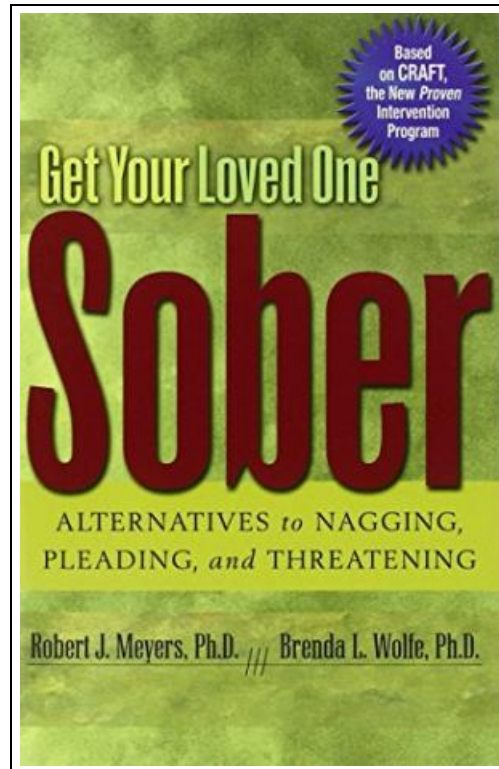


## Get Your Loved One Sober



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### **Reviews**

*Comprehensive information for book fans. It is one of the most amazing book i actually have read. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Yoshiko Okuneva)*

## GET YOUR LOVED ONE SOBER



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Hazelden Publishing & Educational Services. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.3in. x 5.3in. x 0.6in. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. **Get Your Loved One Sober** describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved ones substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism. Author Highlights Robert J. Meyers, Ph. D. , is an Associate Professor of Psychology at the University of New Mexico. He is also the Associate Director of the Clinical Research Branch of the Center on Alcoholism Substance Abuse and Addictions (CASAA). CASAA is internationally known for its excellence in substance abuse research and treatment development. Dr. Meyers has worked in the substance abuse field for over 27 years and has published several books and dozens of articles. Brenda L. Wolfe, Ph. D. , is a Clinical Psychologist specializing in the treatment of Eating Disorders, Substance Abuse, and Post-Traumatic Stress. In addition...

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