



Addiction At Work Addiction At Work

Amanda L. Giordano



Addiction At Work Addiction At Work:

Addiction at Work Hamid Ghodse, 2017-05-15 Drugs and the workplace just don't mix. Yes, most users of illicit drugs are employed adults and there's a high correlation between levels of stress, income and alcohol abuse amongst professional and managerial employees. But the risks associated with drug use and abuse in the workplace have been well defined. *Addiction at Work* enables you to understand the background and extent of the problem, the cost of drug abuse to your organization, the role your own organizational culture may have in encouraging drug misuse, the risks associated with dangerous or stressful jobs. There are also chapters to help you understand the symptoms of drug abuse and the potential risks associated with perfectly legal prescription or over-the-counter medicines. The right kind of drug policy can be a significant weapon to fight this problem. So *Addiction at Work* explores your responsibility as an employer and how to design, communicate and implement a policy that is appropriate for your organization. Finally, there are chapters on the tools and techniques open to your organization for tackling the problem head-on, ways of addressing problem behaviours, the advantages and disadvantages of drug screening and the ethics associated with this practice, employee assistance programmes and specialist care, and finally the employment law issues around drugs. *Addiction at Work* has been written by some of the world authorities on drug use in the workplace. It is an essential reference for organizations seeking a way through the human ethical and legal issues and the risk they present to any employer of a social problem that is increasingly impacting employees whatever their work or the nature of their workplace.

Work Addiction River Mindfulness, AI, 2025-03-12 *Work Addiction* explores the pervasive issue of compulsive overworking, differentiating it from healthy dedication and revealing its impact on well-being. The book highlights that the line between dedication and addiction has blurred, making individuals vulnerable to overworking and its consequences such as burnout and mental exhaustion. Readers gain insights into recognizing work addiction as a behavioral addiction with serious ramifications for health, relationships and overall quality of life. The book examines the historical and societal context of work addiction, tracing its transformation from a virtue to a potential vice. It uses clinical studies, empirical research and real-life examples, incorporating psychological assessments and physiological measures. It provides a clear, progressive understanding of work addiction, beginning with diagnostic criteria and progressing to practical intervention strategies, including cognitive behavioral techniques and mindfulness practices. Targeted toward individuals, mental health professionals and HR managers, *Work Addiction* offers practical exercises and self-assessment tools to help readers take control of their work habits, manage stress and improve their overall well-being. It addresses ongoing debates surrounding the definition of work addiction, encouraging critical thinking and informed decision-making.

Research Companion to Working Time and Work Addiction Ronald J. Burke, 2006 Ronald Burke has put together a collection of state-of-the-art research and writing about work hours and work addiction from around the world. This book is essential reading for academics, managers, human resource professionals and anyone else interested in identifying types of

work addiction learning about antecedents and consequences of workaholism as well as how to help people achieve work life balance The contributions from top notch researchers and academics in the field provide a rounded view of how the interplay between career aspirations work motivation and working conditions contribute to health outcomes and effectiveness at work Astrid M Richardsen Norwegian School of Management Norway The Research Companion to Working Time and Work Addiction captures the essence and intricacies of an important and fascinating topic It explores the body of writing on work hours that until this book existed quite separately from literature on work addiction As can be expected from the breadth of his knowledge and the consistent quality of his work Ronald J Burke has done a terrific job of editing a book that presents work addiction and working time in a way that is both scientifically sound and engaging The twenty four contributors have done an excellent job of extending and refining our understanding of work addiction and working time in this collection of excellent conceptual and empirical chapters This book is a must for all scholars and practitioners who are interested in this fascinating aspect of work life Ayala Malach Pines Ben Gurion University Israel This is an excellent and unique book which not only addresses the detrimental effects of long working hours and work addiction but also investigates the causes and treatment of workaholism An outstanding volume which includes both conceptual and empirical chapters from distinguished academics and practitioners from several countries This is essential reading for all those interested in health and well being in the workplace and the establishment of satisfactory home and work life balances The editor should be congratulated for this groundbreaking book Marilyn J Davidson University of Manchester UK This book is overdue Someone somewhere a long time ago should have put this book together because its value is incalculable The pace of change in the workplace has vastly increased and workers see their jobs as more complex and fragmented What is the prognosis Where is it all going What can be done about it If anything This book is more a handbook than a research companion on all those aspects of the workplace that touch on or represent change pace workload work addiction work life balance job satisfaction job involvement stress conflict values Type A behaviour and other personality disorders What s more it delves into some of the more unknown elements of these aspects of work in different countries Read it You ll not be disappointed Janice Langan Fox Swinburne University of Technology Melbourne Australia This is a timely and needed book for all professionals who have concerns about issues related to quality of life and well being This book is an original piece prepared by a team of international experts written in an informative and scholarly manner and presents in an effective form the accumulated wealth of knowledge on the theme This is a solid book that can satisfy both the academic readership and the professional community I truly and sincerely recommend it It is a must for people who are interested in this subject Simon Dolan ESADE Business School Spain This Research Companion examines the effects of work hours on individual and family well being and questions why people work hard and whether some can work too hard It integrates contributions from two areas of research work hours and work addiction that have historically been pursued separately Ronald Burke argues that while work hours have decreased **When**

