

PROFESSIONAL COUNSELOR HANDBOOKS

VOLUME

I

# **SOBRIETY**

# **DEMYSTIFIED**

**GETTING CLEAN AND SOBER  
WITH NLP AND CBT**

**Byron A. Lewis, M.A.**

# Sobriety Demystified

**John Grinder**



## **Sobriety Demystified:**

Sobriety Demystified Byron Lewis, 1996 In this volume the author combines NLP with cognitive behavioural therapy to form easily understood and pragmatic tools for counsellors and therapists working with addictive disorders     **The Magic of NLP Demystified** Byron Lewis, 2012-06-20 Byron A Lewis MA is the director of the Meta Training Institute a Northwest Educational and Consulting firm specialising in the techniques of Neuro Linguistic Programming Frank Pucelik PhD is widely recognised as one of the world's finest trainers in interpersonal communication and success strategies for change     *The Complete Idiot's Guide to Awakening Your Spirituality* Jonathan Robinson, 2000 Explores methods of increasing spirituality including meditation redirection of negative emotions and use of workshops and retreats     **Clinical Topics in Addiction** Ed Day, 2007-10 Ed Day brings together 23 papers from the Royal College of Psychiatrists popular journal *Advances in Psychiatric Treatment* which have been updated to give systematic authoritative and well referenced accounts of key clinical topics relating to substance misuse     Reconciliation Steve Sparks, 2011 In a new ground breaking memoir *Reconciliation A Son's Story* the author reflects back on his father's war time experiences as the context underlying his own family dynamics and abuse Through the author's research and study of Post Traumatic Stress Disorder he comes to an understanding of his father's behavior and how this deeply impacted the family which eventually leads to healing Steve Sparks writes I owe my success in part to my Dad but not without a high price I call this collateral damage from living in a family culture affected by Post Traumatic Stress Disorder PTSD At that time men at war and coming home from war were too proud to share their stories and admit that anything in the way of mental illness was on the table for discussion My Dad was no different than thousands of veterans with similar symptoms especially those who were battle weary and emotionally damaged The children and wives and others close to these men would have to experiment and learn how to navigate our way through a terrible circumstance We did it well but not without scars that often show WWII has been in our past for well over a half century and most of the Greatest Generation passed on but the effects of PTSD carry forward just like bad genes We are still feeling the effects of WWII when PTSD was not studied and treatment was minimal As a result we are just beginning to address the realities of PTSD including diagnosis and treatment along with complete recovery from this unfortunate mental illness is now possible This is a true American story about father who went to war and came back changed by what he saw and by what he experienced How this impacted his family was profound yet unrecognized for what it was back then Today we know much more about the effects of PTSD on the individual but what about the family members closest to that person This story of living through a toxic environment yet ultimately coming to an understanding leads to the long sought reconciliation of a son with his father A very timely book this may help the thousands of families of veterans of our own current generation returning from their war experiences to better understand the effects of PTSD on the family About the Author Steve Sparks is a retired information technology sales and marketing executive following over 35 years beginning with the US Navy as a

radioman in 1963 He Graduated with a BA in Management from St Mary s College Moraga California Steve is married to his soul mate and business partner Judy and lives on the Oregon coast He is the proud father of 3 grown daughters and 4 grandchildren and 1 great grandchild In addition to writing Steve s current passion and life work is mentoring and improving the education of K 12 kids including helping the responsible non profit agency Neighbors for Kids achieve sustainability

*Over the Influence* Patt Denning, Jeannie Little, Adina Glickman, 2003-11-15 Twelve step programs that insist on abstinence are beneficial to many but what about the millions of Americans who try to quit and fail just want to cut down or wish to work toward sobriety gradually This groundbreaking book presents the Harm Reduction approach a powerful alternative to traditional treatment that helps users set and meet their own goals for gaining control over drinking and drugs The expert empathic authors guide readers to figure out which aspects of their own habits may be harmful what they would like to change and how to put their intentions into action while also dealing with problems that stand in the way such as depression stress and relationship conflicts Based on solid science and 40 years of combined clinical experience the book is packed with self discovery tools fact sheets and personal accounts It puts the reader in the driver s seat with a new and empowering roadmap for change Winner American Journal of Nursing Book of the Year Award     The Origins Of Neuro Linguistic Programming John Grinder, 2013-05-09 The Origins of NLP brings together the recollections and thoughts of some of the main protagonists from the very early days of NLP In 1971 Richard Bandler and Frank Pucelik were students at Kresge College at the University of California Santa Cruz They had a strong mutual interest in Gestalt Therapy Frank because of his traumatic time in Vietnam and because he had been working with some disaffected and drug addicted kids and Richard because he had been working with Science and Behavior Books on transcribing and editing Fritz Perls seminal work The Gestalt Approach and Eyewitness to Therapy They started a local Gestalt group and ran 2 3 sessions a week collaborating and experimenting with the language of therapy They started achieving some brilliant results but were having problems transferring their skills to others and so Richard invited one of their college professors John Grinder to observe what they were doing in order that he would hopefully be able to deconstruct what they were doing that was so effective John was a professor of Linguistics and was instantly impressed with the work that they were doing He was able to add more structure and in due course the three of them formalised what is now known as the Meta Model NLP or Meta as it was known then was born     **Demystifying Creativity** Fawzi Mesmar, 2024-12-24 This book is a study of the psychology neuroscience and philosophy of creativity originality and inspiration viewed from the lens of a seasoned game developer It introduces the concept of creative sobriety a practice that advocates better understanding our own sources of inspiration so that we can intellectually drive our creative voice closer to originality The creative process is an improvised dance between the conscious and the subconscious mind where knowledge experience intuition observation imagination and projection meet in ways that are completely unique to each person Presenting practical and theoretical approaches to originality and game concept

