

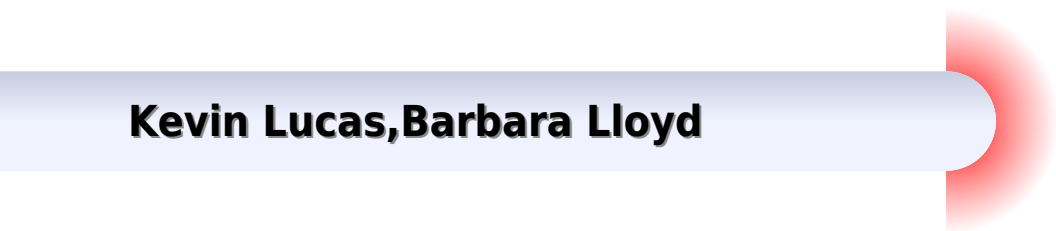
A close-up shot of a woman with blonde hair, smiling warmly at the camera. She is wearing a white lace-trimmed top and a gold chain necklace. The background is a bookshelf filled with various books.

**THE SIMPLE STRATEGY TO
CUT ALCOHOL BY 80%**

***if you're trying to drink
less***

So You Want To Cut Down Your Drinking A Selfhelp Guide To Sensible Drinking

Kevin Lucas, Barbara Lloyd



So You Want To Cut Down Your Drinking A Selfhelp Guide To Sensible Drinking:

Treating Addictive Behaviors William R. Miller, Nick Heather, 2013-06-29 About a decade ago psychologists began exploring the commonalities among alcohol and drug abuse smoking and obesity The term substance abuse evolved into the current concept of addictive behaviors which recognizes similarities with other behaviors that do not involve consummatory responses e.g. pathological gambling compulsions sexual deviations Professional societies and journals now have been founded in both Britain and the United States with the purpose of focusing on research and treatment in the area of addictive behaviors As the field has evolved new models have emerged to address the questions and puzzles that face professionals This volume examines some of these current issues and in particular explores common processes of change that seem to cut across the addictive behaviors The chapters are based on papers presented at the Third International Conference on Treatment of Addictive Behaviors which was held at North Berwick Scotland in August of 1984 The conference was organized around an integrative model of stages and processes of change that has been useful in organizing new knowledge about how to intervene with addictive behaviors This model is set forth by its authors Jim Prochaska and Carlo DiClemente in Chapter 1 In Chapter 2 Fred Kanfer expounds his own model of self regulation which overlaps nicely with the Prochaska DiClemente framework and provides a behavioral theoretical context *So you want to cut down your drinking?*

Ian Robertson, Nick Heather, 1986 **Public Health Mini-Guides: Alcohol Misuse E-book** Ken Barrie, Angela Scriven, 2014-06-14 The Hot Topics in Public Health series Hot Topics in Public Health consists of a series of small pocketbooks focussing on the key public health issues identified by the UK government priorities The books will be of use to a wide audience of students and practitioners in the Nursing and Allied Health areas as all students in these areas do modules on Public Health and Health Promotion as well as those doing a diploma or degree in PH HP Students will find the books useful to cover assignments and on the ward and practitioners will love the quick reference format for use on the ward and in giving patient advice and running clinics on these topics There will be a title providing essential information on the priority areas of Obesity Smoking Alcohol misuse Sexual health Mental health Diabetes Non communicable diseases Exercise Drug misuse Health inequalities Boxes Thinking points will be of interest to practitioners Key debates Case studies Current strategies Gov targets Further Reading Useful web links **Special Report to the U.S. Congress on Alcohol and Health from the Secretary of Health and Human Services**, **Handbook of Motivational Counseling** W. Miles Cox, Eric

