

PROFESSIONAL COUNSELOR HANDBOOKS

VOLUME

I

# **SOBRIETY**

# **DEMYSTIFIED**

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

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

# Sobriety Demystified

**Byron Lewis**



## **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 Psychiatrist s 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     **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     **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

*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      **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      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      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 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 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 Schizophrenia for the General Practitioner* Steven J. Siegel, LaRena Ralph, 2010-09-15 Schizophrenia is 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 co morbidities 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

**Romantic Sobriety** Orrin N. C. Wang, 2011-08-30 Romantic Sobriety explores the relationship among Romanticism deconstruction and Marxism by examining tropes of sensation and sobriety in a set of exemplary texts from Romantic literature and contemporary literary theory Orrin N C Wang explains how themes of sensation and sobriety along with Marxist related ideas of revolution and commodification set the terms of narrative surrounding the history of Romanticism as a movement The book is both polemical and critical engaging in debates with modern thinkers such as Paul de Man Jacques Derrida Walter Benn Michaels and Slavoj i ek as well as presenting fresh readings of late eighteenth and early nineteenth century writers including Wordsworth Kant Shelley Byron Bront and Keats Romantic Sobriety combines deeply complex close readings with a broader reflection on Romanticism and its implications on literary study It will interest scholars who study Romanticism from a number of perspectives including those interested in bodily and social consumption the roles of addiction and abstinence in literature the connection between literary and visual culture the intersection of critical theory and Romanticism and the relationships among language historical knowledge and political practice **Without Form and Void** Chris Parlett, 2016-10-15 The Sun God is on her way My name isn t important petal You ll either listen or you won t Half the world is ashes the other half couldn t even piss in the right direction if their feet were on fire I ve had foreign dirt under my fingernails so long now it s impossible to tell myself that this future is anything less than what we deserve Funny what a

girl will fall in line behind for the security of a full belly and a high wall don't you think Still there Lend me your ear then while I sow a vulgar parable of meat money and make believe Better pour yourself a drink first though top mine up too while you're at it Chin up petal The Sun God won't be long      *Celebrity Nation* Landon Y. Jones, 2023-05-09 A former People magazine editor reveals how our cult of celebrity has shaped our politics our culture and our personal lives for better or worse From the writer and editor who coined the term baby boomer comes *Celebrity Nation* an exploration into how and why fame no longer stems only from heroic achievements but from the number of likes and shares and what this change means for American culture Landon Jones who spent decades in celebrityland only to emerge like Alice blinking in the sunlight brings a personal and first person perspective on fame and its dark underbelly complicated even further by the arrival of the internet and social media Jones draws on his experience as the former managing editor of People magazine to bolster his account with profiles of celebrities he knew personally ranging from Malcolm X to Princess Diana as well as observations about contemporary social media stars like Kim Kardashian and computer generated macro influencer Miquela a self-proclaimed 19 year old Robot living in LA In analyzing the stories of over 75 celebrities spanning decades and industries Jones shows how celebrity has been wielded as a weapon of mass distraction to spawn narcissism harm and loneliness And yet in these stories we also see a path forward Jones highlights luminaries like Nobel Peace prize winner Maria Ressa and lauded environmental activist Greta Thunberg who have effected meaningful change not by glorifying themselves but by turning to their communities for action A lively analysis of celebrity culture's impact on nearly every facet of our lives *Celebrity Nation* helps us to recognize how the apparatus of fame operates      *The Three Beauties* Emma Dorothy Eliza Nevitte Southworth, 1858      *It's All a Kind of Magic* Rick Dodgson, 2013-11-12 The first biography of Kesey revealing a youthful life of brilliance and eccentricity that encompassed wrestling writing farming magic and ventriloquism CIA funded experiments with hallucinatory drugs and a notable cast of characters that would come to include Wallace Stegner Larry McMurtry Tom Wolfe Neal Cassady Timothy Leary the Grateful Dead and Hunter S Thompson Dust jacket flap      Tāhā Husain's Education 'Abd al-Rashīd al-Ṣādiq Maḥmūdī, 1998 Taha Husein is rightly regarded as the father of modern Arabic literature and his work is widely used as introductory texts for students of the language In this highly original book Dr Mahmoudi describes Husein's cultural and intellectual journey through his education in Egypt and France Husein's humanism and modernism can be traced from his time at the al Azhar through his time in the influential circle of Ahmad Lutfi al Sayyid to his famous study mission to France where he witnessed the twilight of positivism Taha Husein's Education will add to our understanding of this great Egyptian author and the contexts that shaped and informed his thought

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