generation this book explores the notion of creative sobriety before moving to chapters that blend theory and practice covering topics such as innovation the creative process auteurship collaboration and creative vision This book will be of great interest to students of game design and creative professionals working within the industry as well as those looking to learn more about the creative process

**Change Management Excellence** Martin Roberts PhD,2004-09-28 Working with top British and American companies for over thirty years Martin Roberts has developed an enviable reputation for solving problems He attributes this success to his ability to adapt and apply NLP Behavioural Modification Gestalt therapy and Transactional Analysis techniques from the field of organisational psychology This book is about achieving excellent change management using a variety of techniques and contains many new concepts and applications for consultants would be consultants and everyone involved in change in a business setting It also provides an intriguing insight into why many fashionable cook book approaches to change run into problems and how to avoid repeating them

**Philosophy DeMYSTiFied** Robert Arp,Jamie Carlin Watson,2011-05-02 The DEEP and MEANINGFUL way to learn PHILOSOPHY Trying to understand philosophy but feeling a bit skeptical It s time to listen to reason Philosophy Demystified helps you grasp both fundamental and complex topics with ease Written in a step by step format this practical guide begins with an overview of Western philosophy and coverage of correct reasoning and critical thinking The book goes on to discuss major branches of philosophy including epistemology metaphysics ethics and political philosophy In depth examples detailed diagrams and concise explanations make it easy to understand the material and end of chapter quizzes and a final exam help reinforce learning It s a no brainer You ll learn about Knowledge and the problem of skepticism The problem of induction and the development of externalism Personhood and personal identity over time The question of God s existence Moral decision making Justice rights and government Simple enough for a beginner but challenging enough for an advanced student Philosophy Demystified helps you master this fascinating subject

**Social Workers' Desk Reference** Albert R. Roberts,Gilbert J. Greene,2002 Following in the groundbreaking path of its predecessor the second edition of the Social Workers Desk Reference provides reliable and highly accessible information about effective services and treatment approaches across the full spectrum of social work practice

Demystifying the European Union Roy H. Ginsberg,2010-04-15 Annotation Written by one of the premier scholars on the European Union and hailed as the best undergraduate text on the subject this book has been thoroughly updated revised and streamlined Clear and comprehensive it is dedicated to demystifying one of the world s most important and least understood institutions Ginsberg begins with the foundation blocks of history law economics and politics to provide the context for understanding integration He then breaks the EU down into its individual elements so that they easily can be understood on their own as well as in relation to one another and to the whole Ensuring that students knowledge of the EU rests on a solid foundation the author challenges them to see it as a remarkable experiment in regional cooperation with profound implications for the peaceful resolution of conflict

in many of the world's troubled regions      **Demystifying Psychiatry** Charles F. Zorumski, MD, Eugene Rubin, MD, PhD, 2009-10-08 Psychiatry is arguably the most misunderstood specialty in modern medicine and psychiatrists are often thought of as part physician part confessor part police officer and part shaman In *Demystifying Psychiatry* two eminent psychiatrists offer an illuminating look at the entire field offering a clear and informative portrait of a medical specialty often clouded in myth Zorumski and Rubin range from a basic discussion of what psychiatry is to the types of illnesses psychiatrists treat the training of psychiatrists the treatment of psychiatric disorders covering medications psychotherapy lifestyle interventions electroconvulsive therapy and much more and how families can help with treatment They caution the consumer about practices that should raise red flags The book also covers new trends in psychiatry and explores the future of the field predicting that major advances in genetics and neuroscience will lead to rapid and amazing changes in psychiatry The book concludes with extensive reference materials that will be valuable both to general readers and medical practitioners

