

THE BETTER WAY TO DRINK

MODERATION &
CONTROL
OF
PROBLEM
DRINKING

ROGER E. VOGLER, PH.D.
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This new treatment approach views most drinking as a habit, not as a disease. Not all problem drinkers are hard-core alcoholics. Total abstinence is not always the only solution. You may be able to evaluate your drinking accurately, learn how alcohol affects your body, set limits, obtain support, and moderate your drinking successfully. You can learn to handle pressure, to relax without alcohol, and to cope with a partner who drinks. Based on 15 years of research funded by the National Institute on Alcohol Abuse and Alcoholism.

Better Way To Drink Moderation And Control Of Problem Drinking

Albert Ellis



Better Way To Drink Moderation And Control Of Problem Drinking:

The Better Way to Drink Roger E. Vogler, Wayne R. Bartz, 1985 **Hypnotically Enhanced Treatment for Addictions**
Joseph Tramontana, 2009-09-01 This book offers new strategies techniques and scripts as well as reviewing traditional methods of treating addictions The five key addictions addressed are alcohol abuse and dependency drug abuse and addiction gambling compulsions obsessions and addiction tobacco addiction including cigars pipes and chew food addiction compulsions Many of the techniques and strategies incorporate a variety of therapeutic modalities including cognitive behavioral techniques reframing and other NLP techniques systematic desensitization covert sensitization 12 step programs guided imagery and meditation and more The techniques described can be employed both in and out of trance *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 *Truth About Addiction and Recovery* Stanton Peele, 2014-06-30 A radical new approach to recovery using methods proven more effective than medical treatment or twelve step programs Drawing on the latest research and detailed case studies the authors expose the best kept secrets in the recovery field Addictions whether to food cigarettes sex alcohol or drugs are not diseases and they re not necessarily lifelong problems Many more people give up addictions on their own than are helped by medical treatment or twelve step programs Developing values skills and life resources enables people to quit addictions and to shed the addict identity altogether In their revolutionary Life Process Program for overcoming all kinds of addictions the authors emphasize self help and treatment through coping with stress and achieving one s goals As helpful as it is controversial The Truth About Addiction and Recovery will forever change the way we view and treat addiction A classic John Norcross PhD ABPP Distinguished Professor of Psychology at the University of Scranton and author of *Changing for Good* **Self-Efficacy** Albert Bandura, 1997-02-15 Albert Bandura s highly anticipated examination of his vastly influential work on self efficacy is now available The result of over 20 years of research by this renowned psychologist the book articulates comprehensively Bandura s theory that believing one can achieve what one sets out to do results in a healthier more effective and generally more successful life

Invitation to Psychology, Global Edition Carole Wade, Carol Tavis, Maryanne Garry, 2014-08-14 Emphasizes critical thinking culture and gender Invitation to Psychology 6 e shows students why scientific and critical thinking is so important in the decisions they make In clear lively warm prose this edition continues the title s integration of gender culture and ethnicity By the end readers will learn how to interpret research and to address and resolve controversies Moderate Drinking Audrey Kishline, 1996 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 Alcoholism and the Family Ann W. Lawson, Gary Lawson, 1998 The second edition of this book takes the view that the family not just the alcoholic member is the client This approach is now well accepted in psychological circles Family therapists and students can use this book to learn about substance abuse from a systemic viewpoint and chemical dependency counsellors will learn about family systems thinking and theory The thoroughly revised book has additional models of evaluation new models of treatment ten years of research results and updated references *Handbook of Alcoholism* Gerald Zernig, Alois Saria, Martin Kurz, Stephanie O'Malley, 2000-03-24 While the war on drugs continues to attract world attention it is often overlooked that alcoholism remains a major worldwide health concern No matter what your expertise the CRC Handbook of Alcoholism can help you acquire the necessary skills to treat problem drinkers and alcohol dependent patients In three sections Patient Care

Research **Drugs and Drug Policy** Clayton J. Mosher, Scott M. Akins, 2020-11-22 This engaging and thoroughly updated text provides a cross national perspective on the use and regulation of both legal and illegal drugs It examines and critiques drug policies in the United States and abroad in terms of their scope goals and effectiveness Authors Clayton J Mosher and Scott Akins also discuss the physiological psychological and behavioral effects of legal and illicit drugs the patterns and correlates of use theories of the causes of drug use and the policies that govern that usage Features and Benefits Thoroughly reviews use of and regulation policies of both illegal and legal drugs including the use of energy drinks and muscle enhancers like steroids and human growth hormones Very up to date statistics and discussions of emerging trends and policies Provides more coverage of drug policy issues than comparable books with particular attention to contrasting policies in countries around the world Coverage of drug epidemics for new legal and illegal drugs not found in other books on drugs

Transactional Analysis Journal ,1991 **Gender and Alcohol** Richard William Wilsnack, Sharon C. Wilsnack, 1997

Rational-emotive Therapy with Alcoholics and Substance Abusers Albert Ellis, 1988 Albert Ellis John F McInerney Raymond DiGuiseppe and Raymond J Yeager present an application of Rational Emotive Therapy RET to alcohol and drug abusers From synopsis Controlling Stagefright Peter Desberg, George D. Marsh, 1988 Out of print Second edition was published as No More Butterflies NOMO **When AA Doesn't Work For You** Albert Ellis, 1992 The first book that applies the insights of rational emotive therapy to the recovery from problem drinking **Quarterly Journal of Studies on Alcohol** ,1988 Includes sections Activities of the Research Council on Problems of Alcohol and Current literature *Be Sick Well* Jeff Kane, 1991 *Big Kids* Gregory Archer, 1989 A welcome book for the parents of the 11% elementary and 16% adolescents who are overweight This fun family approach supports children in their dieting without blaming or shaming

Small Press Record of Books in Print Len Fulton, 1990 **Adolescence** ,1986 An international quarterly devoted to the physiological psychological psychiatric sociological and educational aspects of the second decade of human life

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