

Addiction Discussion Questions



Addiction Discussion Questions

1

Sometimes, a person's relationship with drugs and alcohol will change over time. For example, you might've initially used drugs only a few times a month as a fun way to relax, but eventually they become an everyday necessity. How has your relationship with drugs changed from the time that you first used to now? Do you still use for the same reasons, or have those reasons changed?

2

Some people are able to function adequately and complete their responsibilities such as work or school, despite having an addiction. However, for most of these people, functioning would be even better without drugs. How did your functioning change at work or school after you started using? Even if you're able to keep up with your responsibilities while you use, how do you think sobriety would change things?

3

The rituals and activities that surround drug use can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette—not just the nicotine. Similarly, a drinker might have more trouble saying goodbye to their drinking buddies than to alcohol itself. What are some rituals or activities that you associate with drug use, and how do you feel about giving them up? Do you think you could achieve sobriety without changing your lifestyle?

4

Many people use drugs as a crutch to help them handle difficult emotions such as anger, depression, and anxiety. These emotions are challenging for everyone, and it can be hard to resist the temptation of an easy escape. What choices does a person have, other than drug use, when they are confronted with these painful emotions? What emotions might lead you to using drugs or alcohol?

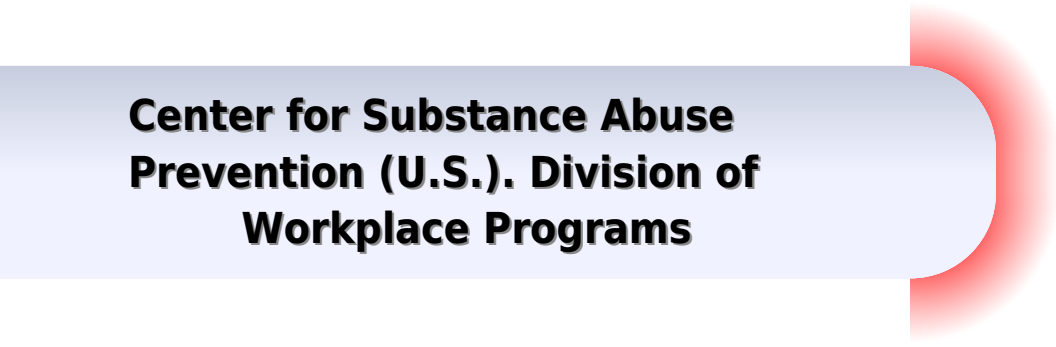
5

Some people say that addiction is a disease, and others believe it's a choice. What do you think, and why? How do you believe counseling, support groups, or other treatments could help a person who struggles with addiction?

Drugs and alcohol affect your judgment, thoughts, feelings, and more. Such changes

Substance Abuse Topic Discussions

**Center for Substance Abuse
Prevention (U.S.). Division of
Workplace Programs**



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The Group Therapy of Substance Abuse David W. Brook, Henry I. Spitz, 2002-09-23 Gain a practical perspective on group therapy as a treatment for addiction As more and more researchers and clinicians recognize group therapy as the primary psychosocial intervention in the treatment of substance abusers there is a growing need for a comprehensive resource that places the wide range of theories and ideas about the treatment into practical perspective The Group Therapy of Substance Abuse is the first book to bridge the gap between substance abuse treatment and group psychotherapy by presenting expert analyses that address all major schools of thought The book includes clinical examples and specific recommendations for treatment techniques reflecting a variety of viewpoints from the leading clinicians scholars and teachers in the field Because of its therapeutic efficacy and cost effectiveness group therapy has come to play an increasingly important role as the psychosocial therapy of choice for an ever increasing numbers of patients with substance abuse disorders For ease of use The Group Therapy of Substance Abuse is divided into several sections including a discussion of the basic theoretical approaches on which most group treatments of substance abusers are based the uses of group treatment approaches in specific treatment settings and the uses of group treatment with specific patient populations The Group Therapy of Substance Abuse also includes diverse perspectives on interpersonal and psychodynamic approaches to therapy cognitive behavioral methods outpatient inpatient and partial hospitalization groups network therapy and 12 step groups treatment of gay lesbian bisexual adolescent and elderly abusers therapeutic community groups Essential for professionals who treat substance abusers The Group Therapy of Substance Abuse is also an excellent textbook for scholars and students in the mental health field The book adds depth to the practicing and soon to be practicing clinician s understanding of how best to address the complex problem of addiction