**Demystifying Schizophrenia for the General Practitioner** Steven J. Siegel, LaRena Ralph, 2010-09-15 Schizophrenia is a devastating psychiatric disorder that is often misunderstood *Demystifying Schizophrenia for the General Practitioner* is an essential manual for clinicians illustrating how schizophrenia affects patients their families and society using poignant real world examples to explain its onset progression and prognosis This book includes criteria for diagnosing schizophrenia based on the Diagnostic Statistical Manual DSM Special emphasis is placed on differential diagnosis comorbidities medications and additional treatment options The authors provide expert guidance on helping patients to cope with family and cultural issues for this highly complex disorder      *Demystifying Russian Drinking* Jussi Simpura, Boris M. Levin, 1997      *La magia de la PNL al descubierto* Byron Lewis, 2015-05-29 Sencillo de leer pero no simple esta obra proporciona un camino fácil hacia la magia del lenguaje y el cambio Ian McDermott Director de formación de International Teaching Seminars ITS Este libro es una muy rica y profunda presentación de los más importantes conceptos de la PNL y de su relación con la psicología Judith Delozier co desarrolladora de la PNL Con materiales nuevos y actualizados particularmente las nuevas distinciones del metamodelo presentamos la segunda edición de una obra que ha sido considerada durante mucho tiempo como una de las mejores introducciones a la PNL El modelo de lenguaje de comunicación que introduce es una aproximación excelente al estudio de la comunicación humana y del cambio terapéutico Directivos comerciales asesores terapeutas padres educadores y todas las personas interesadas o implicadas en la comunicación con capacidad de influencia y en el cambio personal se beneficiarán de la lectura de este libro Ilustrado y escrito en un estilo informal y ameno muestra el poder del lenguaje para cambiar a las personas e influir en ellas y proporciona formas prácticas de adquirir esas habilidades En definitiva es la mejor descripción que existe del metamodelo de la PNL y de su uso práctico y ahora se ofrece completamente actualizada Byron Lewis estudió bajo la guía del doctor John Grinder participando en las primeras investigaciones que sentaron las bases de la PNL Durante la década de 1980 fue el director del Meta Training Institute y dirigió seminarios y talleres en el ámbito de la PNL

Desde entonces se ha especializado en el campo de las adicciones y ha trabajado como director de programas dirigidos a drogadictos y alcohólicos

Ethics DeMYSTiFieD Micah Newman, 2011-08-03 This step by step approach untangles the complexities of ethics for readers studying in a course or on their own

**La magia della PNL svelata** Byron Lewis, 2020-01-03 Sia nei rapporti personali che nel mondo del lavoro oggi sempre più importante saper comunicare in modo efficace chiaro e immediato Comunicare meglio e più consapevolmente significa imparare ad ascoltare significa evitare gli errori più diffusi nel dialogo significa migliorare le nostre relazioni personali Scritto in maniera fruibile semplice e approfondita La magia della PNL svelata attraverso esercizi pratici esempi e studi presenta alcuni dei più importanti modelli linguistici della Programmazione Neuro Linguistica per arricchire il tuo modo di scrivere parlare e comprendere chi ci vicino L'autore Byron Lewis M A ha partecipato alla ricerca originale che ha gettato le basi per la PNL stato anche direttore del Meta Training Institute conducendo seminari e workshop nel campo della PNL

**Psychiatric and Mental Health Nursing Demystified** Jim Keogh, 2014-04-05 The quick and easy way to master psychiatric and mental health nursing and use your knowledge in real world situations If you're looking for a fun fast review that boils psychiatric and mental health nursing down to its most essential must know points your search ends here Psychiatric and Mental Health Nursing Demystified is a complete yet concise overview of this field including neurobiology pharmacology therapeutic communication psychiatric assessment theoretical models of care and more You will learn about hallmark signs and symptoms treatment and nursing intervention so you have the knowledge to help your patients as a student and as a nurse once you start your career This fast and easy guide features Learning objectives at the beginning of each chapter A foundation in psychiatric and mental health nursing topics A final exam at the end of the book A time saving approach to performing better on an exam or at work Simple enough for a student but comprehensive enough for a professional Psychiatric and Mental Health Nursing Demystified is your shortcut to mastering this critical topic

**Demystifying Islam** Ali Shehata, Heather El Khiyari, 2007-04 Brimming with references and up to date statistics this edition allows the reader to quickly and intelligently become familiar with the precepts upon which Islam stands and to decide whether what is presented by the media is representative or biased World Religions

This book delves into Sobriety Demystified. Sobriety Demystified is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Sobriety Demystified, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Sobriety Demystified
- Chapter 2: Essential Elements of Sobriety Demystified
- Chapter 3: Sobriety Demystified in Everyday Life
- Chapter 4: Sobriety Demystified in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Sobriety Demystified. This chapter will explore what Sobriety Demystified is, why Sobriety Demystified is vital, and how to effectively learn about Sobriety Demystified.

3. In chapter 2, this book will delve into the foundational concepts of Sobriety Demystified. The second chapter will elucidate the essential principles that need to be understood to grasp Sobriety Demystified in its entirety.

4. In chapter 3, this book will examine the practical applications of Sobriety Demystified in daily life. The third chapter will showcase real-world examples of how Sobriety Demystified can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Sobriety Demystified in specific contexts. This chapter will explore how Sobriety Demystified is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Sobriety Demystified. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Sobriety Demystified.

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