

An Integral Guide To
RECOVERY
TWELVE STEPS AND BEYOND



GUY DU PLESSIS

*"Guy du Plessis has given us a very important book, a terrific example of how to apply the Integral framework to the process of recovery, thus insuring us that the approach will be more comprehensive, inclusive, and therefore effective.
Recommended for therapists and clients alike!"*
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Guy Du Plessis



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An Integral Guide to Recovery Guy Du Plessis, 2015-02-02

Mind-Body Workbook for Addiction Stanley H.

Block, Carolyn Bryant Block, Guy du Plessis, 2016-03-01 Certified as an evidence based intervention by The Substance Abuse and Mental Health Services Administration SAMSHA and listed on the National Registry of Evidence based Programs NREPP Seeking treatment for substance abuse or addiction is half the battle staying sober is the other In this important book physician Stanley Block and addiction specialist Guy du Plessis present a powerful easy to use program for overcoming addiction utilizing the mind body bridging modality If you re recovering from substance abuse you know that every day is a new battle In fact staying sober is one of the hardest aspects of addiction recovery and many people end up relapsing If you ve tried traditional treatment but are still struggling to stay on the path to sobriety you may be ready for a new approach In Mind Body Workbook for Addiction Stanley Block MD Carolyn Bryant Block and founder of the popular Integrated Recovery Program IRP Guy du Plessis present an innovative and clinically proven mind body bridging technique to help you stay sober manage emotions and stress and ultimately build a better life Inside you ll find easy to use self help exercises to help you uncover addiction triggers stay grounded and prevent future relapse so you can finally heal Mind body bridging is a proven effective method of self help that teaches you how to regulate strong emotions such as anxiety anger worry and stress all emotions that lie at the core of addiction issues You ll learn how to become aware of your negative thoughts experience them without pushing them away and then use your physical senses to become more grounded and relaxed rather than turning to alcohol or drugs for relief If you re ready to finally gain control of your addiction and stay sober this book has the potential to change your life

The Religion of Tomorrow Ken Wilber, 2017-05-02 A provocative examination of how the great religious traditions can remain relevant in modern times by incorporating scientific truths learned about human nature over the last century A single purpose lies at the heart of all the great religious traditions awakening to the astonishing reality of the true nature of ourselves and the universe At the same time through centuries of cultural accretion and focus on myth and ritual as ends in themselves this core insight has become obscured Here Ken Wilber provides a path for re envisioning a religion of the future that acknowledges the evolution of humanity in every realm while remaining faithful to that original spiritual vision For the traditions to attract modern men and women Wilber asserts they must incorporate the extraordinary number of scientific truths learned about human nature in just the past hundred years for example about the mind and brain emotions and the growth of consciousness that the ancients were simply unaware of and thus were unable to include in their meditative systems Taking Buddhism as an example Wilber demonstrates how his comprehensive Integral Approach which is already being applied to several world religions by some of their adherents can avert a cultural disaster of unparalleled proportions the utter neglect of the glorious upper reaches of human potential by the materialistic postmodern worldview Moreover he shows how we can apply this approach to our own spiritual practice This his most sweeping work since Sex

Ecology Spirituality is a thrilling call for wholeness inclusiveness and unity in the religions of tomorrow *Theoretical Models of Counseling and Psychotherapy* Kevin A. Fall, Janice Miner Holden, Andre Marquis, 2017-02-17 The third edition of *Theoretical Models of Counseling and Psychotherapy* provides a comprehensive overview of a variety of major counseling theories and focuses on the integration of different theoretical models With new information on multiculturalism diversity and cutting edge theories such as psychosynthesis the book offers a detailed description of the philosophical basis for each theory as well as historical context and biographical information on each theory's founder Chapters include new case excerpts and clinical examples and each chapter follows a consistent structure in its exploration of each theory's features including its approach to and ideas on personality development human nature the role of environment the change process in therapy and contributions and limitations to the mental health field Theory specific information on diagnosis psychopharmacology spirituality and gender issues is also discussed and the book is accompanied by a companion website where professors and students will find exercises and course material that will further deepen their understanding of counseling theory and allow them to easily bridge classroom study to future practice Available for free download for each chapter PowerPoint slides and a testbank of 21 multiple choice questions **Recovery - Twelve Simple Steps to a Life Beyond Addiction** Lynden Finlay, 2015-01-08 Are you sick and tired of being addicted Do you want to recover but think the 12 Step programme is not for you because you don't believe in God This book presents a new version of the Steps which is simple and doable by everyone whether they have a particular faith or not Research now proves beyond doubt that the 12 Step programme is a way to long term recovery so if you are suffering from addiction or are a GP who knows your addicted patient needs more support than you can provide this book is for you Lynden Finlay has over twenty years experience both in addictions counselling and personally recovering from addictions herself working closely with the Twelve Steps programme during that time Over the years she has seen many residents benefit from this version which has at its heart not a focus on God but on the healing power of one addict helping another **A Practical Guide to Recovery-Oriented Practice: Tools for Transforming Mental Health Care** Larry Davidson, 2009 This book takes the lofty vision of recovery and of a life in the community for every adult with a mental illness promised by the U S President's New Freedom Commission and shows the reader what is entailed in making this vision a practical reality for people with mental illnesses and their families

