

PROFESSIONAL COUNSELOR HANDBOOKS

VOLUME

I

SOBRIETY

DEMYSTIFIED

GETTING CLEAN AND SOBER
WITH NLP AND CBT

Byron A. Lewis, M.A.

Sobriety Demystified

**Patt Denning, Jeannie Little, Adina
Glickman**



Sobriety Demystified:

Sobriety Demystified Byron Lewis,1996 In this volume the author combines NLP with cognitive behavioural therapy to form easily understood and pragmatic tools for counsellors and therapists working with addictive disorders **Clinical Topics in Addiction** Ed Day,2007-10 Ed Day brings together 23 papers from the Royal College of Psychiatrists popular journal *Advances in Psychiatric Treatment* which have been updated to give systematic authoritative and well referenced accounts of key clinical topics relating to substance misuse **Over the Influence** Patt Denning,Jeannie Little,Adina Glickman,2003-11-15 Twelve step programs that insist on abstinence are beneficial to many but what about the millions of Americans who try to quit and fail just want to cut down or wish to work toward sobriety gradually This groundbreaking book presents the Harm Reduction approach a powerful alternative to traditional treatment that helps users set and meet their own goals for gaining control over drinking and drugs The expert empathic authors guide readers to figure out which aspects of their own habits may be harmful what they would like to change and how to put their intentions into action while also dealing with problems that stand in the way such as depression stress and relationship conflicts Based on solid science and 40 years of combined clinical experience the book is packed with self discovery tools fact sheets and personal accounts It puts the reader in the driver s seat with a new and empowering roadmap for change Winner American Journal of Nursing Book of the Year Award **The Complete Idiot's Guide to Awakening Your Spirituality** Jonathan Robinson,2000 Explores methods of increasing spirituality including meditation redirection of negative emotions and use of workshops and retreats [The Origins Of Neuro Linguistic Programming](#) John Grinder,2013-05-09 The Origins of NLP brings together the recollections and thoughts of some of the main protagonists from the very early days of NLP In 1971 Richard Bandler and Frank Pucelik were students at Kresge College at the University of California Santa Cruz They had a strong mutual interest in Gestalt Therapy Frank because of his traumatic time in Vietnam and because he had been working with some disaffected and drug addicted kids and Richard because he had been working with Science and Behavior Books on transcribing and editing Fritz Perls seminal work *The Gestalt Approach and Eyewitness to Therapy* They started a local Gestalt group and ran 2-3 sessions a week collaborating and experimenting with the language of therapy They started achieving some brilliant results but were having problems transferring their skills to others and so Richard invited one of their college professors John Grinder to observe what they were doing in order that he would hopefully be able to deconstruct what they were doing that was so effective John was a professor of Linguistics and was instantly impressed with the work that they were doing He was able to add more structure and in due course the three of them formalised what is now known as the Meta Model NLP or Meta as it was known then was born **Reconciliation** Steve Sparks,2011 In a new ground breaking memoir *Reconciliation A Son's Story* the author reflects back on his father's war time experiences as the context underlying his own family dynamics and abuse Through the author's research and study of Post Traumatic Stress Disorder he comes to an

understanding of his father's behavior and how this deeply impacted the family which eventually leads to healing Steve Sparks writes I owe my success in part to my Dad but not without a high price I call this collateral damage from living in a family culture affected by Post Traumatic Stress Disorder PTSD At that time men at war and coming home from war were too proud to share their stories and admit that anything in the way of mental illness was on the table for discussion My Dad was no different than thousands of veterans with similar symptoms especially those who were battle weary and emotionally damaged The children and wives and others close to these men would have to experiment and learn how to navigate our way through a terrible circumstance We did it well but not without scars that often show WWII has been in our past for well over a half century and most of the Greatest Generation passed on but the effects of PTSD carry forward just like bad genes We are still feeling the effects of WWII when PTSD was not studied and treatment was minimal As a result we are just beginning to address the realities of PTSD including diagnosis and treatment along with complete recovery from this unfortunate mental illness is now possible This is a true American story about father who went to war and came back changed by what he saw and by what he experienced How this impacted his family was profound yet unrecognized for what it was back then Today we know much more about the effects of PTSD on the individual but what about the family members closest to that person This story of living through a toxic environment yet ultimately coming to an understanding leads to the long sought reconciliation of a son with his father A very timely book this may help the thousands of families of veterans of our own current generation returning from their war experiences to better understand the effects of PTSD on the family About the Author Steve Sparks is a retired information technology sales and marketing executive following over 35 years beginning with the US Navy as a radioman in 1963 He Graduated with a BA in Management from St Mary's College Moraga California Steve is married to his soul mate and business partner Judy and lives on the Oregon coast He is the proud father of 3 grown daughters and 4 grandchildren and 1 great grandchild In addition to writing Steve's current passion and life work is mentoring and improving the education of K 12 kids including helping the responsible non profit agency Neighbors for Kids achieve sustainability

