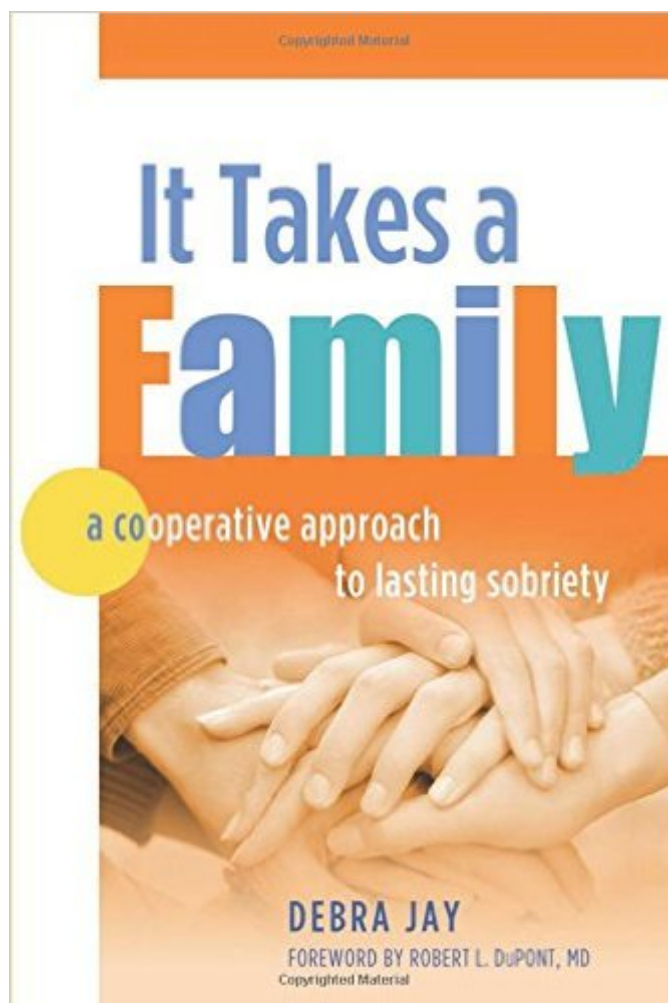


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# It Takes A Family: A Cooperative Approach To Lasting Sobriety



## 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

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## 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 treatmentâthat treatment is good at stabilization, but in most cases itâs not designed to provide long term recovery support and monitoring. Where Whiteâs focus is challenging treatment providers to develop systems and services to provide long term recovery monitoring and support, Jayâ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.

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