

# **An Introduction to SENSIBLE DRINKING**

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

**Ian Robertson, Nick Heather**



## **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

**Educating Young Drinkers** Gellisse Bagnall, 2023-12-01 Young people are regarded as vulnerable by the media often exaggeratedly so In the early 1990s they had become the focus of public concern regarding alcohol misuse But attempts to educate teenagers into using alcohol sensibly have often been counterproductive What kind of approach should alcohol education take to produce effective results Originally published in 1991 Educating Young Drinkers outlines the reasons for the lack of success in previous experiments in alcohol education at the time It focuses on an activity based primary intervention with young people as a possible solution With the active involvement of school teachers Gellisse Bagnall had developed a relevant and pupil oriented programme designed for easy classroom use The evaluation of the results of this experiment demonstrated that non didactic alcohol education can be made to work In emphasizing the political and theoretical assumptions made in devising health education policies Educating Young Drinkers was directly relevant to social scientists within alcohol and or health education as well as to policy makers It would also be a valuable source of information for teachers and all those working with young people

**Alcohol Use** David B. Cooper, 2000 Addressing the impact of alcohol on various types of individual and circumstance this in depth and practical guide is for health professionals A variety of perspectives including transcultural workplace and community issues are explored

**Changing Addictive Behavior** Jalie A. Tucker, Dennis M. Donovan, G. Alan Marlatt, 2001-02-15 This volume proposes that prevailing clinical approaches to treating addictive behaviors are actually best suited to a minority of the

population with problems in the case of substance abusers those with substantial functional impairment and physical dependence But what about persons with mild to moderate addictive behavior problems for whom intensive treatment may prove unnecessarily costly disruptive and stigmatizing Or those substance abusers who are unable or unmotivated to abstain but want to reduce the harm associated with drug use Contributors draw upon cutting edge theory and research to examine ways that traditional therapeutic treatments can be supplemented by public health interventions that extend the reach and effectiveness of care Timely and pragmatic the book points the way toward necessary evolutions in the roles of behavior change specialists in today s challenging health care environment

**Controlling Your Drinking** William R. Miller,Ricardo F. Mu?oz,2013-07-25 Interested in cutting down on your drinking without giving it up altogether This encouraging science based book can help make that goal a reality Distinguished clinician researchers William R Miller and Ricardo F Mu oz have spent more than 40 years studying whether moderation works who it works and doesn t work for and how to achieve it They give you tools to evaluate your alcohol consumption decide what changes you want to make and create a doable plan of action Learn new ways to enjoy social events defuse tension and stress and cope with difficult emotions with or without a glass in hand The updated second edition incorporates the latest scientific data and features a new chapter on mindfulness Helpful forms and worksheets can be downloaded and printed in a convenient 8 1 2 x 11 size

**Women and Alcohol** Great Britain. Department of Health,Royal College of General Practitioners,1992 This report based on papers from a conference on women and alcohol looks at alcohol abuse in relation to women and what can be done to encourage sensible drinking Society is remarkably tolerant of men who drink heavily but still appears to attach a special stigma in the case of women

*Practitioner* ,1987      **The Practitioner** ,1987      **Treatment Approaches for Alcohol and Drug Dependence** Tracey J. Jarvis,Jennifer Tebbutt,Jenny Tebbutt,Richard P. Mattick,1995-05-09 This book is the reslut of a major national project conducted in Australia to improve the treatment of drug and alcohol problems It provides a step by step guide to applying specific techniques that have been found to be effective in the treatment of alcohol and other drugs Vignetts of hypothetical clients are included in the final chapter to show how various techniques may be combined and tailored for individual needs

**Eighth Special Report to the U.S. Congress on Alcohol and Health from the Secretary of Health and Human Services** ,1993      Managing Your Mind Gillian Butler,Tony Hope,1997 Integrating techniques of management with those of psychology mixing feeling with action and work with play this book is both an invitation to enjoy life to its fullest and a guide for achieving such enjoyment Butler and Hope present practical ways of improving relationships mood health and work while at the same time showing ways to build self confidence overcome anxiety and depression and more 9 illustrations

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