

It Takes a

Family

a cooperative approach

to lasting sobriety

DEBRA JAY

FOREWORD BY ROBERT L. GURPENT, MD

It Takes A Family A Cooperative Approach To Lasting Sobriety

Michael G Wetter, Eileen Bailey



It Takes A Family A Cooperative Approach To Lasting Sobriety:

It Takes a Family Debra Jay, 2014-10-21 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. The author 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.

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.

It Takes a Family Debra Jay, 2021-05-04 This second edition of the groundbreaking book by acclaimed interventionist and educator Debra Jay celebrates the unique and powerful role families play in successful long-term recovery from addiction. Readers receive tips, tools, and a framework for pursuing the proven path of Structured Family Recovery. As a companion to *Love First*, the classic guide to family intervention, *It Takes a Family* delivers a proven method for families and friends to step beyond the initial intervention and reinvent their relationships as part of a family recovery team. In straightforward, compassionate language, Debra Jay offers readers a structured model that shows family members and friends how they can work together to overcome the obstacles many people with addiction face in their initial recovery. Through easy-to-follow strategies and exercises, family members learn about and address the challenges of enabling, denial, and pain while developing their communication skills and embracing the joy that comes from healthier and happier relationships.

Earn It! Michael G. Wetter, Eileen Bailey, 2017-10-24 What happens when your kid, whom you don't recall lavishing with excessive rewards or money, acts entitled as though everything should be about his wants or her needs? Good news: from any age, you can help your child evolve into a confident and motivated adult who understands that many of the best things in life are earned.

Back cover *Addict in the Family* Beverly Conyers, 2009-06-03 Close quarters and high-stress family life during the coronavirus pandemic may have you worried about a loved one's use or addictions and what you can do to help. This book

offers wisdom and insight from families who have walked this road With over 75 000 copies sold *Addict in the Family* is a must have trusted resource for anyone coping with the addiction of a family member When my eldest son became addicted to crystal meth and heroin I could barely function I would not have survived without Beverly Conyers s *Addict in the Family* which provided guidance and hope I realized I wasn t alone on my hellish journey The book helped me get through interminable nights when I was terrified that his addiction would take his life It offered a path to healing David Sheff author of *Beautiful Boy* now a major motion picture With years of experience struggling with her daughter s addiction and recovery Beverly Conyers has been where you are In *Addict in the Family* Conyers draws on research experience and compelling personal stories from others to explain what families should know about substance abuse interventions relapse and more Although families can t cure a loved one s addiction they can provide support without enabling set boundaries prioritize self care and find healing through therapy spirituality Al Anon or Nar Anon and countless other resources that show no one is alone on this journey Revised and updated in 2015 this classic recovery book is for anyone who has experienced the shame anxiety sleepless nights and physical illness that often stem from loving someone who is struggling with addiction These stories show that no matter what is happening with your loved one you have the power to control your own recovery

Without Shame Barbara Theodosiou,2020-02-25 Barbara Theodosiou and her family reveal the pain loss and connection that emerge from addiction trauma codependency and recovery in this unique view into the heart of a national crisis The ringing phone startles Barbara during another sleepless night She knows it must be Daniel her big hearted intelligent son who has spent years cycling through hospitals jails and treatment centers Although Daniel s childhood struggles started much earlier he was sixteen when Barbara discovered he was horribly addicted to DXM the drug found in many over the counter cough medicines After picking up the pieces from one more of her son s relapses Barbara seeks support in the online refuge she created when she had nowhere else to turn *The Addict s Mom* There she can Share Without Shame with others who understand These other mothers know that it can become normal to hope your son will be locked up so he isn t sleeping on the street These other moms understand how it feels to realize you have not just one addicted child but two Barbara discovered her oldest son Peter s addiction just six months after Daniel s And when that happens sometimes all a mother can do is try to save herself But this isn t just a mother s story *Without Shame* encompasses Daniel s own poetry and prose Peter s story of healing against all odds their sister Nicole s story of balancing compassion and independence and other often unheard voices This multifaceted story reveals what it truly means to describe addiction as a family disease *The Right Rehab* Walter Wolf,2021-11-15 The ultimate what you need to know guide for navigating the confusing world of addiction treatment insurance coverage and recovery Imagine you are awakened by a call at 3 a m informing you that your loved one is in crisis due to addiction or mental illness Maybe he or she has been incarcerated hospitalized or left for dead from an overdose Who would you turn to and what would you do next Walter Wolf got that very call when his own family member was

