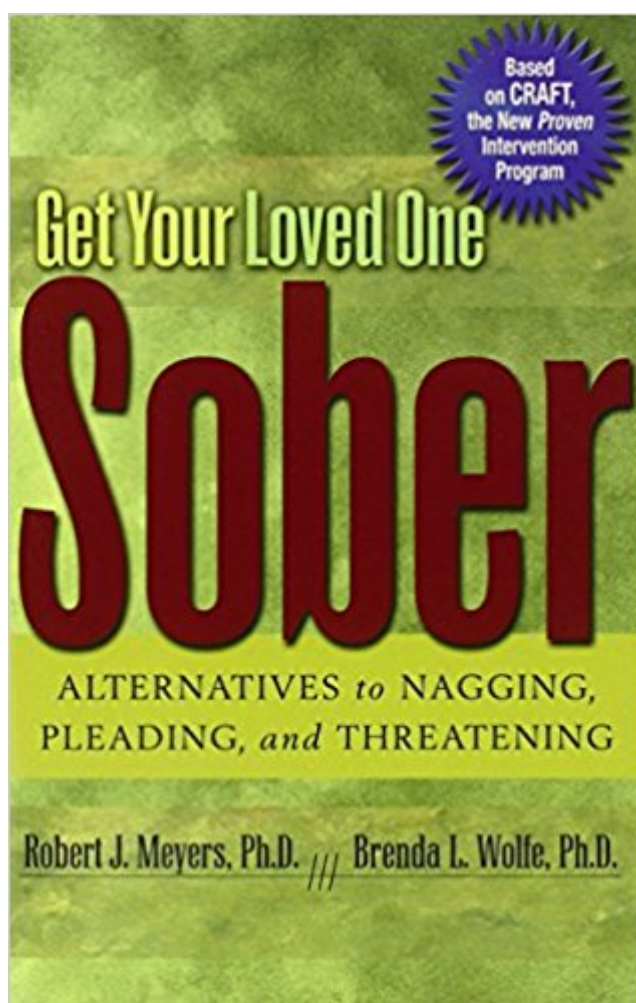




The book was found

Get Your Loved One Sober: Alternatives To Nagging, Pleading, And Threatening



Synopsis

The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. *Get Your Loved One Sober* describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.

Book Information

Paperback: 240 pages

Publisher: Hazelden Publishing; 1st edition (December 12, 2003)

Language: English

ISBN-10: 1592850812

ISBN-13: 978-1592850815

Product Dimensions: 5.4 x 0.6 x 8.4 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 110 customer reviews

Best Sellers Rank: #37,117 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #51 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs](#) #73 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#)

Customer Reviews

"With a map, directions, and the family in the driver's seat, *Get Your Loved One Sober* is an

important book for any family affected by alcohol abuse."--Claudia Black, PhD, author of *It Will Never Happen to Me*"For decades it was believed that there was nothing one could do to help substance-abusing loved ones until they hit bottom or that heavy-handed confrontational tactics were necessary. Bob Meyers has developed a remarkably effective and gentle method for working through family members and concerned significant others to help their 'unmotivated' loved ones get into treatment. It is no longer necessary to feel helpless and hopeless. This book offers clear and practical advice based on solid scientific research."--William R. Miller, PhD, distinguished professor of psychology and psychiatry and author of *Motivational Interviewing*"Get Your Loved One Sober is an outstanding resource for persons dealing with loved ones who refuse to get help for their substance abuse problem. Years of research show that the approach described in this book works. I highly recommend it."--Timothy O'Farrell, PhD, chief of the Families and Addiction Program, Harvard Medical School, Department of Psychiatry'If you feel like your life is out of control because of someone else's substance abuse, this book will put you in the driver's seat with research-based strategies that can make life infinitely better--for you and your loved one. Get Your Loved One Sober fills a void for everyday people as well as professionals who feel helpless and hopeless concerning substance abusers in their lives. Clearly written and engaging, this book can move you from feeling like a passive victim to becoming an empowered, active player in helping a loved one overcome a drinking problem."--Anne M. Fletcher, MS, RD, LD, author of *Sober for Good: New Solutions for Drinking Problems--Advice from Those Who Have Succeeded* and recipient of the Research Society on Alcoholism Journalism Award"Lucid and clear, this book will help those who love an addicted person find the practical steps they need to take to facilitate change. I recommend it highly."--Thomas Bien, PhD, coauthor of *Mindful Recovery* and *Finding the Center Within*

Robert J. Meyers, PhD, is an Associate Professor of Psychology at the University of New Mexico. He is also the Associate Director of the Clinical Research Branch of the Center on Alcoholism Substance Abuse and Addictions (CASAA). CASAA is internationally known for its excellence in substance abuse research and treatment development. Dr. Meyers has worked in the substance abuse field for over 27 years and has published several books and dozens of articles. Brenda L. Wolfe, PhD, is a Clinical Psychologist specializing in the treatment of Eating Disorders, Substance Abuse, and Post-Traumatic Stress. In addition to her busy private practice, Dr. Wolfe is involved in research collaborations at the University of New Mexico, serves as a corporate consultant for the development of psychologically based services, and is active in various professional organizations. Her books and articles have appeared in both the popular and professional press.