Controversies in Alcoholism and Substance Abuse Barry Stimmel, 2022-04-29 First published in 1986 Controversies in Alcoholism and Substance Abuse presents a collection of papers dealing with various aspects of alcohol and substance abuse It covers crucial themes like 1 the Acquired Immune Deficiency Syndrome and heroin addiction 2 the effects of widespread cocaine use 3 social use of marijuana 4 early identification of and efficacy of treatment for alcoholism and 5 the effects of social drinking during pregnancy on the fetus This book will be of interest to scholars and researchers of addiction studies psychology sociology of addiction and specially those who wants to know about the advances made in the 1980s in the study of alcohol and substance abuse

Conceptual Issues in Alcoholism and Substance Abuse Barry Stimmel, 1984 This timely volume emphasizes the relevance of current basic research to the clinical management of the substance abuser

[Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery](#) Gary L. Fisher, Nancy A. Roget, 2009 This collection provides authoritative coverage of neurobiology of addiction models of addiction sociocultural perspectives on drug use family and community factors prevention theories and techniques professional issues the criminal justice system and substance abuse assessment and diagnosis and more

Behavioral and Biochemical Issues in Substance Abuse Doris Clouet, Frank R George, Barry Stimmel, 2014-06-03

This excellent book is a concise yet thorough examination of the important and emerging field of the study of biological risk factors in drug abuse. Historically, drug abuse research has concentrated on the contributions of environmental and behavioral factors as the major influences on addiction. The revelatory studies in this volume examine the genetic contributions to drug taking behavior through the use of animal models, cellular experiments, and human clinical studies. Behavioral and Biochemical Issues in Substance Abuse provides for the first time in one volume up to date, easily digested reviews of topics concerning biological and genetic factors in drug abuse. Medical researchers in all areas of alcoholism and drug abuse, researchers in pharmacology, psychology, psychiatry, and neuroscience, and clinicians interested in biological approaches to alcoholism and drug abuse problems will benefit greatly from this valuable resource. Authoritative contributors clearly demonstrate the capability of genetic factors to modulate the reinforcing or rewarding effects of drugs, thereby altering their addictive potential. In addition to gaining comprehension of the biological factors affecting addiction, a greater understanding of genetics related to drug abuse will enable future research to control biological factors leading to more accurate studies of behavioral and environmental influences on drug and alcohol abuse. **Trends in Substance Abuse**

Research Cailin R. McKenna, 2007 Substance abuse is one of society's most serious problems. Drugs seem to be readily available even in elementary schools, which attests to the success of the drug purveyors and the failure of law enforcement officials, education administrators, and parents. As an example, in the U.S. in 2003, there were nearly 1.7 million admissions to publicly funded substance abuse treatment programs. Most admissions, 23.2 percent, were for alcohol treatment. Marijuana accounted for the largest percentage of illicit drug admissions, 15.4 percent, followed by heroin, 14.4 percent. This book presents new and important research dealing with treatments and treatment programs aimed at alleviating the misery and losses to society of this vicious behavioural disorder. Substance Abuse, An Issue of Pediatric Clinics of North America

