

REVISED & EXPANDED

LOVE FIRST

A FAMILY'S GUIDE TO INTERVENTION

Updated Tools and Techniques
to Help Loved Ones Heal from Addiction

SECOND EDITION

JEFF JAY
DEBRA JAY

with a foreword by George McGovern

Love First A Familys Guide To Intervention

Barbara Cofer Stoefen



Love First A Familys Guide To Intervention:

Love First Jeff Jay,Debra Jay,2021-04-27 Love First provides clear steps for families friends and professionals to create a loving and effective intervention plan for helping those who have an addiction This revised and expanded twentieth anniversary edition adds new intervention techniques for alcohol and other drug addictions plus contemporary insights from the authors decades of front line work with those who are addicted and their families Also new are tools to help families undertake the treatment journey together and transition from intervention team to ongoing community of support for lifelong recovery

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

The Complete Family Guide to Addiction Thomas F. Harrison,Hilary S. Connery,2019-06-14 The purpose of this book is to explain addiction and to help families and friends to deal with it successfully People who are struggling with addiction can also use this book to understand their situation and the resources that are available to help them And people who are wondering if they might have an addiction can use it to get a better sense of the nature and depth of their potential problem Part I explains the science behind addiction Part II looks at the emotional side of the problem and how families are affected Part III discusses many of the real world legal and practical issues that addicts often face and ways to keep them out of trouble Part IV provides a detailed overview of treatment options And Part V describes the recovery process and the most effective strategies to keep it going for the long term

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

It Takes a Family Debra Jay,2021-05-04 This second edition of It Takes a Family helps families and friends step beyond initial intervention and

reinvent their relationships as part of a family recovery team to help their loved one avoid relapse and support sobriety Through a Structured Family Recovery model with strategies and exercises designed to create transparency and accountability family members learn about and address the challenges of enabling denial and pain while developing their communication skills and enjoying healthier happier relationships With detailed instructions for weekly family meetings including opening and closing statements thoughtful discussion topics suggested readings and specific assignments It Takes a Family offers much needed support to family members and their addicted loved ones as they work together to create and sustain lifelong recovery The Spectrum of Addiction Laura J. Veach, Regina R. Moro, 2017-10-20 This book presents a comprehensive overview of addictive behaviors and habits from early use through risky use severe risk use and addiction

Gay Men and Substance Abuse Michael Shelton, 2011-04-29 A timely reference that addresses the unique issues of gay men in recovery Winner of the 2012 Independent Book Publishers Association Benjamin Franklin Award GLBT Category *Gay Men and Substance Abuse* fills a tremendous void serving as a valuable resource for gay men professionals concerned partners friends and family members in need of solid information and guidance Whether faced with a traumatic coming out process caught up in personal struggles with body image engulfed in the club culture or navigating a family system that does not accept his sexuality a gay man struggling with substance abuse or addiction often faces cultural and personal challenges unique to his life experiences Yet many men and their loved ones in search of help are forced to adjust to a traditional treatment system or self help groups that center on heterosexual relationships and family groups that neglect to include partners or address what can be a uniquely challenging family dynamic By exploring the social and psychological factors that play into homosexual men s addictions nationally certified treatment counselor Michael Shelton presents a timely comprehensive look at best practices in meeting the unique needs of gay men in recovery offering keen insight on a range of issues including such common therapeutic approaches as motivational enhancement therapy and 12 Step strategies successful relapse prevention protocol tools for recovery from co occurring sexual disorders the importance of a loved one s role with regard to intervention and support the complicated relationship between gay male drug use and sexual behavior how to talk knowledgeably and with care and sensitivity About the author Michael Shelton M S C A C is a nationally certified treatment counselor and does clinical work with males with substance abuse and sexual disorders at four facilities in Philadelphia He s the author of four other books including *Boy Crazy Why Monogamy Is So Hard for Gay Men and What You Can Do About It* Family Therapy with Adolescents in Residential Treatment Jacob D. Christenson, Ashley N. Merritts, 2017-03-30 This highly practical resource integrates the powerful dynamics of family into residential treatment and outdoors based therapy for young people Recognizing both the family as the systemic base for promoting change in adolescents and the therapeutic potential of the residential wilderness setting experts show how aligning the two can enhance the healing value of the program while promoting higher standards for care Chapters describe innovative science

based interventions and techniques for treating common behavioral and emotional problems along a continuum of family involvement and separation to address issues affecting the family as well as the identified patient With its accessible ideas and compelling case studies the book ably demonstrates the critical role of family in adolescent patients successful transition to post treatment life Among the topics covered A parallel process home therapy while the adolescent or young adult is in residential care Intentional separation of families increasing differentiation through wilderness therapy Emerging family therapy models utilized in residential settings Engaging families in Outdoor Behavioral Healthcare Research on coping skills used by youth with emotional and behavioral disorders Expanding our understanding of the place of family therapy in residential treatment Family Therapy with Adolescents in Residential Treatment offers novel exciting and effective strategies and techniques for practitioners and mental health professionals particularly interested in family therapy with adolescents and in related interventions and research