in crisis There was no playbook but Walter knew who to call a friend in the treatment world who knew exactly what to do And that got him thinking about the 42 billion unregulated treatment industry with its share of grifters and 1 800 toll free call centers standing by to promise you anything to get your credit card number Who protects the uninitiated terrified to the point of doing anything they re told to save their loved one Wolf knew something had to change Families hit by addiction like Wolf s needed a how to book on finding the right treatment at the right rehab Since that book didn t exist he wrote it himself From intervention to recovery The Right Rehab is a step by step guide that details how to identify and access treatment options available to all individuals and families no matter how plentiful or spare their resources Due to Walter s relationships with the most ethical and renowned professionals in the treatment world he is able to explain the treatment plan principled experts insist is the most evidence based dependable and customizable for the individual who is fully committed to sobriety The Right Rehab is for the millions of vulnerable terrified and uninitiated families who need to know what to do first next and into the future while protecting them from programs that don t work No one wants to get that call but many can see it coming Arm yourself ahead of time with this clear concise and easy to follow guide to getting the right help for your loved one

Saving Bobby Renee Hodges,2025-07-30 When Renee Hodges invited her nephew Bobby to come stay with her for a few weeks so he could visit a doctor about his back pain she knew he was recovering from an addiction to prescription painkillers She believed that if he could address his back problems he would have a better chance of staying clean but she had no idea what a roller coaster ride she was getting on Unlike other books about addiction Saving Bobby begins after rehab is over Told in part through journal entries e mails and personal recollections this raw honest deeply moving memoir begun to keep the family accountable describes the sixteen months that Hodges her husband and their community struggled alongside Bobby as he attempted to successfully re enter the day to day world Using a holistic and open approach the shame and stigma associated with addiction was lessened and ultimately Bobby learned he had to save himself A gripping and heartrending story of survival Saving Bobby is an essential timely read for those concerned about America s most pressing epidemic

The Definitive Guide to Addiction Interventions Louise Stanger, Lee Weber,2018-09-14 Written for a broad audience of medical and behavioral healthcare professionals The Definitive Guide to Addiction Interventions A Collective Strategy introduces clinicians to best practices in addiction interventions and bridges the gap between the theory and practice of successful intervention Synthesizing decades of fieldwork Louise Stanger explores the framework for successful invitations to change what they look like in action and how to adjust approach by population and Lee Weber serves as editor The authors summarize and compare intervention models in use today and explain the use of family mapping and individual portraiture as clinical tools The text also teaches clinicians to troubleshoot common situations as they help move clients toward positive life decisions Practical ready to use clinical tools follow the text in downloadable worksheet form

A Very Fine House Barbara Cofer Stoefer,2014-09-23 A Very Fine House is an intimate memoir of a mother s Norman Rockwell

family turned upside down by her daughter's descent into meth addiction and crime Bright and beautiful Annie is an unlikely candidate for meth Living fast and hard on the streets of Bend Oregon she commits crimes against herself the community and her own family The author chronicles her child's addiction in a way that other writers have not written about addiction What begins as an obsession to save her daughter and a rage against God for allowing drugs to devour her college age girl transforms into release in a life changing letting go and letting God moment The reader is first introduced to the Stoefen family and Barbara's dream for its idyllic future Kinks in the perfect life appear When Annie's alcoholism drug use and criminality ensue Barbara fights to save her There is all consuming grief and the devastating loss of not just her daughter but her dream for her own life as well Barbara eventually finds support and a new way of thinking While she continues the battle to save her daughter she ultimately finds the courage to save herself The conclusion deals with Annie's recovery and Barbara's Both experience a spiritual awakening and are transformed A new and better dream for Barbara's life is born 50 WAYS

