

Free Of The Shadows Recovering From Sexual Violence

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Facing Heartbreak Stefanie Carnes 2012-10-16 The first workbook to help partners of sex addicts cope with discovering their loved one has compulsive sexual behaviors.

Recovery Zone Volume 2 Patrick Carnes 2021-10-19 The process of therapy and treatment means stepping into an unfamiliar, new world with very different perspectives, processes and even its own language at times. The goal of this extraordinary world is to repair, restructure, and build the internal structures to cope with losses, trauma, dysfunction, toxic stress, and addiction. The first of the Recovery Zone series focuses on the often painful and difficult internal tasks for that transition. This first book in the series by Patrick Carnes is already regarded as a classic and has been a durable best seller for the past decade. The second volume is now here, and Dr. Carnes helps with the issue of "now that I know all of this, what do I do?" How to translate the inner transformation into my everyday world? I have discovered the real "me" but what does that mean for me to integrate ideas and skills with my relationships, work, values, lifestyle -- and be happy? Much has been written about overcoming trauma, grief, dysfunctional relationships and the sinkholes of the various addictions. The sequel of Recovery Zone provides real answers about how to stay in the zone when traumatic events, toxic stress, and easy access to escape surrounds you. The goal must be an "Ultimate To Do List" so you do not miss out on the life you want and feel a genuine call to do. Core to this platform is a resilience built on ten master skills and thirty operational strategies that users describing as "defining" passage into a new life. The joke about life being what happens when you are on the way to do something else, has little reality at the end of this second volume. Dr. Carnes is widely known for his personal sharing, his warm and engaging stories, and his ability to weave complex science into something that everyone can use. These materials have evolved with the help of over two thousand therapists and the experiences of many thousands of patients. Another vintage of classic Carnes's writing.

Co-Dependence Healing the Human Condition Charles Whitfield 2010-01-01 Of all the books on the often misunderstood concept of co-dependence, this is probably the clearest, most complete and informative. Charles Whitfield is a frontline clinician who has been assisting co-dependents in their healing for over twenty years. He has researched the literature on co-dependence, which he summarizes in this widely read book. He sees co-dependence as a way to more accurately describe the painful and confusing part of the human condition. In careful detail he describes just what co-dependence is and what it is not, how it comes about, and how to heal its painful aftereffects.

In the Shadows of the Net Patrick Carnes 2009-07-30 As Internet usage has exploded in recent years, so has the prevalence of compulsive online sexual behavior, a problem first addressed five years ago in the breakthrough book, *In the Shadows of the Net*. Our much-

anticipated second edition is updated with the latest information, equipping readers with specific strategies for recognizing and changing compulsive sexual behaviors.

Trust After Trauma Aphrodite Matsakis 1998 Examines the feelings of loneliness and mistrust suffered by trauma survivors, explores how these feelings affect personal relationships, and suggests ways of negotiating and coping with the trauma for improved relationships

Toughest People to Love Chuck DeGroat 2014-05-29 People -- frustrating, confusing, disappointing, complicated -- are the most difficult part of leadership, and they challenge leaders everywhere, from leaders of many to managers of a few. In this book Chuck DeGroat addresses the flawed nature of people and offers wisdom for leaders of all types in dealing with just about anyone who is difficult to lead and to love. *Toughest People to Love* explores the basics of how people "tick," encouraging leaders to examine and take care of themselves so that they can better understand and care for others. Based on DeGroat's wealth of experience as a pastor, professor, and therapist, this book -- both wise and practical -- is one that countless leaders will go back to time and again for valuable insights and renewed vision.

Sex Addiction: The Partner's Perspective Paula Hall 2015-08-20 Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. *Sex Addiction: The Partner's Perspective* has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, *Understanding and Treating Sex Addiction*, it includes case examples and survey results revealing the reality of life for partners of sex addicts. *Sex Addiction: The Partner's Perspective* is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives -- whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will this book be a valuable guide for partners, but also for the therapists who seek to support them on their journey of

recovery.

