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HAROLD C. URSCHEL, III, MD
CEO and Founder of the Urschel Recovery Science Institute
Chair of Medical Strategy, www.EnterHealth.com

REVISED AND UPDATED EDITION

Healing^{the} Addicted Brain

The Revolutionary, Science-Based
Alcoholism and Addiction Recovery Program

Healing The Addicted Brain Healing The Addicted Brain

Harold Urschel M.D.



Healing The Addicted Brain Healing The Addicted Brain:

Healing the Addicted Brain Harold Urschel M.D., 2009-04-01 The New York Times bestselling book offering a breakthrough scientific approach and treatment to conquering addiction and substance abuse Addiction is not a moral failing or a lack of willpower It is a disease of the brain that must be treated like any other chronic medical illness Healing the Addicted Brain by Dr Harold Urschel a board certified physician on addiction and founder of the Urschel Science Recovery Institute combines the best behavioral addiction treatments with the latest scientific research on brain function providing tools and strategies designed to overcome the biological factors that cause addictive behavior This proven approach triples the success rate of patients from 30% to 90% for those who seek help You will learn how to Combat triggers and cravings Deal with difficult emotions Handle dual diagnoses Communicate with family Achieve health and nutrition in recovery Regain enjoyment and pleasure Maintain long term recovery Whether you or a family member or friend suffer from addiction Healing the Addicted Brain offers you a comprehensive look at the new understanding of addiction and will arm you with the latest treatment information and ideas to beat this disease and achieve sobriety Scientifically based approaches that recognize the biological basis of addiction have brought major advances in the treatment of addiction Dr Urschel is at the forefront of this treatment paradigm Dr Larry Hanselka psychologist *Healing the Addicted Brain* Harold Urschel, 2009-04-01 New York Times Bestseller New scientifically based approaches that recognize the biological basis of addiction have brought major advances in the treatment of addiction Dr Urschel is at the forefront of this treatment paradigm Dr Larry Hanselka Psychologist The Proven Scientific Approach to Conquering Addiction and Defeating the Disease Healing the Addicted Brain is a breakthrough work that focuses on treating drug and alcohol addiction as a biological disease based on the Recovery Science program that has helped thousands of patients defeat their addictions over the past 10 years It combines the best behavioral addiction treatments with the latest scientific research into brain functions providing tools and strategies designed to overcome the biological factors that cause addictive behavior along with proven treatments and medications Using this scientific approach you will learn to conquer the physical factors that keep people tied to drug and alcohol addiction The proven fact is addiction is not a moral failing or an issue of not having enough willpower It is a disease of the brain that can and must be treated like other chronic medical illnesses such as diabetes hypertension or asthma in order to defeat the disease This revolutionary program can triple the success rate of patients from 20 30% to 90% There Is Hope By understanding addiction and using 21st century breakthroughs for the first time drug and alcohol addiction can be and will be defeated **Healing the Addicted Brain**, 2010 **Summary of Dr. Harold C. Urschel, III's Healing the Addicted Brain** Everest Media, 2022-05-10T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The success rate for addiction treatment is currently only 20 to 30 percent That means that 70 to 80 percent of the participants in any given addiction treatment program will not be successful 2 Addiction is a serious brain disease that

has reached epidemic proportions in the United States The shocking statistics say it all 45 year old Simon a high level chemist at a Dallas based manufacturer was referred to me by a drug court judge when he was charged with his second DWI and facing a ten year prison sentence His life was in shambles 3 The two main myths about addiction are that it is a personality disease and that it is untreatable However these two fallacies have put a stranglehold on the development of effective new therapies for addiction for years 4 The current ways of treating addiction are failing We need a new approach that will do for the treatment of addiction what insulin did for diabetes Prozac did for depression and Viagra did for erectile dysfunction

Addiction and God Michael K. Mason, 2016-01-21 The roots of the modern disease theory of addiction can be traced back to the archaic medical philosophies of the eighteenth century This popular theory is based primarily on the assumption that so called addicts are physically unable to resist the call of addictive chemicals They are presumably stricken from birth with this unlucky condition and all but helpless in the fight against the unhealthy symptoms of the so called disease The problem is that contemporary addiction research shows that substance abusers are not genetically or biologically different from anyone else In fact a growing group of physicians and researchers contend that addicts are simply guilty of making self destructive choices in response to the commonplace stresses of everyday life When addicts begin to take responsibility for their calculated chemical choices they ultimately come to view their abusive behaviors in terms of not sickness but sin They can then learn how to achieve forgiveness of their sins and deliverance from their addictions by offering their hearts minds and bodies to Jesus Christ This is a skillfully written and powerful book about addiction and recovery Having seen the devastating effects of addiction first hand Mr Mason was able to use his own personal experiences to develop a one of a kind text that dispels the myths about addiction and beautifully outlines the connection between the Spirit and recovery After 14 years of working in the field of chemical dependency I have never found a more complete and insightful view of addiction recovery and spirituality Cindy Tidwell MS LPC Professional Addiction Counselor

