Chapter 4: The Tools of Recovery (pages 65 – 85)

1. According to your text, how many million Americans currently abuse or are dependent on alcohol? How many people receive treatment on any given day?

2. What two medications are available for use in treating alcoholism and what happens when a person takes either of these medications?

3. What classification of medications is usually given to a patient in medically supervised detoxification?

4. True or false. All patients need to be treated in the most restrictive environment needed to bring the disease under control.

5. What benefits to society does research indicate regarding the treatment for alcoholism and other addictive disorders results?

6. True or false. The longer you keep patients in treatment the better.
7. What three things does a patient have to do while working a traditional program to stay in recovery?

8. What percentage of patients who work a simple program go into full remission and live the rest of their lives free of the disease?

9. Why do alcoholics and addicts need constant repetition while in early recovery?

10. Perkinson suggests that patients read four different books while in recovery. What are those four books as listed in Table 4.1?

11. Do you have these above listed books available for your patients? If not, will you get them? Why or why not?
Get Honest: Cognitive Therapy

12. Addressing what mental process is essential in treating chemical dependency?

13. Thoughts precede ____________, feelings initiate ____________, and all actions have ________________.

14. Generally, do alcoholics think accurately?

15. True or false. Alcoholism cannot survive in the light of the truth.

16. What does the above statement mean?

17. What is the "constant battle" that goes on in the patient's mind as described on page 69?

18. What do you think it would be like to live with a battle going on inside your head? How does knowing about this battle affect the way you will treat your client?
19. What is the first exercise that Perkinson suggests the patient complete?

________________________________________________________________________

20. What type of atmosphere should you create for your client who is in treatment?

________________________________________________________________________

21. How can you create that type of atmosphere?

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________________________________________________________________________

22. Read the excerpts from a therapy session on pages 69, 70 and 71. What is your reaction? What did you learn about being the professional? What did you learn about being the patient?

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23. What is the second exercise Perkinson suggests that the patient complete? What is this exercise designed to do?

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________________________________________________________________________
24. How do alcoholics generally feel about themselves? Why?

25. What phrase does Alcoholics Anonymous use to refer to the lies the alcoholic says to himself?

**Go to Meetings and Help Others: Behavior Therapy**

26. What does all therapy concentrate on during treatment?

27. Patients have ________________ feelings, thoughts, and behaviors that keep them from functioning ________________.

28. What can the patient do to change his or her old behaviors?

29. How long must they practice these new behaviors?

30. What are habits?
31. True or false. A drinking problem is **not** a habit.

32. Generally, what does the alcoholic do when he or she feels uncomfortable?

33. What is reinforcement and what does reinforcement do a new behavior?

34. Perkinson states that punishment cannot teach people new behavior. What does punishment teach the patient?

35. What is a behavioral contract?

36. What is the behavior chain that Perkinson describes?
37. Compare the list of "lies" that "Bob" tells himself on his way home from work as listed on the bottom of page 75 with those new more accurate thoughts listed on page 76.

38. Why is honesty essential for recovery from alcoholism or addiction?

39. What is the most powerful motivation for change in most chemical dependency programs? Why?

40. What are the 10 benefits of the group process listed on pages 77 and 78 in your text?
41. What common mistake do new professionals make during group?


42. What should you do when a group member doesn't talk?


43. True or false. As the group leader you should intervene if someone becomes a problem in the group.

44. What is a drug refusal exercise?


45. What does a drug refusal exercise provide for the patient?


46. What is the focus of the Inaccurate Thinking Session?


47. What is the chair technique?
48. Think about a lie that you have told yourself for many years. Utilize the chair technique and try to convince your healthy mind of a lie you tell yourself. Reflect on the following questions:
   o How did that feel to complete that exercise?

   o What happened to that lie as you try to convince the healthy part of the mind?

49. What are the 10 alternatives that are available to the patient other than drinking or using as listed on page 81?

50. What does the third session focus on?
51. What two emotions are chemically dependent people particularly vulnerable to?

52. True or false. Only negative feelings can lead to relapse.

Seek Conscious Contact with a Higher Power

53. What is the goal of AA’s first step?

54. What is the goal of AA’s second step?

55. What is the goal of AA's third step?

56. How do you describe your own Higher Power? How can you effectively treat your patient if he or she describes his or her own Higher Power as being different from yours?

57. What religious affiliation does Alcoholics Anonymous have?
58. Why do you think it would be important to talk about your patient's spiritual history?

59. How does Perkinson describe the difference between prayer and meditation?

60. At this time, close your eyes and mentally ask God this question, "God, what is the next step in my relationship with you?" Was the word or phrase accompanied by a feeling? If so, reflect on the following questions:

   o Was it a feeling of peace?
   o Was it a feeling of love?
   o Was it a feeling that there is a God?
   o Was it a feeling that God loves you?
   o Was it a feeling that you are worthy?
   o Was it a feeling that God will help you?
   o Was it a feeling that God has a plan for you?
   o Was it a feeling that God will tell you the plan?

61. How do you feel after completing this exercise? How do you think this exercise will affect your patients?
62. What does AA call those feelings described above?

63. What are the ways that God may communicate with us?