

# ADDICTION TGlobeODAY

ADDICTION RECOVERY FOUNDATION  
RECLAIMING LIVES. FOR LIFE

## **MEN AND WOMEN: SIMILARITIES, DIFFERENCES AS THEY BREAK SHACKLES OF ADDICTIVE LIVES**

### **Techniques: for your clients and in the workplace**

Don't let bullying lead to a relapse...  
'unpack' a gambler's thinking... detox  
even from high-dosage methadone...  
app to monitor clients and outcomes.

### **Research: prevention... and life after treatment**

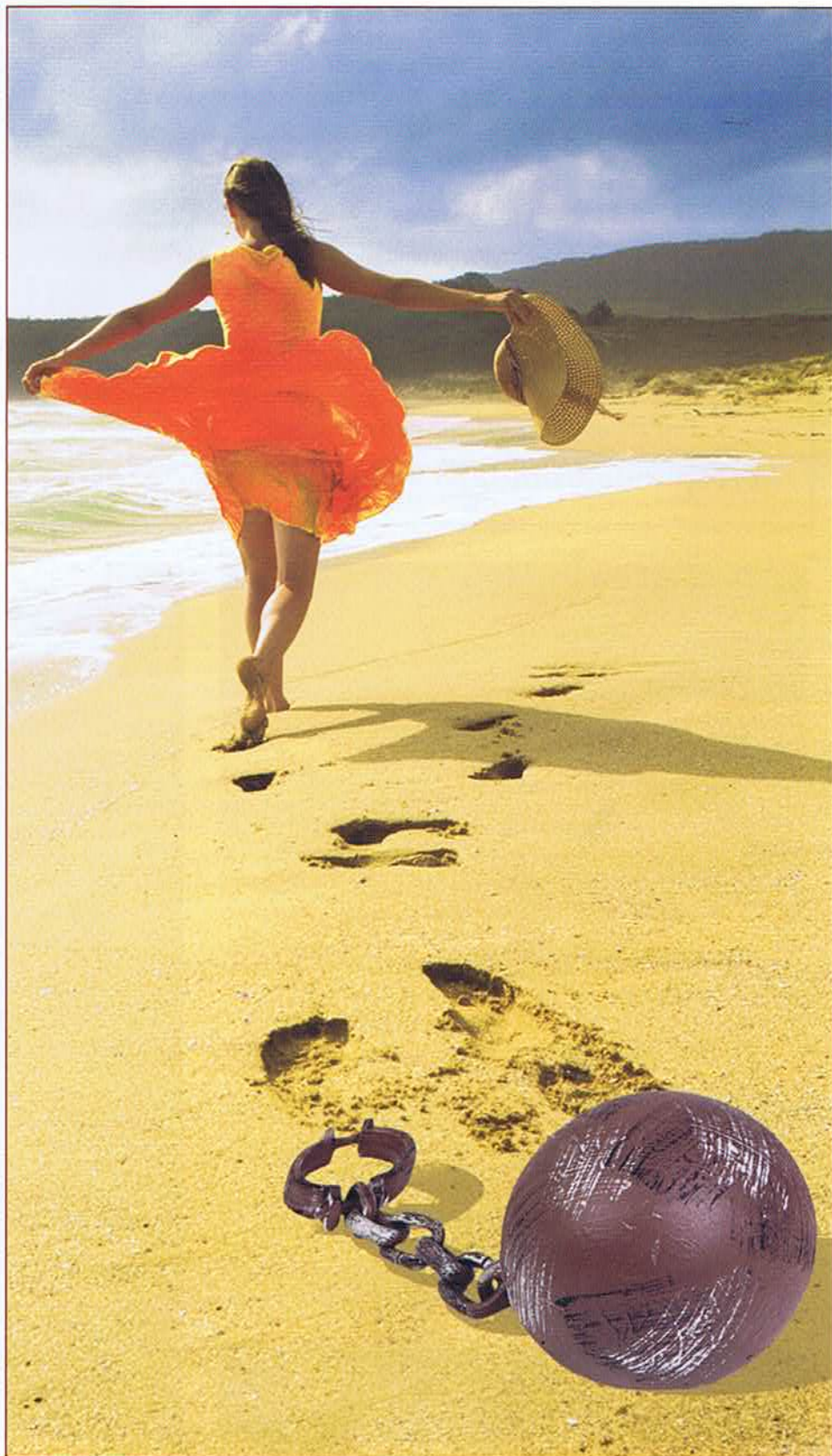
Latest international drug-prevention  
standards... key factors in sustaining  
recovery after treatment... responding  
to children of problem drug users.

### **Trends: new commissioning contacts and alerts**

Key local contacts on Health and  
Wellbeing Boards and LGA, plus links  
and headlines about interests in Clinical  
Commissioning Groups.