Staying Clean and Sober Merlene Miller,,David Miller, 2017-03-10 Staying Clean and Sober offers methods for not only getting sober but staying sober with new complementary and natural therapies For anyone who is addicted or trying to stay sober and for those that love them

Rewiring the Addicted Brain with EMDR-Based Treatment Laurel Parnell, 2019-12-03 Attachment focused EMDR and resource tapping applied to the clinical challenge of addictions recovery Writing for both EMDR therapists and substance abuse counselors Laurel Parnell provides user friendly tools to help support clients in recovery with EMDR based techniques that can be easily integrated into all levels of addiction treatment Emphasizing the practical clinical application of principles and techniques helpful for addictions and addictive disorders this book interweaves case material throughout the text with some chapters presenting in depth cases to illustrate the techniques Topics include treating trauma and supporting resilience tools for affect regulation and rewiring the motivation reward circuits

20 Embodied Practices for Healing Trauma and Addiction Jan Winhall, 2025-03-18 Trauma and addiction heal in tandem

with this paradigm shifting approach What if addiction dissociation and other manifestations of trauma were not framed as diseases or disorders but rather as adaptive methods of regulating the autonomic nervous system ANS This book takes that approach and guides readers through 20 embodied practices that promote the rewiring of the ANS By integrating the latest neuroscience from Stephen Porges s Polyvagal Theory with Eugene Gendlin s embodied felt sense Jan Winhall s Felt Sense Polyvagal Model is a paradigm shifting deeply somatic approach to healing trauma and addiction Readers are presented with two vital tools for healing learning how to recognize and rewire their autonomic state and finding the felt sense of somatic wisdom This compassionate and inviting model centers the intelligence of the body to allow for deep healing and these 20 step by step exercises present an accessible approach for clinicians their clients and anyone on the journey to healing from trauma and addiction The book s exercises are uniquely designed to be completed either with a mental health professional another person engaged in this embodied process a felt sense partner or both

Rewiring the Addicted Brain Laurel Parnell,2019-12-03 Attachment focused EMDR and resource tapping applied to the clinical challenge of addictions recovery Writing for both EMDR therapists and substance abuse counselors Laurel Parnell provides user friendly tools to help support clients in recovery with EMDR based techniques that can be easily integrated into all levels of addiction treatment Emphasizing the practical clinical application of principles and techniques helpful for addictions and addictive disorders this book interweaves case material throughout the text with some chapters presenting in depth cases to illustrate the techniques Topics include treating trauma and supporting resilience tools for affect regulation and rewiring the motivation reward circuits

Healing Addiction Peter Martin,Bennett Alan Weinberg,Bonnie K. Bealer,2007-01-29 Filled with helpful resources and illuminating case studies Healing Addiction provides you with an integrative guide to understanding and treating addiction that brings together the latest neuroscience pharmacology social understanding and psychological research It is a key resource for professionals in the addiction community for social scholars and policymakers and for the interested general reader

Beyond Addiction: Thomas G. Beley,2014-03-05 If you are a person who has struggled with an addiction or a family member who is helplessly watching the slow death of a loved one from an addiction or even a seasoned professional who is overwhelmed and frustrated over the chronic relapses of clients here is a simple question to ask yourself if you are wondering whether this book is for you Does a person have control over a relapse If you answered yes then this book is absolutely for you This book is for you because the answer to this question is an emphatic NO Why is the answer no Addiction like any other disease follows a natural process Once it starts this process will continue its natural course that will eventually lead a person to a more deteriorated condition certain pain and suffering or even worse death There are no exceptions to this natural process unless of course this process is interrupted The more important question that needs to be asked is Does a person have control over their recovery The answer to this question is an emphatic YES The intent of this book is not so much to focus on the science of addiction although this will be addressed as much as it is on the science of recovery Although the