The problem that most people experience when trying to get their loved one sober is that they keep trying the same tactics over and over again without success. All their nagging, pleading, bargaining, and threatening is usually counterproductive. They must find a new approach. In their book, "Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening", authors Robert J. Meyers and Brenda L. Wolf have developed a program called CRAFT (Community Reinforcement and Family Training) that uses "supportive and non-confrontational methods to engage the substance abuser in treatment." CRAFT is a program for the significant other, usually a spouse living with the substance abuser. CRAFT teaches them to improve their own lives regardless of whether the addict enters treatment or not. Meyers and Wolf claim to have a higher success rate than Al-Anon and the Johnson Institute's traditional method of intervention. Some of their useful advice includes: ~ Identify triggers, signs of drinking, and consequences of use. ~ Develop a roadmap for dealing with triggers, signs, and consequences. ~ Do not take responsibility for the drinker's behavior. ~ Change your reaction to their drinking behavior with a number of tools. ~ Stop fixing their messes and allow them to experience the consequences. ~ Attempt to offer a more rewarding activity than drinking (good luck with this one). ~ Speak to them using "I" statements instead of "You" statements. ~ Have treatment already lined up for when they are ready. ~ Know that lapses and mistakes are a natural part of life and are to be expected in a process of change. They also make one important point: "If there is one overriding 'fact' in the world of behavior change, it is that people who record important information about their lives are the people most likely to succeed in making important changes in their lives." So Meyers and Wolf encourage you to keep a journal of these activities and the results. And remember that the winners in life see problems as opportunities. David Allan Reeves Author of "Running Away From Me"

I'm not sure where I'd be without this tool. In 2014 I decided to finally get help for myself, I started attending a family support group that uses the CRAFT (Community Reinforcement and Family Training) method, this book is what they teach from. This book taught me that in order for my loved one to change I needed to change. Yeah I found out that yelling, screaming and nagging weren't really effective (doh). I also learned it was Okay and necessary to take care of myself. I can't thank Dr. Robert Meyer's enough for this book. I'm don't yell or scream anymore and have a lot more peace in my life now. I know without a doubt this book helped me and I truly believe that my loved one benefitted immensely from this method. My daughter got herself into treatment and with our support free of yelling, screaming and nagging she has been in recovery for over a year now and

now I'm a facilitator of the same family support group I received help from. If you're looking for help to get your loved one sober, this is the book for you. I buy these books 5 or so at a time and give them away to friends that are struggling with a substance use disorder.

I have been fortunate to attend a three-day seminar with Bob Meyers after having read his book several months ago. As an addiction psychologist, I rely on evidence-based strategies to help my patients and can say--with complete sincerity--that the strategies described in this book have and will continue to save the lives of my patients who have struggled with substance use by helping their loved ones help them. This book is an incredible contribution to the addiction treatment community and I recommend it as highly as one can.

This book is a Must-read for anyone who loves an individual with a substance abuse issue. It is based on the Community Reinforcement and Family Training (CRAFT) program that is listed with SAMHSA's National Registry of Evidence-based Programs and Practices with a 64% success rate! (Other interventions have only shown a 5%-17% success rate.) I have personally witnessed the life-altering effects of CRAFT in the behavioral health field as well as a mother and wife. I hand a copy of this book out to every loved one of a substance abuser that I know and am thrilled when I see people, families, and communities improve their relationships and their lives. If you were looking for help... you've found it!

As a psychologist working with adolescents and young adults with substance use issues and their families, the CRAFT approach has allowed me to significantly extend my effectiveness in my work with families. I recommend this book to all the families I work with since it's a compassionate approach that's grounded in research and established behavior theory. Dr. Meyers' book written specifically for clinicians to learn about CRAFT, "Motivating Substance Abusers to Enter Treatment: Working with Family Members" is an excellent resource for any clinician to learn the basics of CRAFT. <http://www..com/Motivating-Substance-Abusers-Enter-Treatment/dp/1593856466/>

Excellent techniques. If anyone that you care about suffers from any addiction, GET THIS BOOK. It is a game-changer. You will have to do a lot of hard work and change the way you handle certain situations (which can be extremely difficult), but I cannot overemphasize how helpful this book has been for me.

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