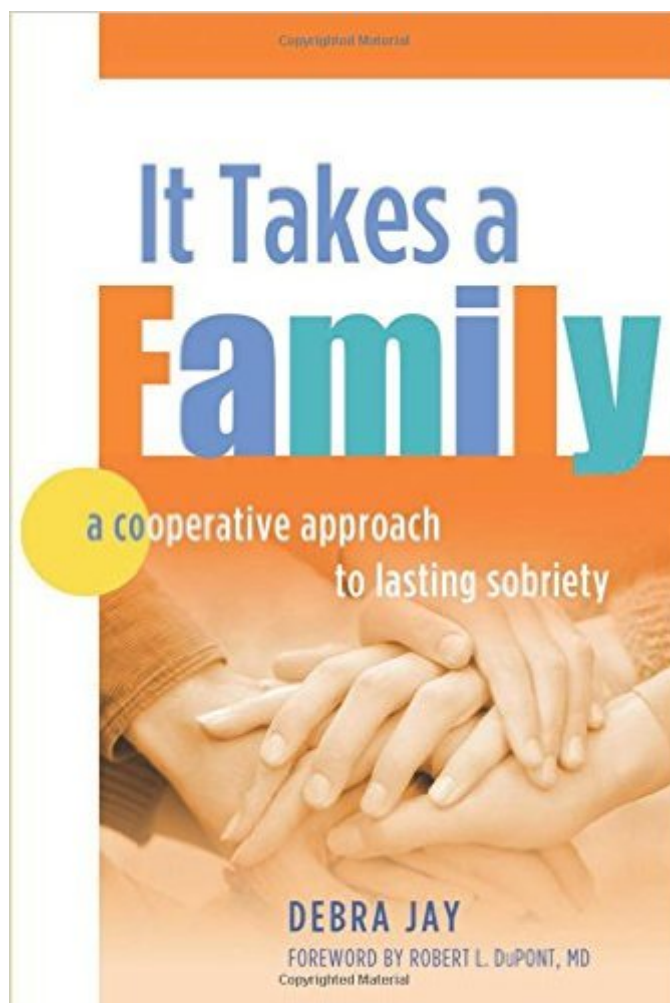


The book was found

# It Takes A Family: A Cooperative Approach To Lasting Sobriety



## Synopsis

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.

## Book Information

Paperback: 260 pages

Publisher: Hazelden (October 21, 2014)

Language: English

ISBN-10: 1616495340

ISBN-13: 978-1616495343

Product Dimensions: 1 x 6.2 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #49,823 in Books (See Top 100 in Books) #191 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#) #5849 in [Books > Self-Help](#)

## Customer Reviews

Bill White was one of the first people I heard challenge our failure to distinguish between treatment and recovery. Jay picks up this theme and details the limitations of treatment – “that treatment is good at stabilization, but in most cases it’s not designed to provide long term recovery support and monitoring. Where White’s focus is challenging treatment providers to develop systems and services to provide long term recovery monitoring and support, Jay’s focus is on giving families and addicts the information and tools to develop their own systems of long-term recovery monitoring

and support. Jay identifies Physician Health Programs as the gold standard for addiction treatment and outlines eight elements that they share: 1. Positive rewards and negative consequences 2. Frequent random drug testing 3. 12 step involvement and an abstinence expectation 4. Viable role models and recovery mentors 5. Modified lifestyles 6. Active and sustained monitoring 7. Active management of relapse 8. Continuing care approach

She proceeds with chapters on addiction as a disease, why our emphasis on motivation is misplaced, an inventory of the behaviors associated with successful recovery (suggesting that relapse is not random), a new look at enabling and the toll that addiction takes on families – adults and children. All of these chapters are extremely well done and concise, however, two chapters stand out to me. The chapter on the disease model takes some very complex information and conveys it in a manner that is very clear and concise. Rather than just describing neurological mechanisms, Jay describes addiction as it is experienced by the addict and those who love them.

[Download to continue reading...](#)

It Takes A Family: A Cooperative Approach to Lasting Sobriety Cooperative Agreements Between Public Authorities: The influence of CJEU case law on national legal systems (Ius Commune Europaeum) Communities Directory: Guide to Cooperative Living Emotional Sobriety: From Relationship Trauma to Resilience and Balance The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety First Year Sobriety: When All That Changes Is Everything The Eat-Clean Diet for Family and Kids: Simple Strategies for Lasting Health and Fitness Spinal Cord Injury and the Family: A New Guide (Harvard University Press Family Health Guides) (The Harvard University Press Family Health Guides) Family Wealth--Keeping It in the Family: How Family Members and Their Advisers Preserve Human, Intellectual, and Financial Assets for Generations Siblings and the Family Business: Making it Work for Business, the Family, and the Future (A Family Business Publication) Stepparenting: Becoming A Stepparent: A Blended Family Guide to: Parenting, Raising Children, Family Relationships and Step Families - 2nd Edition (Raising ... Kids, Blended Families, Blended Family) Introduction to the Intel Family of Microprocessors: A Hands-On Approach Utilizing the 80x86 Microprocessor Family (3rd Edition) Norris the Seahorse Takes on the Bullies: A Cosmic Kids Yoga Adventure My Big Sister Takes Drugs My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating You Have What It Takes: What Every Father Needs to Know Pierogi Love: New Takes on an Old-World Comfort Food Stuttering Stan Takes a Stand How to Prepare a Standout College Application: Expert Advice that Takes You from LMO\* (\*Like Many Others) to Admit Pope Francis Takes the Bus, and Other Unexpected Stories

