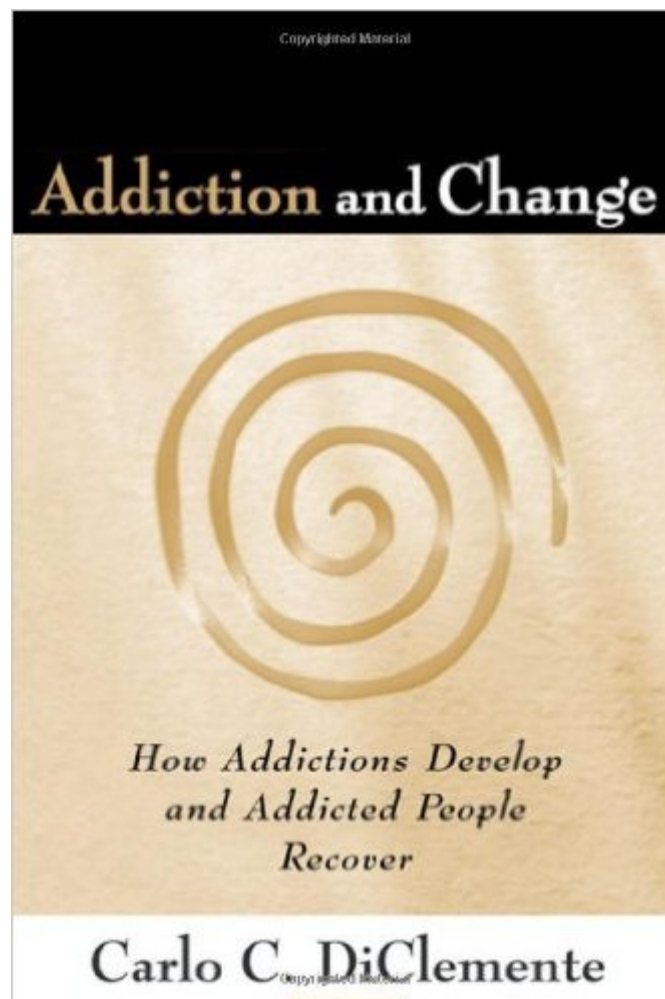


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# Addiction And Change: How Addictions Develop And Addicted People Recover (Guilford Substance Abuse)



## Synopsis

The stages-of-change model has become widely known as a framework for conceptualizing recovery. Less well known are the processes that drive movement through the stages or how the stages apply to becoming addicted. From Carlo C. DiClemente, codeveloper of the transtheoretical model, this book offers a panoramic view of the entire continuum of addictive behavior change. The author illuminates the common path that individuals travel as they establish and reinforce new patterns of behavior, whether they are developing an addiction or struggling to free themselves from one, and regardless of the specific addictive behavior. The book addresses crucial questions of why, when, and how to intervene to bolster recovery in those already addicted and reach out effectively to people at risk.

## Book Information

Series: Guilford Substance Abuse

Paperback: 318 pages

Publisher: The Guilford Press; 1 edition (April 27, 2006)

Language: English

ISBN-10: 1593853440

ISBN-13: 978-1593853440

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (23 customer reviews)

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## Customer Reviews

This book, based upon the Prochaska and Norcross model of "stages of change" is a vital resource for the chemical dependency/abuse counselor, or anyone else who works with this population. The authors clearly delineate how a person becomes addicted (using the stages of change model- except in reverse), then moving on to the process of recovery. Contrary to an earlier review, I did not find this resource to be "verbose;" rather I thought the presentation was cogent and crisp. Scholarly yet practical without pedantry this is an informative piece of literature in a field where one needs all of the resources one can get. Highly recommended.

There are many different theories about what causes addiction and how to treat it. However, no single source of influence has been found that can fully explain addiction - not how it starts, or how to treat it. Seven of the more popular models include the Social/Environment models which emphasize the role of peer pressure, social policies, and family systems, the Genetic/Physiological models which examine the role of genes in addiction, Personality/Intrapsychic models which look at personality disorders as the culprit, Coping/Social Learning models which consider the inability to cope with life stresses to be the cause, Conditioning/Reinforcement models which would have us believe we are just like Pavlov's dogs, Compulsive/Excessive Behavior models which consider addiction to be similar to obsessive compulsive disorder, and the Biopsychosocial model which integrates the biological, psychological, and sociological explanations, hence the name. As a recovering addict, I see some truth in all seven models, but not one of them is adequate enough on its own to explain this very complex problem. Carlo DiClemente has helped create the Transtheoretical Model which brings together these divergent perspectives. In "Addiction and Change", DiClemente is more concerned about the process of change - into and out of addiction. In his research he has co-discovered five stages of change: Precontemplation (not even thinking about changing), Contemplation (thinking about changing), Preparation (preparing to change), Action (taking the steps to change), and Maintenance (maintaining the change). "Addiction and Change" painstakingly covers every aspect of addiction and change and is backed up by many years of scientific research. If you want a better understanding of what has been proven to work, and what has not been proven to work, then you must read "Addiction and Change". David Allan Reeves  
Author of "Running Away From Me"

I am a clinical psychologist who does a lot of work with clients who have issues with drug and alcohol addiction. I inherited this book from a former colleague of mine who recently retired and decided to give it a read. I really liked how it discussed how the five stages of change can apply to how someone acquires an addiction as well as how someone moves through recovery. DiClemente gave some ideas for treatment interventions but not in as much detail as I thought he would, even in the section that discussed treatment. It should also be noted that this book would be most appropriate for clinicians or researchers rather than lay people. It contains good information but is presented in a dry academic manner that would not be appealing to the average reader.

This book is being used as a text for a doctorate level course in clinical psychology. It is extremely

informative and encompasses theoretical approaches and modalities for clinicians, families and the clients that are dependent on alcohol and other addictive substances.

I found it rather boring. I found that it was helpful for the stages of recovery but needs to be a little more practical.

If you work with mandated populations or substance use populations, this book is a must for your practice. Very readable with lots of direct applications that anyone can use right away with clients.

His seminar is far superior than the book. I was disappointed as I had attend his seminars and loved it. The book is good and useful but nothing to seeing him live.

this book is used for a college class. however, it is very easy to read and very easy to understand

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