Addict in the Family Beverly Conyers, 2021-10-26 The family recovery classic Addict in the Family has been revised and updated to offer parents and other family members even greater support when faced with the reality of a loved one s addiction Solid actionable advice and information about what helps and what doesn t and how to care for themselves make this an indispensable guide For families of addicts fear shame and confusion over a loved one s addiction can cause deep anxiety sleepless nights and even physical illness The emotional distress family members suffer is often compounded by the belief that they somehow caused or contributed to their loved one s addiction or that they could have done something to prevent it Addict in the Family is a book about the pain of addiction but more importantly it is a book of comfort understanding and hope for anyone struggling with a loved one s addiction As the compelling personal stories reveal family members do not cause their loved one s addiction nor can they control or cure it What family members can do is find support set boundaries detach with love and eventually discover how to enjoy life more fully This book helps them do just that whether the loved one achieves recovery or not

Substance Abuse Treatment Sylvia I. Mignon, 2014-07-18 Print CourseSmart

You Need Help! Mark S Komrad, 2012-07-31 If you feel that a friend or loved one has a problem and needs professional help this step by step guide will give you the tools to approach engage and support him or her Just about everyone knows a relative friend or coworker who is exhibiting signs of emotional or behavioral turmoil Yet figuring out how to reach out to that person can feel insurmountable We know it is the right thing to do yet many of us hesitate to take action out of fear of conflict hurt feelings or damaging the relationship Through a rich combination of user friendly tools and real life stories Mark S Komrad MD offers step by step guidance and support as you take the courageous step of helping a friend who might not even recognize that he or she is in need He guides you in developing a strong course of action starting by determining when professional help is needed then moves you through the steps of picking the right time making the first approach gathering allies selecting the right professional and supporting friends or relatives as they go through the necessary therapeutic process to resolve their problems Included are scripts based on Komrad s work with his

own patients designed to help you anticipate next steps and arm you with the tools to respond constructively and compassionately You will also find the guidance and information needed to understand mental illness and get past the stigma still associated with it so you can engage and support your loved one with insight and compassion in his or her journey toward emotional stability and health

Addict in the House Robin Barnett, 2016-08-01 Everyone suffers when there is an addict in the family Written by an expert in alcohol and drug addiction and recovery and drawing on her own personal experience with her brother's addiction this no nonsense guide will help readers understand the causes of addiction end their enabling behaviors support their loved one's recovery and learn how to cope with relapses

Under the Influence James Robert Milam, Katherine Ketcham, 2021-09-28 The now classic guide to alcoholism returns with new enlightening research that confirms the revolutionary ideas first trailblazed by this book in a time when such theories were unheard of now featuring a new foreword new resources and the same reliable insights and easy to read style This book is truly informative powerful and an invaluable resource on overcoming alcoholism Angela Diaz M D Ph D M P H Ten of millions of Americans suffer from alcoholism yet most people still wrongly believe that alcoholism is a psychological or moral problem that can be cured once the purported underlying psychological problems or moral failings of the alcoholic are addressed Based on groundbreaking scientific research Under the Influence examines the physical factors that set alcoholics and non alcoholics apart and suggests a bold stigma free way of understanding and treating the disease of alcoholism You'll learn How to tell if someone you know is an alcoholic The progressive stages of alcoholism How to help an alcoholic into treatment and how to choose the right treatment program Why diet and nutritional therapy are essential elements of treatment Why frequently prescribed medications can be dangerous for alcoholics How to ensure a lasting recovery An essential resource for anyone hoping to better understand the nature of alcoholism whether you are looking to support a loved one or learning how to best care for yourself it's no wonder this innovative work has been hailed as the best book ever written on alcoholism AA Beyond Belief This special updated edition of Under the Influence will continue to earn its standing as a classic in the alcoholism field for years to come

Recover to Live Christopher Kennedy Lawford, 2014-01-07 NEW YORK TIMES BESTSELLER From New York Times bestselling author of Symptoms of Withdrawal and Moments of Clarity Christopher Kennedy Lawford comes a book that will save lives For most of his early life Christopher Kennedy Lawford battled life threatening drug and alcohol addictions Now in recovery for more than 25 years he works to effect change and raise global awareness of addiction in nonprofit private and government circles serving as the goodwill ambassador for drug dependence treatment and care for the United Nations For the first time Recover to Live brings together all of the most effective self care treatments for the seven most toxic compulsions affecting every culture on the planet today alcohol dependence drug dependence eating disorders gambling hoarding smoking sex and porn In Recover to Live more than 100 of the world's top experts interviewed by Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency what

treatments will work best for you how best to help yourself or a loved one recover from addiction and how to lead a fulfilling and productive life in recovery

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 Stoefer 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.