Helping Your Child Recover from Sexual Abuse Caren Adams

2015-09-01 The sexual abuse of a child creates a devastating family crisis. Parents want to know what to do and say to help their child, both immediately and in the long term. *Helping your Child Recover from Sexual Abuse* offers practical guidance for parents who courageously face the days and months after a child's abuse. Written in a positive, reassuring jargon-free style, it discusses each stage of a child's recovery. Information for parents appears on the left-hand pages; sample conversations and activities for parent and child together are on the right-hand pages. The book presents the collective wisdom of numerous parents who have been through this experience and have learned how to help their children feel stronger, safer, braver, more lovable, worthwhile, and competent. Topics covered: What to do when abuse is first disclosed; Helping a child cope with the legal system; Responding to the reactions of friends and loved ones; Children's reactions to abuse; How parents and children grieve differently; Rebuilding a child's self-esteem; Dealing with confusion about sexuality; Helping a child feel safe and in control; Typical problems at different ages; Recognizing when a child is getting better.

Restoring the Pleasure Clifford Penner 2016-03-08 Do you need help restoring the pleasure to your marriage?

Whether you've been married a day, a decade, or half a century, if your sexual relationship is marred by pain, tension, or disappointment—you are not alone. Thousands of couples struggle with sexual problems that keep their marriages from being all that God intended them to be. But there is hope! Now, sexual therapists and best-selling authors Joyce and Cliff Penner share their proven methods in this comprehensive, easy-to-follow book of detailed explanations, realistic anecdotes, and clearly written exercises. Providing the biblical basis for the sexual relationship, as well as helpful diagnostic aids, the Penners help you improve communication and educate yourselves about your God-given sexual response. Then they lead you step-by-step through creative (and fun) sexual-retraining assignments to help you overcome various problems. The Penners provide straightforward advice and reassuring encouragement to help you start restoring the pleasure to your marriage. Beginning counselors and pastors will also find this an invaluable resource for helping others overcome their sexual barriers.

Free of the Shadows Caren Adams 1989 Describes the emotional problems faced by rape victims, tells how to handle the reactions of friends and family, and suggests a path to recovery.

Don't Call It Love Patrick Carnes 2013-12-18 "Dr. Patrick Carnes is a creative, pioneering, and courageous human being. His books are changing the lives of thousands!" "I lost three marriages, all because of affairs." "I became suicidal because of multiple intense involvements." "I spent money on sex when I needed it for children's clothes." "I lost promotion opportunities and a special scholarship because my co-workers found out about my sex life." Every day they face the possibility of destruction, risking their families, fiances, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, blue-collar workers. Most were abused as children--sexually, physically or emotionally--and saw addictive behavior in their early lives. Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent "secret" disorder in America: sexual addiction. Here is a ground-breaking work by the nation's leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder. This essential volume includes not only

the revealing findings of Dr. Carne's research with recovering addicts but also advice from the addicts and co-addicts themselves as they work to overcome their compulsive behavior. Positive, hopeful, and practical, *Don't Call It Love* is a landmark book that helps us better understand all addictions, their causes, and the difficult path to recovery.

The Sexual Abuse Victim and Sexual Offender Treatment Planner, with DSM 5 Updates Arthur E. Jongsma, Jr.