David R. Rosenberg, Leslie H. Lundahl, 2019-11-15 Consulting Editor Dr. Bonita Stanton has worked closely with Guest Editors Drs. David R. Rosenberg and Leslie H. Lundahl to create a current issue devoted to substance abuse in children. Expert authors have written clinical review articles with the goal of providing the pediatrician with the latest information on substances and addiction medicine. The first half of the issue focuses on the following substances: Nicotine Use Disorders in Adolescents, Alcohol Use Disorders in Adolescents, Cannabis Use and Consequences, Medical and Non-Medical Use of Opiates, Stimulant Use and Cognitive Enhancement, and Club Drugs. The second half of the issue focuses on special topics important to pediatricians: Contingency Management for Substance Use Disorders, Behavioral Addictions, Gambling, Gaming, Internet, Juvenile Drug Court, Novel Approach to Treatment, Computer Assisted Approaches to Substance Abuse Treatment, Co-Morbid Substance Use and Other Psychiatric Disorders, and Drug Use in Pregnant Teens. Readers will come away with the information they need to stay current on this changing field and to improve patient outcomes. *New Topics in Substance*

Abuse Treatment Louise A. Bennett, 2006 Substance abuse is one of society's most serious problems. Drugs seem to be readily available even in elementary schools which attests to the success of the drug purveyors and the failure of law enforcement officials, education administrators and parents. As an example in the U.S. 2003 there were nearly 1.7 million admissions to publicly funded substance abuse treatment programs. Most admissions 23.2 percent were for alcohol treatment. Marijuana accounted for the largest percentage of illicit drug admissions 15.4 percent followed by heroin 14.4 percent. This book presents new and important research dealing with treatments and treatment programs aimed at alleviating the misery and losses to society of this vicious behavioural disorder. A Guide for Physician Training in Substance Abuse United States. Veterans Administration. Office of Academic Affairs, 1983 *The Oxford Handbook of Adolescent Substance Abuse* Robert A. Zucker, Sandra A. Brown, 2019-08-01 Adolescent substance abuse is the nation's 1 public health problem. It originates out of a developmental era where experimentation with the world is increasingly taking place and where major changes in physical self and social relationships are taking place. These changes cannot be understood by any one discipline nor can they be described by focusing only on the behavioral and social problems of this age period, the characteristics of normal development or the pharmacology and addictive potential of specific drugs. They require knowledge of the brain's systems of reward and control, genetics, psychopharmacology, personality, child development, psychopathology, family dynamics, peer group relationships, culture, social policy and more. Drawing on the expertise of the leading researchers in this field, this Handbook provides the most comprehensive summarization of current knowledge about adolescent substance abuse. The Handbook is organized into eight sections covering the literature on the developmental context of this life period, the epidemiology of adolescent use and abuse, similarities and differences in use, addictive potential and consequences of use for different drugs, etiology and course as characterized at different levels of mechanistic analysis ranging from the genetic and neural to the behavioural and social. Two sections cover the clinical ramifications of abuse and prevention and intervention strategies to most effectively deal with these problems. The Handbook's last section addresses the role of social policy in framing the problem in addressing it and explores its potential role in alleviating it. **Making Your Workplace Drug-free** Center for Substance Abuse Prevention (U.S.). Division of Workplace Programs, 2008 Cognitive Therapy of Substance Abuse Aaron T. Beck, Fred D. Wright, Cory F. Newman, Bruce S. Liese, 2011-11-18 This book is out of print. See *Cognitive Behavioral Therapy of Addictive Disorders* ISBN 978 1 4625 4884 2 *Addiction Potential of Abused Drugs and Drug Classes* Barry Stimmel, 2013-12-02 Increase your awareness of the relative addiction liabilities of various drugs and drug classes that are commonly abused. A timely and masterful new book *Addiction Potential of Abused Drugs and Drug Classes* clarifies in contemporary terminology the state of addiction liability of cocaine, opiates, alcohol, sedative hypnotics, nicotine, anxiolytics, marijuana, inhalants and anesthetics and PCP and hallucinogens, the nine drugs that are most abused today. Authorities combine their research expertise with the available scientific literature to evaluate those factors which contribute