### **Contact lists, News, Diary Who's Who and more**

... including TUPE's role in mergers and  
changing business contracts, Laura  
loves Laura loathes, credentialling peer  
support, find self-help groups and rehabs.



## ENHANCE YOUR SKILLS AND CONFIDENCE

*Our reviewers analyse guides on recovery issues which are often hard to find: dogged codependency, living with a partner's PTSD and addiction, treating sex addiction in the UK, supporting parents with addictive children... plus a personal story of moving from addiction towards a fulfilling life.*



### WHAT'S WRONG WITH MY KID?

by George Leary Jr  
Published at £10.63  
([www.eurospanbookstore.com/hazelden](http://www.eurospanbookstore.com/hazelden))  
299+ pages  
ISBN 978-1616491192.

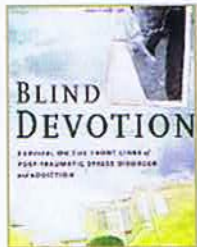
*What's wrong with my kind – when drugs or alcohol might be a problem and what to do about it* is a great book. It sets out, in everyday language, helpful information for all family members worried about their children's or siblings' drinking or drug use. The chapters are well laid out, so you can flip forwards or backwards for information, varying from 'the impact of drugs on the brain' to 'signs to watch out for'.

The underlying solution laid out in this book is one of 12-step treatment and fellowship meetings. This is exemplified by the story of Bill and Susan, which is woven throughout.

There is nothing particularly new in the content; a lot of the information is available elsewhere. But the book, as a whole, is really useful. I believe it would be a welcome resource to parents worried about their teenager's changing behaviour and possible signs to watch out for.

Also, it is helpful for parents who want to take a look at their own responses, with explanations of codependency, enabling behaviour and the Al-Anon programme. These will certainly be supportive for the family member to understand and recognise the effect of addiction and alcoholism in the family and its impact. The roller-coaster journey of relapse and recovery is also covered. This is a handy book that will provide information and relief for family members.

JACKIE SCHICKLER MBACP, BSCPC is director of Cambridge Counselling Centre.



### BLIND DEVOTION

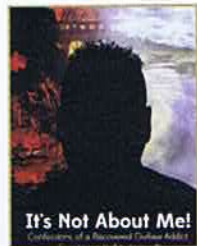
by Sharlene Prinsen  
Published at £11.99  
by Hazelden, as above  
300+ pages.  
ISBN 978-1616494094.

This is a book written from the heart. It is harrowing in content but immensely uplifting for individuals and families who have suffered with post-traumatic stress disorder, depression and addiction to prescribed medication. The author's experiences of dealing with her husband's PTSD and aftermath leads her to self-survival techniques and, to give her readers hope, many good tips and ideas on how to cope and survive massive family trauma. She is to be congratulated in passing this 'acquired' expertise onto others.

The book highlights the emotional hell that her husband Sean went through and is ongoing, as a soldier's PTSD. It shows the ignorance of government in not providing dedicated services to help soldiers returning from war with mental-health issues. Veterans had to set up their own support networks to discuss and survive their experiences of war. This cannot be right. Sean's addiction to prescribed painkillers, antidepressants and benzodiazepines is testament to what is wrong in today's society. Prescribed drugs only mask the problem; they do not cure them. Alternative therapies are needed along with funding.

Sharlene, Sean and family have and will become much closer, stronger and more compassionate because of their shared experiences. As will all families who read this excellent book. I recommend it to all those who are experiencing PTSD, depression and addiction.

BARRY HASLAM is chair of Oldham Tranx, a survivor of a GP-prescribed benzodiazepine 10-year addiction, and campaigner.



### IT'S NOT ABOUT ME!

by Ian Young  
Published at £14.99  
([www.anomapress.com](http://www.anomapress.com))  
255 pages  
ISBN 978-1908746863.

Young takes the reader on a journey through his addiction from destitution to destiny. Starting out as a hippie then a punk before moving into the rave scene, he describes his overriding compulsion to take most drugs. The book is a time line in two parts, moving from the addiction "dying" years to recovery and a new life. The journey is paved with free love, partying and pure hedonism that leads to arrests, overdoses and stark reality.

The author's excitement with foreign adventures and being involved in a rave movement spanning a decade imbued a care free existence – although, simultaneously, Young's story emphasises the hopeless state that the drug addict has, without a purpose.

The depiction of his addiction and the state of the madness is in contrast to how he lives and helps others now. The hope in recovery is reinforced with his inspiring and giving nature through setting up his own "sober" organisation, and being an influential part in many individuals' recovery.

As a coach, trainer and director of addiction-recovery services, Young's story is one of hope for a person struggling with addiction and for the recovered addict remembering the battles previously fought. This book is a simple story of a complicated addiction, a recommended read for anyone.

ASHLEY HOWARD is currently writing a Master's in addiction psychology and counselling at London Southbank University.