Bridges to Recovery: Addiction, Family Therapy, and Multicultural Treatment by Jo-ann Krestan

Begin Your Healing Journey

At last, a book that defines a new language for treating substance abuse in an increasingly culturally diverse population. Until now, therapists, counselors, and teachers who treat addiction within the context of the whole family have had to make do with outdated one-size-fits-all theories and treatment programs. Bridges to Recovery is the first book to bring together experts from three major fields within psychotherapy -- family therapy, addiction counseling and multicultural treatment -- to provide a practical and flexible framework for working with families within their individual cultural contexts. Drawing upon case studies, clinical anecdotes and proven treatment methods, Bridges to Recovery provides practitioners with a unique insight into the individual cultural nuances that make addiction recovery a very personal journey. Jo-Ann Krestan, co-author of the classic book The Responsibility Trap: A Blueprint for Treating the Alcoholic Family, and her contributors integrate the latest ideas and research to offer a foundation for addiction treatment that brings to the forefront the cultural thinking that affects alcohol and drug use/abuse among Native Americans, Jewish Americans, African Americans, West Indians, Asian Americans, Mexican Americans, Puerto Ricans and groups of European origin. This book will be an invaluable asset to teachers and students in clinical social work, psychology and substance abuse counseling programs, setting the standard for education and treatment at the beginning of the 21st century.

My Personal Review:
Practical, rich in clinical wisdom, chock full of fascinating case illustrations, Bridges to Recovery is a comprehensive and enlightening book -- an appropriate book to lead our addictions work into the twenty-first century. It transforms our understanding of addiction and offers us a clinical and theoretical head start for the complex cultural tasks ahead of us. This is the first book in our clinical literature to comprehensively address
addiction treatment from a perspective of multicultural competence. It should be required reading for all those in the health care field who deal with substance abuse. Every physician, psychologist, social worker, nurse and counselor should become familiar with the ideas in this book. The editor, Jo-Ann Krestan, one of the senior clinicians and thinkers in the family therapy field, and a seminal teacher and clinician on issues of addiction, has brought together a remarkable and diverse group of clinicians who have front line experience and knowledge of the struggles of those suffering from addiction. They have done a superb job of summarizing the research and articulating their own and their group's cultural wisdom for intervention. The chapters take account of each group's cultural and political history and the impact of oppression and marginalization within the dominant culture in the United States. Monica McGoldrick, Director, The Multicultural Family Institute, Highland Park, N.J. (www.MulticulturalFamily.org), whose books include Ethnicity and Family Therapy, Revisioning Family Therapy: Race, Culture and Gender in Clinical Practice, The Expanded Family Life Cycle and Genograms

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