2015-03-16 This timesaving resource features: Treatment plan components for 27 behaviorally based presenting problems Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options A step-by-step guide to writing treatment plans that meet the requirements of most insurance companies and third-party payors The Sexual Abuse Victim and Sexual Offender Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal review agencies. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for clients who are sexual abuse victims and/or sexual offenders Organized around 27 main presenting problems, including such offender issues as anger difficulties, deviant sexual arousal, and legal issues; such victim issues as eating disorders, self-blame, and social withdrawal; and such offender and victim issues as family reunification and self-esteem and stress-management deficits Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and clinically tested treatment options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

For Sex Education, See Librarian Martha Cornog 1996 An annotated bibliography includes information on the role of libraries in sex education

Sex Addiction 101 Robert Weiss 2015-10-27 The number of affordable, easy links to pleasurable sexual online content is on the rise. Activity increases with the accessibility of technology. So, too, has sex addiction. People struggling with sex, porn, and love addiction typically have little understanding of this incredibly complicated disease. *Sex Addiction 101* covers everything from what sexual addiction is and how it can best be treated, to how it affects various subgroups of the population such as women, gays, and teenagers. The book also provides sex addicts with strategies to protect themselves from the online sexual onslaught. *Sex Addiction 101* is intended to enlighten the clinical population as well as actual sex addicts and their loved ones. Along with his mentor Patrick Carnes, Weiss has become the face of and driving force behind understanding and treating sex addiction; this book should be a core title in every addiction collection.

Violence Against Women Joan Nordquist 1992

Handbook of Nursing Diagnosis Lynda Juall Carpenito 2021-10-29 "This handbook offers practical guidance on nursing diagnoses and associated care. It is a quick-reference type scope of content, easy for students to use while in clinical, in the classroom or simulation lab. It provides a condensed, organized outline of clinical nursing practice designed to communicate creative clinical nursing. It is not meant to replace nursing textbooks, but rather to provide nurses who work in a variety of settings with the information they need without requiring a time-consuming review of the literature. It will assist students in transferring their theoretical knowledge to clinical practice"--

Breaking Free Russell Willingham 1999-01-13 Leading

readers through self-diagnosis and step-by-step through the stages of recovery, Russell Willingham reminds us of all the resources Christians have at their disposal for dealing with sexual addiction.

Addiction Howard Padwa 2010-01 Presents alphabetically-arranged entries covering major figures, organizations, events, and United States government policies covering a variety of addictive substances and addictive behaviors.

Overcoming Sex Addiction Thaddeus Birchard 2017-04-21 Overcoming Sex Addiction is an accessible self-help guide which uses the principles of cognitive behaviour therapy to help those with problematic or unwanted patterns of sexual behaviour. It is designed for those who are not yet ready to seek professional help or who live in a place where little help is available and can be used in conjunction with general psychotherapy. Written by a leading expert in the field, the book offers an insight into the origins of sex addiction, before going on to explain the cycle of addiction and how to break it. The book has a do-it yourself week-by-week programme of action to tackle compulsive sexual behaviour, and provides extensive advice on relapse prevention to help the reader move forward in recovery. Overcoming Sex Addiction will provide clear, informed guidance for sex addicts and those professionals working with them.

Facing the Shadow Patrick Carnes 2015-03-31 The groundbreaking book introducing Dr. Patrick Carnes' thirty-task model for treating sexual addiction is now UPDATED and REVISED.

It's My Life Now Meg Kennedy Dugan 2002-09-11 First published in 2000. Routledge is an imprint of Taylor & Francis, an informa company.

Routledge International Handbook of Sexual Addiction Thaddeus Birchard 2017-09-11 The concept of sexual addiction has gained increasing recognition in the academic and healthcare communities since the 1990s. It has also captured the attention of the media, where there has been much debate over whether it can truly be described as an addiction. What is certain is that many people struggle with out of control sexual behaviour, which takes over their lives and has harmful consequences for their relationships, careers and finances. The Routledge International Handbook of Sexual Addiction brings together a comprehensive range of perspectives on sexual addiction from a worldwide selection of scholars and therapists. It sets out to define sexual addiction and to study its causes from a range of different psychological perspectives. A series of presentations of sexual addiction are outlined, including internet sexual addiction and the relationship between paraphilias and sex addiction. The handbook considers both individual and group treatment strategies, drawing on a wide range of approaches, including cognitive behavioural therapy, mindfulness and 12-step programmes. The book studies sex addiction in specific populations including women, adolescents and men who have sex with men. Finally, it considers some of the alternative discourses surrounding the concept of sexual addiction. This is the first comprehensive reference book to bring together global viewpoints on advances in research, theory and practice in one volume. This handbook provides an essential guide for academics and students of psychotherapy, counselling, nursing, addiction, sexualities, social work and health and social care, as well as professionals in practice and in training working with sexual addiction and related issues.