Klinger, 2011-03-25 Revised and updated to reflect the most recent developments in the field the second edition of the Handbook of Motivational Counseling presents comprehensive coverage of the development and identification of motivational problems and the most effective treatment techniques Equips clinicians with specific instructions for enhancing clients motivation for change by targeting their maladaptive motivational patterns Provides step by step instructions in the administration scoring and interpretation of the motivational assessments along with details of how to implement the

counseling procedures Updated to reflect the most current research and effective treatment techniques along with all new chapters on motive based approaches motivational counseling with the dually diagnosed cognitive and motivational retraining meaning centered counseling and motivation in sport Showcases various basic motivational techniques and their adaptations such as bibliotherapy individual therapy and group counseling while demonstrating specialized uses of the techniques such as in work settings and rehabilitation medicine Special Report to the U.S. Congress on Alcohol & Health United States. Department of Health, Education, and Welfare,1993 Helping the Problem Drinker Tim Stockwell,Sue Clement,2023-12-01 Originally published in 1987 Helping the Problem Drinker addressed the realisation that only a small proportion of problem drinkers ever contacted existing treatment agencies and that therefore a more comprehensive community oriented approach should be developed This included training of primary care health workers and the development of multidisciplinary Community Alcohol Teams At the time other community based initiatives such as self help groups for early problem drinkers and early intervention programmes in general practice and general hospitals had been implemented This book draws together what had been learned about these new developments a number of which had now been evaluated The book will still be of interest to all planners and professional staff concerned with alcohol problems both specialists and non specialists in general medicine psychiatry psychology and the social services Oxford Handbook of Psychiatry David Semple,2005 The Oxford Handbook of Psychiatry is a new book directed at medical students doctors coming to psychiatry for the first time psychiatric trainees and other professionals who may have to deal with patients with psychiatric problems It is written by a group of experienced middle grade psychiatrists and is designed to provide easy access to the information required by psychiatry trainees on the wards or on call It closely follows the familiar format of the other Oxford Handbooks and provides coverage that is comprehensive evidence based and practical The content of the handbook is written in the concise note based style characteristic of the series with topics confined to single pages The book is divided into four sections Fundamentals of Psychiatric Practice General Adult Psychiatry Psychiatric Subspecialties and Useful Reference Material Within each chapter topics are covered in a clear logical manner For the clinical disorders there is detailed information on the etiology epidemiology clinical features common differential diagnoses assessment investigation management and prognosis There is an in depth coverage of psychiatric assessment psychopathology evidence based practice mental health legislation in the UK therapeutic issues transcultural psychiatry and eponyms in psychiatry The book is internally cross referenced and has both key references to important papers and to further information resources As well as being indexed alphabetically it is also indexed by ICD 10 DSM IV codes and there is a quick index for acute presentations This Handbook is practical and directive in style designed to provide portable reassurance to doctors beginning psychiatry There is helpful advice for the management of difficult and urgent situations and the text is peppered with clinical observations on the practice of clinical psychiatry and guidance based upon the experience of the authors Alcohol

Education and Young Offenders Steve Baldwin, 2012-12-06 Since the establishment of the first alcohol education course ABC for young offenders in 1981 this form of service delivery has been expanded across the United Kingdom While some before and after data have been reported no controlled evaluations have been completed on effectiveness with this type of intervention The present research reports a series of evaluation studies to investigate the impact of ABCs on offending and drinking behavior Young offenders were recruited from local courts The first study completed in Dundee reported results from a comparative evaluation between two types of ABCs As an attention placebo study one group received a behavioral ABC with program contents designed to reduce drinking and offending behaviors Some dependent variable differences between the two groups were observed at follow up The second study was established in Glasgow as a replication of the main study The third study used a quasi experimental design to establish a no intervention control group in the Perth courts Young offenders were recruited to complete screening interviews without any intervention The intervention group was recruited from courts in Forfar a similar rural town This group completed an information based ABC using educational materials about alcohol and its effects Some dependent variable differences were observed at follow up The fourth study was based in a Young Offender Institution at Forfar Prerelease young offenders were randomly assigned to either a no intervention control group or a behavioral ABC group Some dependent variable differences were reported at follow up

Health Promotion
Kevin Lucas, Barbara Lloyd, 2005-10-03 The authors offer a reappraisal of health promotion activity examining evidence for what actually works highlighting issues for improving efficacy

Reviewing **So You Want To Cut Down Your Drinking A Selfhelp Guide To Sensible Drinking**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**So You Want To Cut Down Your Drinking A Selfhelp Guide To Sensible Drinking**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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