Work Takes Control Pernille Rasmussen, 2018-05-08 The purpose of this book is to explain first what happens when we become too involved in our work and second how we avoid being controlled by our work and how we prevent family members friends colleagues or employees from being so In addition it is hoped that the book will help bring about a debate about our work habits and initiate thought and discussion about our values and how much space work should be allowed to take up in our lives The book is addressed to everyone who deals with the psychological working environment among them business managers and counsellors who treat people with work related problems In addition anyone who wishes to establish a better balance between their work life and private life would benefit from reading the book *Heavy Work Investment* Itzhak Harpaz, Raphael Snir, 2014-07-17 The book deals with the concept of Heavy Work Investment HWI recently initiated by Snir and Harpaz Since its introduction the interest in the general HWI model has increased considerably The book illustrates the development of HWI conceptualization theory and research It deals with the foremost HWI subtype of workaholism However it also compares workaholism as a negative HWI subtype with work devotion passion engagement as a positive HWI subtype Most importantly it addresses HWI in general including its possible situational subtypes In view of Snir and Harpaz's claim that the study of situational heavy work investors is relatively scarce this certainly constitutes a promising step in the right direction Finally it deals with timely and important topics examined by prominent international researchers on Heavy Work Investment and such issues as personality factors of workaholism work life balance cross cultural similarities and differences in HWI work addiction and technology HWI and retirement and intergenerational similarity in work investment

Handbook of Substance Misuse and Addictions Vinood B. Patel, Victor R. Preedy, 2022-10-17 Substance misuse and addictions are a public health issue They affect the well being of each community and nation as a whole It is therefore necessary to identify educate and treat individuals who are addicted to substances Policies and procedures go hand in hand with public health education and safety The science behind the public health issues of one drug may be applicable to other drugs as well However marshalling all of the aforementioned information into a single source is somewhat difficult due to the wide array of material The Editors address this by compiling the research in this single reference work that serves as a one stop shopping approach to everything readers need to know about the scientific basis of public health and addictions and agents of misuse Apart from active agents that have a plant or chemical basis there is a need to consider that there are other forms of addiction which may have common modes of causality or prevention These include food addiction gaming gambling and other non drug addictions These types of addiction may be related to the addiction of drugs The Handbook of Substance Misuse and Addictions From Biology to Public Health offers a holistic understanding of the relationship between public health and substance misuse The text provides a common platform upon which other forms of addiction or substance misuse can be understood and treated Addiction processes involve understanding the biological processes as well as behavior psychology sociology and public health all of which are interlinked This Handbook is a useful reference for lecturers students

researchers practitioners and other professionals in public health addiction science epidemiology health education health promotion and health sciences

A Clinical Guide to Treating Behavioral Addictions Amanda L. Giordano, 2021-06-22

Giordano an established scholar in behavioral addictions has provided a landmark clinical reference book This text provides the quintessential guide to understanding process addictions with detailed attention to assessment and treatment that is unparalleled in the literature This is a must have book for every clinician

Craig S Cashwell Ph D LPC NCC ACS CSAT S Professor William Mary This groundbreaking text *A Clinical Guide to Treating Behavioral Addictions* is a must read for counselors and educators alike As a former addictions counselor now counselor educator I found the information in this text timely relevant and instrumental to the work of treating persons with behavioral addictions This go to resource will prove to be invaluable for years to come