The Storm of Sex Addiction Connie A. Lofgreen 2012-09-01 The most comprehensive, informative, accessible, and readable primer on sex addiction.

Out of the Shadows Audrey Yagalla 2021-12-21 "Out of the Shadows" takes the reader on a hero's journey into the depths of a woman's life as she was conditioned and sexually violated by a Roman Catholic priest during her

most formidable years. The book lays out the aftermath and the events that followed living through the abuse and trauma. This includes details on the attempt at justice within the local judicial system, and the emotional events surrounding the release of the Pennsylvania Grand Jury report related to clerical pedophilia. The true focus of this book is to share the healing process post-trauma and the modalities utilized for healing the body, mind, and spirit. When you embrace the warrior spirit, you allow shadows to be looked at, shed and released, giving allowance to something greater than can be imagined. You become empowered to be the master of your own life. Whether you have lived through traumatic life events that have stopped you in your shoes or a have someone that you care about who is dealing with struggle and trauma, this book serves to help you find answers and offer moments of clarity. We can be shaped and defined by our life events, but we do have a choice to be free of the baggage that we have picked up along the way. Hopefully, this book will assist you in finding your roadmap back to you, your authentic soul self.

Deceived Claudia Black 2009-07-30 Renowned lecturer, author, and trainer Claudia Black offers a comprehensive guide to healing and recovery for women whose partners are acting out sexually. Pornography, cybersex, prostitutes, voyeurism, multiple affairs. No matter their "drug" of choice, men who act out sexually leave their partners reeling in fear, rage, incredible shame, and isolation. But there is hope. In Deceived, bestselling author Claudia Black offers women in relationships plagued by sexual betrayal the care and guidance to create a new path of clarity, direction, and confidence. Black uses stories of real women who have been through a wide variety of experiences to help readers develop the understanding and skills to: confront their partners heighten their personal security by setting nonnegotiable boundaries avoid preoccupation with their partners' problems practice forgiveness let go of the uncontrollable talk to their children make positive changes derived from esteem and integrity Deceived teaches women how to proactively emerge from emotional isolation, shed secrets and shame, and discover their power to incite positive change in their relationships

Sexual Addiction: Understanding and Treatment Paul Becker, MAEd, LPC 2015-02-23 The book Sexual Addiction: Understanding and Treatment introduces graduate-level students to the field of sexual addiction. Graduate schools seek a textbook that specifically addresses the dynamics of sex addiction to complete their counseling education curriculum. Some professors have indicated that there is a dearth of targeted instructional content. This book fills that need. As a compendium of Dr. Carnes' research related to the treatment of sexually addicted men and women, the book will serve as clinical manual for therapists. Therapists are invited to use the recovery program presented as an effective treatment regimen for sex addicts. Internet pornography addicts men and women who have a weakness for sexual stimulation. One estimate is that as much as half of the male population and a third of the female population are addicted to pornography. The need for a relevant clinical tool is real. As such, the book contains thirty-six therapeutic exercises to help sexually addicted men and women, in conjunction with sex addiction therapy, to achieve long-term sexual sobriety.

Freedom from the Inside Out Nathalie Goldrain 1998-12

The Truth about Rape Teresa Lauer 2002 If you were raped, recently or even years ago, you know that desperate feeling of wanting to get your life back together. If it feels like everything is broken and you're all alone, this book is a safe and reliable guide to recovery.