reader will better understand some of the basic neurobiological processes underlying addiction It is just not genetics alone the reader will also explore how these same neurobiological processes are essential to recovery The contention here is that if there is a science of addiction there must be a science of recovery This book will explore the many facets of healing within the recovery process with particular emphasis on examining the role of our neurobiology and behavior More importantly it will give readers whether a person suffering from an addiction a distraught loved one or a frustrated professional insight and a blueprint as to what needs to be done for a successful recovery regardless of the disorder Is relapse a part of recovery Absolutely Not Addiction Barbara Gottfried Hollander,2011-12-15 Most young people immediately associate addiction with the physical dependence on drugs or alcohol Yet there are addictions of all stripes that physiologically are often related to one another This informative volume introduces readers to the various forms of addiction such as to food or exercise that they may be suffering from and have questions about *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 Mastering the Addicted Brain Walter Ling,2017-07-10 For anyone trying to overcome an addiction living with someone with an addiction or helping someone with an addiction As most drug and alcohol addicts eventually realize good intentions alone aren t enough to break destructive habits However addiction can be managed once its true nature is understood This simple yet profound guidebook takes you step by step through the process of building a life after addiction by adopting new behaviors that create lasting change An internationally renowned psychiatrist neurologist and addiction specialist Dr Walter Ling has worked with thousands of addicts their loved ones and fellow clinicians His no nonsense no judgment approach which he calls the neuroscience of common sense advocates holistic methods to prevent relapse and establish new patterns to create a sustainable meaningful life **Healing Addiction EMDR Therapy** Jamie Marich,Stephen Dansiger,2021-08-09 There are just so many things that I love about this book that I simply don t know where to begin Marich and Dansiger take an approach that is comprehensive integrative relational and deeply hopeful They share their wisdom and lived experience as skilled clinicians AND as

vulnerable human beings who themselves have struggled with addiction benefiting in profound ways from EMDR therapy

Deborah Korn Psy D Co Author of Every Memory Deserves Respect EMDR The Proven Trauma Therapy with the Power to Heal This must read volume offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions Clinicians will find in this book the guidance foundational and advanced skills as well as an incredibly rich repertoire of stabilization strategies Ana M Gomez MC LPC Author of EMDR Therapy and Adjunct Approaches with Children Complex Trauma Attachment and Dissociation Healing Addiction with EMDR is tailored to support therapists along the different phases of EMDR Therapy It focuses on understanding each individual case through case conceptualization and treatment planning and avoiding the simplistic What protocol should we use question People need to be understood as individual beings since this is the essence of EMDR Therapy Dolores Mosquera Co Author of EMDR and Dissociation The Progressive Approach INTRA TP A Coru a Spain Offers a holistic comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction Targeting the trauma lurking beneath the addiction the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders and guides practitioners in incorporating their protocols of choice into EMDR treatment While illuminating underlying theory the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully integrated approach to the diagnosis treatment and management of addiction across populations Written in user friendly language by two prominent practitioners and trainers of EMDR therapy the book helps therapists to address the complexity of addictive disorders by providing a comprehensive guide to the standard eight phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment Chapters contain case studies with commentary on relevant decision making points along with discussion questions to enhance critical thinking Abundant Tips and Tricks learned in the trenches make the text come alive with clinical relevance and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma guide readers to choose the best protocol for each situation Purchase includes digital access for use on most mobile devices or computers Key Features Authors lived experience brings a wealth of real world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up to date scholarly literature Uses abundant case studies Tips and Tricks from the Field and practical exercises to reinforce knowledge

Lesbian Love Addiction Lauren D.