Michael K Schmit PhD LPC Hazelden Betty Ford Graduate School of Addiction Studies An innovative new text addressing 11 behavioral addictions in detail with a focus on recent neuroscience This practical approachable guide for clinicians comprehensively covers an array of behavioral addictions ranging from internet gaming addiction and sex addiction to social media addiction and food addiction Each chapter answers foundational questions to inform clinical practice including How do I conceptualize it How do I identify it How do I assess it How do I treat it and How do I learn more Through this innovative resource clinicians will gain valuable knowledge regarding the conceptualization identification assessment and treatment of behavioral addictions Each chapter highlights the most current research related to specific behavioral addictions provides a synthesis of recent neuroscience and examines diverse treatment approaches to fit the widest range of clinical styles In addition this book describes the evolving definition of addiction provides examples of how to advocate for clients with behavioral addictions and devotes an entire chapter to understanding the neuroscience of addiction This clinical reference book will help counselors provide compassionate effective services to clients with a variety of behavioral addictions Purchase includes digital access for use on most mobile devices or computers

Key Features Offers

- Voices from the Field sections in which clinicians describe their experiences working with each behavioral addiction
- Includes a chapter completely devoted to the neuroscience of addiction in addition to a synthesis of recent neuroscience in each chapter
- Synthesizes current research to aid in clinical conceptualizations
- Describes useful assessment instruments and how to access them
- Presents a wide range of treatment approaches and 12 step program options
- Provides abundant resources for further study

Treatment Strategies for Substance Abuse and Process Addictions Robert L. Smith, 2015-03-05 This distinctive and timely text examines the most prevalent substance and process addictions and focuses on current research and evidence based treatment strategies Major substance addictions discussed include alcohol tobacco marijuana methamphetamines and prescription drugs Complete chapters are also devoted to the most frequently cited process addictions making this text unique Behavioral addictions covered in this text include pathological gambling sex disorders disordered eating work exercise shopping and Internet gaming Each chapter contains a listing of student learning outcomes

a case study with reflective questions techniques for assessment and diagnosis inpatient and outpatient treatment approaches and resources for further study With its emphasis on treatment strategies this text can be used by practitioners as well as by professors in the classroom in introductory courses in addictions or in subsequent courses that focus on treatment strategies Requests for digital versions from the ACA can be found on wiley.com To request print copies please visit the ACA website here www.aca-counseling.org Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

Research Companion to the Dysfunctional Workplace Janice Langan-Fox, Cary L. Cooper, Richard J. Klimoski, 2007 A work exposing and exploring the phenomena of the dysfunctional workplace is long overdue This fascinating book does just that uncovering the subversiveness counter productive behaviour and unspoken issues that managers struggle with on a daily basis This Companion not only explores organizational dysfunction as it concerns individuals it also examines broader issues of dysfunction and its effects with regards teams managers and organizational systems Lively discussion encompasses the symptoms of distress illness absenteeism and inefficiency that point towards behavioural disorders and system wide malfunction From personality disorders to wars over territory the book chronicles and reveals the true nature of often hidden workplace problems including bullying unethical behaviour loss of trust organizational deviance cowardice workaholism negative humour and emotions personality disorders mismanagement and malfunctioning performance and selection systems So what can be done Practical solutions to these dysfunctional phenomena are presented by international experts from a range of disciplinary backgrounds including management psychology and economics This fascinating highly original book will be of enormous interest to students researchers academics and practitioners across all sectors of business and management human resource management in particular

Calm and Confident Under Stress Gert Kaluza, 2022-09-29 Stressed No time I don't know where my head is Stress is familiar to almost everyone and many suffer the negative consequences of constant stress So what to do This book shows a variety of possible courses of action and encourages you to find your own way to a calm and healthy way of dealing with stress at work and in everyday life It is written for stress sufferers for self help and as comprehensible accompanying reading for stress management courses or in the context of a consultation for personnel managers and executives in business and administration for consultants and therapists who support stressed clients and for everyone who wants to further develop their personal stress competence From the contents Instrumental stress competence making everyday life less stressful actively meeting demands Mental stress competence developing beneficial attitudes and evaluations Regenerative stress competence creating balance relaxing and recovering With checklists exercises and numerous tips The author Prof Dr Gert Kaluza is a psychological psychotherapist and works as a trainer coach and author in the field of individual and workplace health promotion After working at various universities for over 20 years he founded his own continuing education and training institute the GKM Institute for Health Psychology in 2002

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Addiction At Work Addiction At Work Introduction

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