Life in the Shadows Nancy Legere 2019-04-12 Childhood is supposed to be a time of innocence, discovery, making

friends, learning, and enjoying simple, uncomplicated days filled with laughter and fun. But what happens if those idealistic hopes and dreams are squashed in an instant when that little girl is sexually abused? What then? Life in the Shadows is the true story of how one such little girl lived with crippling feelings of shame and an overwhelming need for secrecy. What followed was a life struggling to cope with severe symptoms of Post-traumatic stress disorder, turning to alcohol for relief and escape, leading to sleep deprivation and almost absolute isolation. Nancy Legere openly shares how she managed to climb up out of the seemingly never ending darkness that enveloped her life after she was raped at the tender age of seven, and the years that ensued with her falling deeper and deeper into the abyss of anger and fear caused by feelings of self-loathing. Feelings of being unworthy of love and incapable of showing any emotion caused Nancy's life to spiral out of control to the point of contemplating suicide to end her struggles with life as she knew it. "Nancy brings her courage and 'tell it like it is' persona to this story of her journey out of the hell that is childhood sexual abuse, to the healing path she is now walking. She shares openly and honestly about the toll the abuse took on her physically, emotionally, and spiritually, and how she eventually took back her life and her power. It is a triumphant, hard-hitting, sometimes challenging read that leaves us hopeful about finding our way out of the shadows." Dawn McKelvie Cyr, MA

Answers in the Heart Anonymous 2011-02-17 Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs to embrace recovery. Part of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

Out of the Shadows Patrick J Carnes 2009-06-21 Unhooked from regular routines and healthy relationships by the coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them. With the revised information and up-to-date research, Out of the Shadows is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. Out of the Shadows is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

CBT for Compulsive Sexual Behaviour Thaddeus Birchard 2015-05-15 Increasing numbers of therapists are coming into contact with the problem of compulsive sexual behaviour disorders. However, it is still a relatively new field and there is little in the current literature available that enables the therapist to work with and treat this problem. CBT for Compulsive Sexual Behaviour: A guide for professionals addresses this by providing a guide to cognitive-behavioural theory and practice which includes the assessment, diagnosis and treatment of addictive sexually compulsive disorders. Beginning with a description of addictive sexuality and an overview of cognitive behavioural therapy in which CBT is presented

as the most useful response, Thaddeus Birchard provides clear therapeutic information about the implementation of CBT treatment intervention. The chapters included cover the neuroscience that underpins the addictive process; a 'how to' chapter on the use of groups; paraphilias; trauma and attachment; comorbid disorders and cross-addictions and analysis on the function of internet pornography, all written from a cognitive behavioural stance. Using case vignettes throughout, Thaddeus Birchard draws on his own experience as a psychosexual therapist, along with the latest research in the field, to enable the therapist to treat a range of compulsive sexual problems in a way that can be applied in individual practice or in a group setting as well as how to prevent relapse. This book will be essential reading for psychosexual therapists, cognitive behaviour therapists and other professional working with sexual compulsive disorders.

Losing the Bond with God: Sexual Addiction and Evangelical Men Kailla Edger-Peoples 2011-04-07

Empirical research provides the basis for a comprehensive depiction of evangelical Christian men who self-identify as sexual addicts. • Direct quotes and stories from interviews with study participants • Diagrams of the Cycle of Sexual Addiction and the Life Worlds of the Evangelical Sexual Addict • Appendices covering: participant profiles, research design, data analysis, and the definitions of terms
A Woman's Guide to Overcoming Sexual Fear & Pain Aurelie Jones Goodwin 1997 Explores the reasons for sexual disorders and advises when professional help is necessary

Shadows of the Cross Craig Cashwell 2015-02-25 This book is a Christian companion to Facing the Shadow. It provides an early spiritual focus to recovery for those who are beginning to use the Patrick Carnes 30 task model of recovery from sex addiction. Addresses issues of sexuality in a non-shaming way using Biblical scripture to encourage long-term recovery. Shadows of the Cross: -Includes interactive exercises and tasks that complement Facing the Shadow. -Applies world renowned Dr. Patrick Carnes' research-based thirty task model with a Christian twist -Has a Christian approach that tackles the shame that often accompanies sex addiction -Provides readers with suggested Biblical verses to assist in their long-term recovery -Provides a much needed spiritual focus to early recovery

