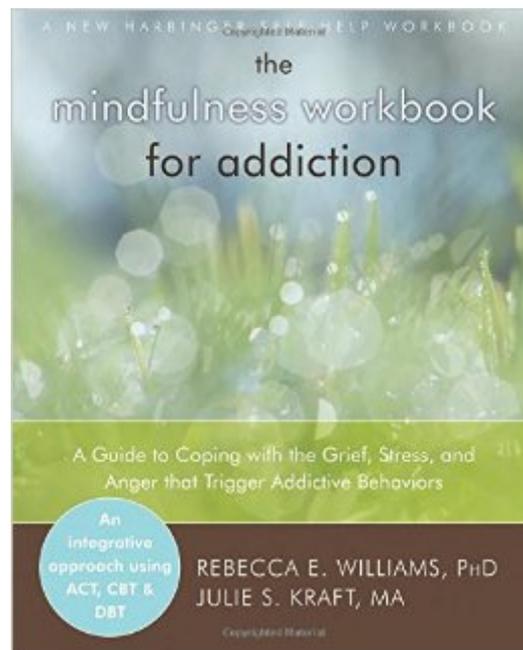


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# The Mindfulness Workbook For Addiction: A Guide To Coping With The Grief, Stress And Anger That Trigger Addictive Behaviors



## Synopsis

Most addictive behavior is rooted in some type of loss, be it the death of a loved one, coming to terms with limitations set by chronic health problems, or the end of a relationship. By turning to drugs and alcohol, people who have suffered a loss can numb their grief. In the process, they postpone their healing and can drive themselves further into addiction. The Mindfulness Workbook for Addiction offers readers an effective program for working through their addiction and grief with cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). Created by a psychologist who works for the Department of Veterans Affairs and a marriage and family therapist who works for Sharp Mesa Vista Hospital, this mindfulness training workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction. No matter the loss, the mindfulness skills in this workbook help readers process their grief, determine the function their addiction is serving, and replace the addiction with healthy coping behaviors.

## Book Information

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## Customer Reviews

As an active duty Army psychologist, I highly recommend this book for any practitioner/ or trainee in psychiatry, social work, addiction counseling, or psychology; or patient(s) who want to deepen their understanding of applying mindfulness techniques to treat addiction. For anyone that has seen the horrors of war or worked with soldiers or other service members who have returned from war suffering from the combined effects of combat related PTSD/ and addiction knows the complicated nature of these issues. Mindfulness, which is essentially founded in Buddhist teachings, also has

origins in the classic military-warrior philosophy of stoicism; this philosophy is paramount to a soldier's training; and I have personally found that psychotherapies based in mindfulness frameworks to be very effective with combat veterans; additionally, these mindfulness approaches tend to be easily relatable to most service members. The authors of, "Mindfulness Workbook for Addiction," neatly, concisely, and coherently describe the theoretical basis for mindfulness concepts and their application to treating addiction problems. To be perfectly honest, I haven't seen it described as well anywhere else; the book is descriptive and reads with clarity. These principles will make it easy to understand for both medical providers and addiction counselors. Also, because the writing is clear, the workbook, as well as its clinical recommendations can easily be implemented into any combination of treatment protocols to better help patients struggling with addiction. To quote the famed and ancient philosopher, Epictetus, "It is hard to combine and unite these two qualities, the carefulness of one who is affected by circumstances, and the intrepidity of one who heeds them not.

In the hands of anyone ready to do the work to overcome an addiction, this is a very powerful tool indeed. And I think it also belongs on the shelf - to be used and referenced frequently - of clinicians who work with addicts, teachers of courses on addiction, and the students who are learning to work with the addict population. The authors' integrative, mindfulness-based approach is a winning complement to 12-Step programs or Rational Recovery. Here are just a few of the virtues of this workbook: 1) It guides the reader, in a very personal and engaging manner, through the process of identifying the emotions, thoughts, and behaviors that underly and perpetuate her addiction, setting her up for success as this work comes together in a grasp of mindfulness. The first four chapters are like having a wise, kind mentor, sponsor, or therapist to guide you through the early stages, when life can be so confusing. 2) It acknowledges head-on that people struggling with addiction have faced, and will continue to need to cope with, loss and the grief that attends it. Part 2, Looking at Your Losses, connects loss with addiction, guiding the reader to identify the cycles and anniversaries that may trigger cravings and lapses. 3) It teaches and empowers through metaphor and mnemonics, ensuring that when the addict is vulnerable and stressed, he'll be able to draw upon the relevant concept or skill with ease. One of my favorites is "Embracing the dog", which refers to those emotions that we'd rather avoid because they're uncomfortable or downright nasty. Here's a sweet metaphor that anyone can relate to, and it sets the reader up for Radical Acceptance.

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