-03 Guidance for addiction counselors in understanding and applying ethical standards Filled with proven strategies to help you examine your current practice for ethical snags and refresh your ethical thinking Ethics for Addiction Professionals leads you in examining building and rebuilding aspects of your ethical practice with the goal of helping you become the strongest clinician possible ethically speaking Up to date and comprehensive this practical guide examines real life examples of ethical issues in clinical practice and illustrates potential pitfalls and the actions needed when faced with dilemmas Helping addiction counselors learn how to deal with and apply ethical standards Ethics for Addiction Professionals explores the gray area of common dilemmas and provides guidelines on how to determine the best course of action when the best course is unclear Covers basic principles that affect current ethical concerns and dilemmas Includes illustrative real world case studies Features well defined professional codes of ethics Treats ethics as a set of guidelines designed to protect the client the clinician and the profession as a whole

*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

*Substance and Behavioral Addictions* Steve Sussman, 2017-02-06 Substance and Behavioral Addictions Concepts Causes and Cures presents the concepts etiology assessment prevention and cessation of substance tobacco alcohol other drugs and food and behavioral gambling Internet shopping love sex exercise and work addictions The text provides a novel and integrative appetitive motivation framework of addiction while acknowledging and referencing multi level influences on addiction such as neurobiological cognitive and micro social and macro social physical environmental The book discusses concurrent and substitute addiction and offers prevention and treatment solutions which are presented from a more integrative perspective than traditional presentations This is an ideal text for upper level undergraduates and graduate students practitioners and researchers

*Recovery the Native Way* Dr. Alf H. Walle, 2008-11-01 This book is written in the belief that many Native substance abusers suffer because their cultural heritage is being swept away or because they have lost contact with it While Alcoholics Anonymous and Narcotics Anonymous provide wonderful leadership to millions of people they do not deal with the pain that can arise when cultures weaken and die or when people are cut off from their heritage While not seeking to replace tools of recovery such as Alcoholics Anonymous and Narcotics Anonymous this book deals with the fact that people often lose the ability to cope when their cultures are under attack The resulting pain can lead to substance abusers If strengthened however the traditions of a people can help people regain their sobriety The example of Handsome Lake a Native leader who lived many years ago demonstrates the power of tradition Handsome Lake was an alcoholic near death who at the last possible moment regained his sobriety and invented a method that helped the Iroquois people overcome their alcoholism and restore their culture This strategy was made up of two



parts 1 reaffirming and strengthening the culture and 2 living a sober life while undoing past wrongs This book is written to how how Handsome Lake s inspirational example can help today s Native people who seek recovery from substance abuse

**COUNSELING IN THE REHABILITATION PROCESS** Gerald L. Gandy,E. Davis Martin,Richard E. Hardy,1999-01-01 This text represents a complete revision and update that provides the reader with a comprehensive overview and introduction to the field of rehabilitation counseling and services but also has applicability to the growing field of community counseling Part One the introductory section discusses and describes the basic foundations of the rehabilitative process Part Two the rehabilitation process provides the reader with an insightful appreciation and understanding of the rehabilitation process In Part Three the counseling and psychosocial aspects of disability are traced from multiple points of view both theoretical and practical and psychodynamic Adlerian rational emotive behavioral and Gestalt perspectives are explored and examined The final section discusses special topics in rehabilitation appropriate for an introductory textbook but more suitable for an in depth examination The book s revisions include in part a greatly expanded chapter on the foundations of rehabilitation as well as a new historical aspects chapter Educational considerations have been expanded and incorporated into a chapter on the development of the rehabilitation counseling discipline Material on the rehabilitation process and occupational analysis and placement has been reorganized and includes new material on job development and placement New material has been included on counseling credentialing and substance use disabilities and material on international and multicultural perspectives has been reorganized and updated This outstanding text will be particularly useful in graduate introductory rehabilitation or community counseling courses and may be readily adaptable to undergraduate courses as well Additionally the book will be a very useful resource for rehabilitation or community counselor practitioners Overcoming Addiction Gregory E. Pence,2020-02-21 With an estimated 20 million people addicted to drugs or alcohol North America is in the grip of an unrivaled epidemic Overcoming Addiction reveals how seemingly contradictory treatment theories must come together to understand and end dangerous substance abuse Addiction treatment has become a billion dollar industry based on innumerable clinical and psychological perspectives Zealous clinicians and researchers have gathered around the theories proclaiming each as the sole truth and excluding alternate views In this book leading bioethicist Gregory Pence demystifies seven foundational theories of addiction and addiction treatment From Alcoholics and Narcotics Anonymous to methadone clinics and brain chemistry studies each method holds foundation beliefs about human nature free will and biology Understanding the diversity of these theories allows us to build a framework for more effective treatment for all addiction types For individuals suffering from addiction their families and those who devote their lives to ending addiction s grasp on our society this book offers a fresh perspective and a framework for long term solutions *Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method* Clark Night,William Bates,2011-12-08 Natural Eyesight Improvement based on the Method Treatments of Ophthalmologist William H Bates Color Version Paperback contains popular EFT book

