



iCope: Alternatives To A 12-Step Program: A Path To Recovery

Anthony R Ciminero Ph. D.

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The approach in this book could be controversial in that it advocates an alternative to the well-established 12-Step Programs typically recommended for treating addictions. As readers will see, the book is quite pragmatic in that there is great flexibility in finding what type of treatment works for each individual situation. Some do very well with a 12-Step Program and they are encouraged to continue with what is working for them. However, there are many more individuals who cannot relate to a 12-Step Program or have failed to succeed with that approach. This iCope book provides those individuals with a resource for getting into a healthy recovery. The methods described here are all based on scientific principles established over the past several decades. This book describes what to do on a day-to-day basis to cope with various challenges and stresses without relying on any unhealthy addictive behaviors. . Readers will learn: • The four core coping skills needed to replace any addictive behaviors; • How to improve self-awareness and learn when you are at risk; • Methods to relax physically and mentally without alcohol or drugs; • Cognitive restructuring as a psychological defense for negative emotions • Creative problem-solving skills to deal with certain challenges; • Recommendations for assertiveness and anger management; • Key strategies to improve self-esteem and confidence; • How mindfulness and positive psychology can help in recovery; • Relapse Prevention; • Also covered are special topics such as: Controlled Social Drinking for Some Individuals, and Genetic Factors in Alcoholism

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Patrick Stokes:

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