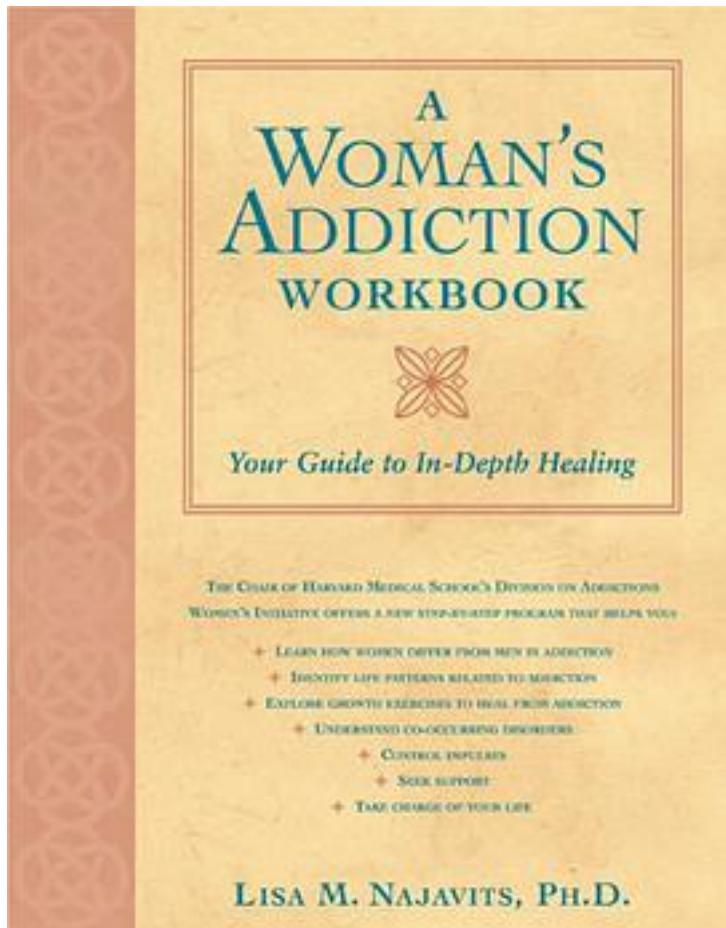


A Woman's Addiction Workbook



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著者:Najavits, Lisa

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This breakthrough new treatment approach by a Harvard psychologist and trauma and addiction expert offers a step-by-step program to help women overcome the often-overlooked core problems that drive their drug and alcohol addictions. Women

and girls are now becoming addicted at greater rates than at any other time at history-and until very recently women in recovery were dependent on treatment models based solely on work with men. Harvard addiction and trauma expert Lisa Najavits contends that women often stay addicted because of core, untreated problems that then underlie their addiction. Najavits has now developed a breakthrough new treatment model for women based on specific factors underlying women's addiction and on elements vital to their recovery. In this strengths-building workbook, women pinpoint their core problems and take steps to come to terms with their personal addiction stories. Through exercises that help them overcome these deep-seated problems and break the cycle of "using to forget," readers begin to build newfound strengths and self-respect and go on to learn how to tolerate distress, endure being alone, reach out to others, express needs, and set boundaries. A final chapter offers advice on getting help and a directory of recovery options.

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