Addiction Essentials: The Go-To Guide for Clinicians and Patients

By Carlton K. Erickson

WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, Addiction Essentials: The Go-To Guide for Clinicians and Patients, Carlton K. Erickson, Whether it's to caffeine, nicotine, or alcohol, many of us suffer from at least one addiction. Carlton K. Erickson presents a comprehensive overview of the various types of addictions-covering both substance and nonsubstance addictions such as gambling, Internet use, and video games-and their diagnosis and treatment. This book sheds light upon the biological and environmental factors that cause addiction, reviews the various types of substance and nonsubstance addictions, and offers clinicians and patients hope for recovery. Erickson examines alcohol, drugs that speed us up, drugs that slow us down, and how to recognize addictive behavior-such as exercise and videogame addiction-which may be less obvious. Other topics covered include alcohol and other drug pharmacology, neurophysiology of brain pathways, alcohol and drug interactions, adolescent drug use, drug use differences by gender and culture, and visual signs of drug use. Erickson presents various therapeutic methods for addressing addiction, including pharmacological interventions, individual or group therapy, twelve-step programs, and therapy involving family members. Finally, he reflects on the involvement of family and the risks and consequences of relapse. Written by one of...

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