Now What? William Cope Moyers, 2012-10-09 Addiction and recovery insider and expert William Cope Moyers answers the question *Now What?* for addicts and their loved ones every step of their journey from contemplation through intervention, treatment, and recovery. Addiction and recovery insider and expert William Cope Moyers answers the question *Now what?* for addicts and their loved ones along every step of their journey through contemplation, intervention, treatment, and recovery. As the survivor of multiple relapses and near-fatal experiences with his addiction to alcohol and other drugs, William Cope Moyers knows what it's like to desperately need but not know how to find a good treatment program. As Moyers was struggling, his parents, television journalist Bill Moyers and his wife Judith, were also battling to understand what was happening to their son and what to do about it. Thanks to a successful intervention, intensive inpatient treatment, and a rigorous Twelve Step program, Moyers has been clean and sober since 1994 and has devoted his life to guiding others in getting the help they need. In the course of his work as a recovery advocate and ambassador with Hazelden Foundation, Moyers has talked with hundreds of alcoholics, addicts, and their families and has been a lifeline in helping them get the treatment they need. Drawing from both his own journey and the experiences of those he's helped, Moyers applies his passion and trademark down-to-earth style to lead readers through the process of recognizing when someone needs help, finding a quality treatment program, navigating the treatment process, and establishing a support system after treatment.

Navigating Grace Jeff Jay, 2015-08-11 A moving illustration of the power of grace to elevate us during troubling times, Jeff Jay offers a soulful account of his solo sailing journey that turned into a battle for survival on the open sea. Jeff Jay's recent life was full of tragedy: his marriage had ended, his father had passed away, his brother had committed suicide, and Jeff's own alcoholism had taken him to the edge of death. In his desire for a fresh start, Jeff set out on a solo adventure by

sea on an old sloop named Lifeboat It ultimately became a journey of personal transformation He cast off in Annapolis Maryland with an eye toward the Caribbean Finally able to breathe Jeff relaxed into his first day sailing the Atlantic when a dark winter storm descended tossing him into a week long fight for survival on the open sea As he faced the realization that only divine intervention could deliver him from certain death Jeff desperately called on the deity that had intervened in the darkest hours of his addiction years earlier An intensely personal testimony to calling on the power of grace in our darkest hours Jeff s is a beautifully written tale of far fetched dreams desperate prayers and those miraculous moments that change our lives forever

The Interventionist Joani Gammill,2011-04-20 Inspiring stories from the frontlines of the battle against addiction by Dr Phil s leading interventionist and recovering addict Joani Gammill Exuding the same passion and purpose as the author herself Joani Gammill s The Interventionist is a heartfelt game changer and long overdue You deserve to read it Dr Phil McGraw host of CBS s nationally syndicated show Dr Phil Joani Gammill an average suburban mom on the outside was secretly addicted to multiple forms of opiates and amphetamine for years and almost died as a result Through the life changing intervention staged by Dr Phil on his show Gammill not only committed to getting help for her addiction but she also went on to become a professional interventionist helping thousands of others in distress In The Interventionist she intertwines her experiences with depictions of her often harrowing and always inspiring interventions of the addicts and families she s worked with over the years In each chapter she recounts details of a client s unique battle with addiction and the devastation that led to a loved one s request for her help Gammill s intriguing story and the equally captivating stories of the brave people who come to her for help demonstrates how it is possible to emerge from the seemingly hopeless world of out of control drug use and not only regain one s sanity but actually discover that life clean and sober can be more meaningful than it ever was before

Help Them Beat The Booze Edmund Tirbutt,Helen Tirbutt,2011-07-15 This sensitive and accessible guide speaks directly to those who know what it is like to know or love a problem drinker and want to help them recover With case studies throughout and advice based on in depth research into alcohol addiction and the authors personal experiences Help Them Beat the Booze offers reassurance and practical guidance including Understanding alcohol addiction How to communicate with a problem drinker Practical steps to help the drinker and yourself recover A guide to the treatments available including exciting but little known new methods How to protect your children and minimize the impact on their lives in the future Life with a problem drinker can be challenging but wherever you live in the world with the help of this practical guide you can offer support and advice and find reasons to be hopeful Praise for previous work Beat the Booze by Edmund and Helen Tirbutt One of the most constructive practical books on alcohol I ve seen Mail on Sunday

Healing Addiction with Yoga Annalisa Cunningham,2012-06-01 Especially oriented toward those in 12 step programs this comprehensive wellness guide describes how yoga can stimulate recovery from addiction by bringing the mind and body closer together The supportive and understanding text presents a 21 day yoga regimen using dynamic affirmations relaxation

techniques nutrition and lifestyle suggestions aerobic activities and journal writing all of which are geared to incorporate the 12 step philosophy into yoga practice The featured poses are drawn from the popular hatha yoga tradition while the complementary contemplations are applicable not only to addicts but to anyone seeking physical and spiritual enrichment Newly updated and revised the guide includes beautiful professional photographs throughout to demonstrate the wide variety of asanas

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