to the addictive qualities of drugs Specific chapters highlight the positive and negative reinforcement qualities that make drugs rewarding focus on the two major subtypes of alcoholics and cover the neuroanatomical and neurochemical bases of psychological dependence the greatest contributing factor to drug addiction An essential new resource for scientists clinicians and administrators Addiction Potential of Abused Drugs and Drug Classes also highlights those areas where more work is needed in order to understand how individual drugs affect the processes of dependence tolerance and addiction so that adequate treatment of these disorders can be discovered The book was written for teachers and researchers in the chemical dependency field to provide an up to date review of the literature In addition physicians nurses and pharmacists will find the book to be valuable as an update on the relative addiction strengths of abused drugs Finally treatment counselors and professionals with some knowledge of physiology and pharmacology will be interested in the book because of its relevance to the clinical treatment of chemically dependent patients

Advanced Methodological Issues in Culturally Competent Evaluation for Substance Abuse Prevention Ada-Helen Bayer, Frances L. Brisbane, Amelie Ramirez, Leonard G. Epstein, 1998-04 Provides a clearly defined framework for the study of substance abuse prevention program evaluation in diverse culturally defined settings regardless of the ethnic racial populations involved Topics include acculturation ethnic identification and the evaluation process history and philosophy of a science in a global perspective psychometrics and culture the role of ethics in evaluation evaluating the success of community based prevention efforts the cultural context of epidemiologic research culturally specific approaches and communication and community participation in evaluation processes

Treatment Strategies for Substance Abuse and Process Addictions Robert L. Smith, 2015-03-05 This distinctive and timely text examines the most prevalent substance and process addictions and focuses on current research and evidence based treatment strategies Major substance addictions discussed include alcohol tobacco marijuana methamphetamines and prescription drugs Complete chapters are also devoted to the most frequently cited process addictions making this text unique Behavioral addictions covered in this text include pathological gambling sex disorders disordered eating work exercise shopping and Internet gaming Each chapter contains a listing of student learning outcomes a case study with reflective questions techniques for assessment and diagnosis inpatient and outpatient treatment approaches and resources for further study With its emphasis on treatment strategies this text can be used by practitioners as well as by professors in the classroom in introductory courses in addictions or in subsequent courses that focus on treatment strategies Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to publications counseling org

Group Therapy for Substance Use Disorders Linda Carter Sobell, Mark B. Sobell, 2011-06-22 This authoritative book presents a groundbreaking evidence based approach to conducting therapy groups for persons with substance use disorders The approach integrates cognitive behavioral motivational interviewing and relapse

prevention techniques while capitalizing on the power of group processes Clinicians are provided with a detailed intervention framework and clear cut strategies for helping clients to set and meet their own treatment goals More than two dozen ready to use reproducible assessment tools handouts homework exercises and session outlines are supplied in a convenient large size format **Alcohol and Drug Abuse in the Affluent** Barry Stimmel,1984 This provocative volume addresses the problem of alcohol and drug abuse among the affluent Experts explore the prevalence and patterns of abuse among the privileged Important and revealing data is examined concerning the appropriateness of existing forms of treatment and the effectiveness of the therapeutic process Topics of particular interest and timeliness include drug use among affluent adolescents cocaine use and abuse and the increasing incidence of substance abuse among physicians **Alcohol and Substance Abuse in Adolescence** Judith Brook,Barry Stimmel,2014-05-22 This timely volume explores the possible reasons that young people turn to drugs the most effective methods to manage those who are afflicted and ways to educate youth to prevent their initial drug involvement **Resources in Education** ,1999-04 **Substance Abuse** David McDowell, Henry I. Spitz,2015-12-22 Designed as a one stop shopping tool for anyone interested in or affected by substance abuse this book provides detailed discussions that include the history chemistry biology epidemiology and salient characteristics of the most important and prevalent abused substances

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