and Dr Bates books Magazines in the E Book Amazon look inside will soon have the color preview Includes 20 Color Printable PDF E Books with this Paperback book Eyecharts Audio Video Lessons 600 color pictures all the Author s and Ophthalmologist Bates 50 books Contact the Author for the download link Address is on the Thank You Page inside the book E Book contains Word Search type in any word Example Myopia to see 50 100 Treatments for unclear distant vision Adobe Translates to Italian Spanish German Activities Shifting Natural Eye Movement Central Fixation Relaxation Memory This Paperback Natural Eyesight Improvement Book in Color with 100 pictures Less reading Easy to learn steps Read the directions printed on the pictures for Fast Vision Improvement Better Eyesight Magazine by Ophthalmologist William H Bates Unedited full set 132 Magazines July 1919 to June 1930 Illustrated with 500 pictures and additional up to date Modern Training Original Antique Better Eyesight Magazine by Ophthalmologist William H Bates Photo copy of all his Original Magazine Pages Unedited full set 132 Magazines July 1919 to June 1930 Learn the Method Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement The Cure of Imperfect Sight by Treatment Without Glasses by Dr Bates photo copy of all the original book pages with pictures Medical Articles by Dr Bates with pictures Stories From The Clinic by Emily C Lierman Bates Use Your Own Eyes by Dr William B MacCracken Normal Sight Without Glasses by Dr William B MacCracken Strengthening The eyes A New Course In Scientific Eye Training In 28 Lessons by Bernarr MacFadden with pictures unclear close and distant vision astigmatism cataracts glaucoma conical cornea cornea scars retinitis pigmentosa detached retina wandering crossed eyes strabismus and other conditions See William H Bates Author s Page for entire Biography Videos of internal book pages description of the Paperback 20 E books [http://www.amazon.com/William-H-Bates/e/B004H9DOBC/ref=ntt\\_athr\\_dp\\_pel\\_pop\\_](http://www.amazon.com/William-H-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_)

**The Killers Within US** Scott Carroll, M.C., 2014-12-14 The Killers Within US are those individuals who are in such pain that they tragically kill others and or themselves These individuals often leave a wake of confusion anger and hurt among their survivors This book explores the most common disorder linked to suicide homicide and several other disorders that kill millions of people annually A mental disorder known as Borderline Personality Disorder BPD or its traits frequently influence these individuals in particular to the point of killing Several BPD traits span thousands of years and are mentioned within the Holy Bible This book explores the truth about and the origin of BPD and offers both Biblical and Clinical ways to recover from it God said Let my people go and the Truth will set you free This book is full of truth and by applying these truths within it it is hoped that you too can be set free from the Killers Within you

**Why Can't Church Be More Like an AA Meeting?** Stephen R. Haynes, 2021-10-26 Do Christians need recovery Or is recovery something needed by the church itself Addiction whether to a substance or to a behavior is a problem within faith communities just like it is everywhere else But because churches are rarely experienced as safe places for dealing with addiction co addiction or the legacy of family dysfunction Christians tend to seek recovery from these conditions in Twelve Step fellowships Once they become accustomed to the ethos of vulnerability acceptance and healing

that these fellowships provide however they are often left feeling that the church has failed them with many asking why can't church be more like an AA meeting. Inspired by his own quest to find in church the sort of mutual support and healing he discovered in Twelve Step fellowships, Stephen Haynes explores the history of Alcoholics Anonymous and its relationship to American Christianity. He shows that while AA eventually separated from the Christian parachurch movement out of which it emerged, it retained aspects of Christian experience that the church itself has largely lost: comfort with brokenness and vulnerability, an emphasis on honesty and transparency, and suspicion toward claims to piety and respectability. Haynes encourages Christians to reclaim these distinctive elements of the Twelve Step movement in the process of recovering church. He argues that this process must begin with what he calls Step 0, which, as he knows from personal experience, can be the hardest step: the admission that, despite appearances, we are not fine.

## Reviewing **Rational Recovery The New Cure For Substance Addiction**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Rational Recovery The New Cure For Substance Addiction**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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## **Rational Recovery The New Cure For Substance Addiction Introduction**

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individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Rational Recovery The New Cure For Substance Addiction has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

### FAQs About Rational Recovery The New Cure For Substance Addiction Books

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