Change Management Excellence Martin Roberts PhD,2004-09-28 Working with top British and American companies for over thirty years Martin Roberts has developed an enviable reputation for solving problems He attributes this success to his ability to adapt and apply NLP Behavioural Modification Gestalt therapy and Transactional Analysis techniques from the field of organisational psychology This book is about achieving excellent change management using a variety of techniques and contains many new concepts and applications for consultants would be consultants and everyone involved in change in a business setting It also provides an intriguing insight into why many fashionable cook book approaches to change run into problems and how to avoid repeating them

Philosophy DeMYSTiFied Robert Arp, Jamie Carlin Watson,2011-05-02 The DEEP and MEANINGFUL way to learn PHILOSOPHY Trying to understand philosophy but feeling a bit skeptical It's time to listen to reason Philosophy Demystified helps you grasp both fundamental and complex

topics with ease Written in a step by step format this practical guide begins with an overview of Western philosophy and coverage of correct reasoning and critical thinking The book goes on to discuss major branches of philosophy including epistemology metaphysics ethics and political philosophy In depth examples detailed diagrams and concise explanations make it easy to understand the material and end of chapter quizzes and a final exam help reinforce learning It s a no brainer You ll learn about Knowledge and the problem of skepticism The problem of induction and the development of externalism Personhood and personal identity over time The question of God s existence Moral decision making Justice rights and government Simple enough for a beginner but challenging enough for an advanced student Philosophy Demystified helps you master this fascinating subject [Ethics DeMYSTiFieD](#) Micah Newman,2011-08-03 This step by step approach untangles the complexities of ethics for readers studying in a course or on their own *Demystifying Russian Drinking* Jussi Simpura,Boris M. Levin,1997 **The Three Beauties** Emma Dorothy Eliza Nevitte Southworth,1858 *Psychiatric and Mental Health Nursing Demystified* Jim Keogh,2014-04-05 The quick and easy way to master psychiatric and mental health nursing and use your knowledge in real world situations If you re looking for a fun fast review that boils psychiatric and mental health nursing down to its most essential must know points your search ends here Psychiatric and Mental Health Nursing Demystified is a complete yet concise overview of this field including neurobiology pharmacology therapeutic communication psychiatric assessment theoretical models of care and more You will learn about hallmark signs and symptoms treatment and nursing intervention so you have the knowledge to help your patients as a student and as a nurse once you start your career This fast and easy guide features Learning objectives at the beginning of each chapter A foundation in psychiatric and mental health nursing topics A final exam at the end of the book A time saving approach to performing better on an exam or at work Simple enough for a student but comprehensive enough for a professional Psychiatric and Mental Health Nursing Demystified is your shortcut to mastering this critical topic [Written Into the Void: Selected Writings, 1990-2004](#) Peter Eisenman,2007 **The Magic of NLP Demystified** Byron Lewis,2012-06-20 Byron A Lewis MA is the director of the Meta Training Institute a Northwest Educational and Consulting firm specialising in the techniques of Neuro Linguistic Programming Frank Pucelik PhD is widely recognised as one of the world s finest trainers in interpersonal communication and success strategies for change **Orationes Caesarianae** Marcus Tullius Cicero,1893 **Alcoholics Anonymous** Annette R. Smith,1991 **Retreat from Reform** Jack S. Blocker,Jack S. Blocker Jr.,1976-10-12 **Demystifying Crime and Criminal Justice** Robert M. Bohm,Jeffery T. Walker,2006 Bohm and Walker s thought provoking volume addresses many of the American public s misconceptions about crime and criminal justice These understandings are often inaccurate and based on myths Each of this anthology s 27 chapters demystifies or debunks one of these current myths setting the record straight DEMYSTIFYING CRIME AND CRIMINAL JUSTICE is organized to follow a logical progression through the criminal justice process Part One addresses myths about crime Part Two examines myths

about law enforcement Part Three investigates myths about the administration of justice and Part Four focuses on myths about punishment and corrections A unique feature of the book is that every chapter follows the same format Each chapter opens with a brief section introducing a myth or a set of myths about a particular topic Next follows the Kernel of Truth section which identifies accurate aspects of the myth or myths The authors assume that for myths to be believable and accepted they usually must contain at least a kernel of truth In the third section The Truth or Facts the authors debunk the myth or myths by providing evidence This is followed by Interests Served by the Myth which illuminates how the interests of specific individuals or groups are promoted by the creation and perpetuation of the myth or myths Finally Policy Implications of Belief in the Myth highlights some of the practical and often undesirable consequences of belief in the myth or myths Written in clear accessible language DEMYSTIFYING CRIME AND CRIMINAL JUSTICE engages the reader with straightforward analysis cutting edge information and research Designed to stimulate critical thinking and class discussion this mindset challenging volume offers students a deeper understanding of crime and criminal justice

Demystifying the European Union Roy H. Ginsberg, 2007-02-23 By comparing and contrasting the EU to another union of States across the Atlantic the United States this text introduces readers to the historical legal economic and political foundations of European integration while focusing extensively on the effects of the EU on its own citizens and on the outside world A.A. Grapevine ,1965

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