TO WORRY LESS NOW: REJECT NEGATIVE THINKING TO FIND PEACE, CLARITY, AND CONNECTION Gigi Langer, PhD, 2018-01-20 Thirty years ago Gigi Langer was a prisoner of her worries who used alcohol romance and professional accomplishments to soothe her frayed nerves After applying tools from therapy recovery programs scientific research and a variety of philosophical and spiritual teachings she stopped drinking and discovered how to overcome her own anxieties and stress Worry Less Now offers four life strategies and 50 eclectic tools to dissolve the whispered lies of negative self talk Although many books address negative thinking very few give the reader step by step directions on how to defeat it Others simply advocate a single approach With candor and humor Langer describes a wide variety of strategies that helped her and others defeat dysfunctional relationships perfectionism addiction and worry about loved ones As an award winning writer and professor Langer skillfully shares compelling stories and exercises that empower you to MANAGE life's most difficult challenges with calm wisdom CREATE healthy relationships that blossom and thrive FULFILL your dreams through positive thinking SERVE others in their personal growth Regardless of the situation Worry Less Now will help you move through it with courage hope and insight **Women with Long-Term Sobriety** Sylvia Cary, 1999-10 Facing life on its own terms is a goal of every recovering alcoholic how to go about it requires the experience strength and hope of those who have accomplished it Women with Long Term Sobriety shares the wisdom of women alcoholics who have successfully maintained their sobriety for ten or more years while dealing with the ups and downs of life *Congressional Record* United States. Congress, 1993 **Love First** Jeff Jay, Debra Jay, 2021-04-27 This revised and expanded third edition of the gold standard for intervention provides clear steps for harnessing the power of family friends and professionals to create a better future with loved ones suffering from addiction Over the course of the last twenty years Love First has become the go to intervention guide for tens of thousands of families This trailblazing book empowers and equips families and friends to use the power of love and honesty to give their addicted loved ones a chance to reach for help Updated with the latest addiction science as

well as insights gained from decades of front line experience in family interventions this revised and expanded edition contains practical tools for taking the next step together transforming the intervention team into an ongoing community of loving support lasting accountability and lifelong recovery *Comprehensive Textbook of Psychiatry, III* Harold I. Kaplan, Alfred M. Freedman, Benjamin J. Sadock, 1980 **Press Summary - Illinois Information Service** Illinois Information Service, 1987 **The International Handbook of Psychology** Kurt Pawlik, Mark R Rosenzweig, 2000-11-13 The International Handbook of Psychology is an authoritative resource covering all the main areas of psychological science and written by an outstanding set of authors from around the world The 31 chapters cover not only scientific but also applied cross disciplinary aspects Supervised by an International Editorial Advisory Board IEAB of 13 eminent psychologists and edited by Professors Kurt Pawlik and Mark R Rosenzweig it is being published under the auspices of the International Union of Psychological Science IUPsyS by SAGE Publications Ltd in London The International Handbook of Psychology will be invaluable to advanced undergraduates graduate students and academics in psychology **No More Letting Go** Debra Jay, 2007-12-18 Detachment has been the standard message of most addiction literature for the last twenty years The conventional wisdom offered to an addict's loved ones has been to let the addict hit bottom before intervening Now intervention specialist Debra Jay challenges this belief and offers a bold new approach to treating addiction that provides a practical and spiritual lifeline to families struggling with alcohol or drug abuse In No More Letting Go Jay argues that the traditional advice of letting go too often destroys both the addict and the family physically emotionally and spiritually Jay contends that addiction is everybody's business not just the addict's and addiction doesn't have the right to trump the welfare of a family In short highly accessible chapters written with warmth understanding and compassion Jay weaves together philosophical and religious thought new science on the brain function of an addict the physical and psychological impact of addiction on family members and poignant real life family stories No More Letting Go is a powerful informative guide that provides comfort hope and practical advice to anyone affected by a family member's addiction Psychotherapy in Chemical Dependence Treatment George Buelow, Sidne A. Buelow, 1998 1 integrative model of chemical dependence in treatment 2 practical decisions in assessment and referral 3 case conceptualization treatment planning and treatment 4 maintenance relapse and relapse prevention 5 individual treatment 6 family dynamics and treatment 7 children and adult children of alcoholics and other drug abusers 8 group treatment Rural Development Abstracts , 2011

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