Pathways William L. White, 1996-04-30 *Pathways from the Culture of Addiction to the Culture of Recovery* Clinical Handbook of Adolescent Addiction Richard Rosner, 2012-11-19 Since 1960 the burden of adolescent illness has shifted from the traditional causes of disease to the more behavior related problems such as drinking smoking and drug abuse nearly half of American adolescents have used an illicit drug sometime during their life Instilling in adolescents the knowledge skills and values that foster physical and mental health will require substantial changes in the way health professionals work and the way they connect with families schools and community organizations At the same time the major textbooks on addiction

medicine and addiction psychiatry devote relatively little attention to the special problems of diagnosing and treating adolescent addicts Similarly the major textbooks on general and child and adolescent psychiatry direct relatively little attention to the issues surrounding adolescent addiction The Clinical Handbook of Adolescent Addiction is one response to the challenge of meeting the mental health needs and behavior related problems of addicted teenagers The work has been edited as an independent project by members of the American Society for Adolescent Psychiatry the oldest professional organization of psychiatrists devoted solely to the mental health care and treatment of teenagers in the USA The forensic psychiatry perspective permeates the entire book It will help to produce health providers with a deep and sensitive understanding of the developmental needs and behavior related problems of adolescents The Clinical Handbook of Adolescent Addiction is a practical tool for all those who help adolescents practitioners of family medicine general psychiatrists child adolescent psychiatrists adolescent psychiatrists addiction psychiatrists non psychiatric physicians specializing in addiction medicine forensic psychiatrists psychologists clinical social workers mental health administrators Court Probation Parole Correctional health workers The book is organized in a user friendly format so that readers can easily locate the chapters that provide the information that is required In some instances topics of special importance deliberately have been addressed in more than one chapter to illuminate the topics from a variety of vantage points One aim of the editors is to move the topic from being a specialist area to a generalist one by providing tools for generalist to use **Die**

Religion von morgen Ken Wilber, 2024-06-12 Eine provokante Untersuchung darüber wie die großen religiösen Traditionen in der heutigen Zeit relevant bleiben können indem sie die wissenschaftlichen Wahrheiten über die menschliche Natur des letzten Jahrhunderts einbeziehen Allen großen religiösen Traditionen liegt ein einziges Ziel zugrunde das Erwachen zu der erstaunlichen Realität der wahren Natur von uns selbst und des Universums Doch durch die jahrhundertlange kulturelle Konzentration auf Mythen und Rituale ist dieses zentrale Erkenntnis in Vergessenheit geraten Hier zeigt Ken Wilber einen Weg auf wie eine Religion der Zukunft aussehen kann die die Entwicklung der Menschheit in allen Bereichen anerkennt und gleichzeitig der ursprünglichen spirituellen Vision treu bleibt Damit die Traditionen für moderne Männer und Frauen attraktiv sind so Wilber müssen sie die außerordentliche Anzahl wissenschaftlicher Erkenntnisse über die menschliche Natur einbeziehen die in den letzten hundert Jahren gewonnen wurden zum Beispiel über den Geist und das Gehirn die Emotionen und die Entwicklung des Bewusstseins und die die Alten nicht kannten und deshalb auch nicht in ihre meditativen Systeme integrieren konnten **Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery** Gary L. Fisher, Nancy A. Roget, 2009 This collection provides authoritative coverage of neurobiology of addiction models of addiction sociocultural perspectives on drug use family and community factors prevention theories and techniques professional issues the criminal justice system and substance abuse assessment and diagnosis and more

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