Sexuality and Sex Therapy Mark A. Yarhouse 2014-03-07 The field of human sexuality is one of ever-increasing complexity, particularly for Christian therapists and psychologists seeking to be faithful to Scripture, informed by science and sensitive to culture. Mark Yarhouse and Erica Tan offer a survey and appraisal of this field from a Christian perspective, which grounds sex therapy in the biblical affirmation of physicality and the redemptive purposes of human life.

Shadows of the Cross Craig Cashwell 2015-03-10 A much anticipated Christian companion to Facing the Shadow.

In the Shadows of the Net Patrick J Carnes 2009-07-30 The much-anticipated second edition of the breakthrough book about recovering from online sexual addiction. As the Internet becomes a more powerful, imposing force in our lives, indeed becoming difficult to avoid, the potential for related problems also increases. This includes troubles of a sexual nature. When accessing porn no longer requires even a trip to the store, when we can view and participate in sexual activities anonymously, when younger and younger children are being exposed to sex online, when virtual interactions take over, limiting and even destroying real-time relationships, we are in crisis. Compulsive online sexual behavior is a real and growing problem. Yet the situation is not without hope. For those who are seeing signs of significant online problems in themselves or a loved one, this updated second edition of In the Shadows

of the Net provides answers, understanding, and tools for recovery. With the latest statistics, discussion of recent technologies and devices, and new thinking on developing a healthy relationship with the Internet and avoiding relapse, this book offers authoritative, professional advice for achieving lasting, healthy change and healing.

Authentic Human Sexuality Judith K. Balswick 2013-12-21 Sex pervades our culture, going far beyond the confines of the bedroom into the workplace, the church and the media. Yet despite all the attention and even obsession devoted to sex, human sexuality remains confusing and even foreboding. What, after all, is authentic human sexuality? That is the question Judith and Jack Balswick set out to answer in this wide-ranging and probing book. Informed by sociology, psychology and theology, the Balswicks investigate how human sexuality originates both biologically and socially, lay groundwork for a normative Christian interpretation of sexuality, show how authentic sexuality is necessarily grounded in relationships, and explore such forms of "inauthentic sexuality" as sexual harassment, pornography and rape. Since its first publication in 1999, *Authentic Human Sexuality* has established itself as a standard text at numerous colleges and seminaries. While maintaining the book's overall structure, this new paper edition offers updated discussions and bibliographies throughout, including a completely new chapter on sexual development throughout the human lifespan and a substantially revised chapter on sexual beings in relationship that

incorporates a trinitarian theological perspective. A new generation of students, pastors, psychologists and sociologists engaged in counseling will be indebted to the Balswicks for this updated study of this endlessly fascinating and perplexing facet of human identity.

Treatment Strategies for Substance Abuse and Process Addictions Robert L. Smith 2015-03-05 This distinctive and timely text examines the most prevalent substance and process addictions and focuses on current research and evidence-based treatment strategies. Major substance addictions discussed include alcohol, tobacco, marijuana, methamphetamines, and prescription drugs. Complete chapters are also devoted to the most frequently cited process addictions, making this text unique. Behavioral addictions covered in this text include pathological gambling, sex disorders, disordered eating, work, exercise, shopping, and Internet/gaming. Each chapter contains a listing of student learning outcomes, a case study with reflective questions, techniques for assessment and diagnosis, inpatient and outpatient treatment approaches, and resources for further study. With its emphasis on treatment strategies, this text can be used by practitioners as well as by professors in the classroom in introductory courses in addictions or in subsequent courses that focus on treatment strategies. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.