Costine,2015-11-05 Everyone makes mistakes in relationships at one time or another Sometimes they learn from those mistakes Other times they return to those behaviors and cycle through failed relationship after failed relationship Sometimes those behaviors become an addiction to love that may leave a person feeling unhappy unfulfilled lonely or worse Lesbian Love Addiction Understanding the Urge to Merge and How to Heal When Things go Wrong makes visible the elements of love addiction that many lesbians suffer from Love addiction for lesbians comes in many forms Some struggle by sexually acting out and others are serial relationship junkies jumping from one relationship into the next Some are addicted to the high of falling in love and once that wears off don't know how to handle the day to day realities of a committed relationship Some are even addicted to fantasy and intrigue while others are love avoidants and sexual anorexics Love avoidants may be able to get into a relationship but once they are fully committed struggle with feeling smothered Others may avoid intimate or sexual relationships all together becoming sexually anorexic Some may even vacillate between all of these The underlying component and common denominator in all of these scenarios is the Urge to Merge Lesbian Love Addiction is designed to help ameliorate at least part of this problem Lauren D Costine offers insight for lesbians bisexual women in relationships with women queer women and more specifically any woman who loves women as well as their family and friends and health care professionals into the psychology of lesbian love addiction It will give those who struggle with and suffer from love addiction ways to understand cope and heal from this debilitating addiction It will give those who work with this population new tools to use to do this more effectively Mostly it will help lesbians understand their relationship failures and how to heal from problems associated with them so they may grow and cultivate happier more fulfilling connections in the future *Sober University* Cheryl Adler,2011-02 Are you struggling with addiction whether to alcohol prescription or illicit drugs overeating anorexia bulimia or gambling overspending and debt Or are you in a relationship that is sex addicted codependent or self destructive in another way Cheryl Adler MS LCSW DAPA FAPA speaks with compassion and insight A psychotherapist addictions counselor and educator she is unafraid to delve into the harsh realities of addiction Cheryl shares her 25 years of experience and success stories to empower you to take the next steps to strengthen your sobriety and move toward your ultimate recovery She shares her stories and insights to guide you in areas that addicts struggle with including Changing recovery from a clinical experience to one of adventure and self discovery Designing a sobriety plan unique to you that focuses on your strengths and personal successes Creating healthy and loving relationships Choosing a rehab Finding a supportive therapist What you can learn from a 12 step program Transforming your environment Making healthy choices about nutrition and exercise so you'll start feeling better right away Integrating medication prayer and spiritual practice into your recovery Becoming a good role model to your children Learn at your own pace and let a course at Sober University open doors to a healthier more joyful life Sober University is an invitation to successful recovery for any addiction Integrating various modalities Sober University offers cutting edge information This book is essential It nourishes the soul it offers

support effective strategies is realistic and filled with hope Frederick Drobin Ph D **The Akashic Records: A Spiritual Tool for Healing Addiction** Sallie Keys,2019-01-12 Addiction is never just about your physical experience Addiction has a spiritual component Understanding the spiritual purpose behind addiction is the only way to truly cope with it and more importantly work through it It doesn't matter if it is you that is directly affected by it or if it is someone you love Everyone touched by it has a clear purpose related to it for learning and growth **Being Addicted: A Complete Recovery**

Blueprint to Quit All Addictions, Detox the Body, and Master the Mind Tejas Patthi,2025-06-18 Break free from addiction and reclaim your life with a powerful holistic recovery guide rooted in neuroscience mindset and emotional healing Being Addicted is more than a book It is a proven path to freedom Whether you are facing substance abuse digital addiction food cravings or emotional dependency this practical and compassionate guide will help you overcome destructive habits detox your body and reprogram your mind for lasting transformation Blending neuroscience spiritual growth and mental resilience this book provides tools to heal your body master your thoughts and reconnect with your true self It is not about short term fixes It offers a complete reset for a life of balance strength and inner peace Inside you will discover Step by step strategies to overcome addiction including alcohol screens emotional triggers and compulsive behaviors Natural detox techniques to cleanse your body and restore physical energy Mindfulness and meditation practices to calm cravings and improve mental clarity Daily habits to build discipline confidence and emotional stability Tools for rebuilding trust repairing relationships and reconnecting with purpose Spiritual insights that support deep recovery personal growth and self love Whether you are just starting your healing journey or seeking emotional and spiritual transformation Being Addicted will guide you toward clarity strength and sustainable recovery Perfect for readers searching for books on overcoming addiction breaking bad habits emotional detox mental health recovery or creating a life of purpose and peace Heal your body Rewire your brain Transform your life Start your journey to lasting freedom today *Overcoming Addiction* Elizabeth A.

Shartle,2018-04-02 Opening a book about addiction can be scary whether you have an addiction yourself or love someone else who does Certain things are hard to hear This is not the guilt filled lecture though This is more like a letter from a friend someone you love who wants to lead you to freedom and joy You will be able to read this book over and over again like any good letter you cherish Every year more than 70 million people of the Christian faith are said to be dealing with addiction in some form or another You are not alone You may have faith to move mountains yet find yourself caught in addiction You may have lost faith Or you may just need encouragement Overcoming Addiction will introduce you to good reasons to do good things for yourself and others The biblical path towards freedom leaves addiction in the past as your future unfolds in wonder and in joy When you put the book down you will know With the Lord's help I can do this

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Healing The Addicted Brain Healing The Addicted Brain Introduction

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