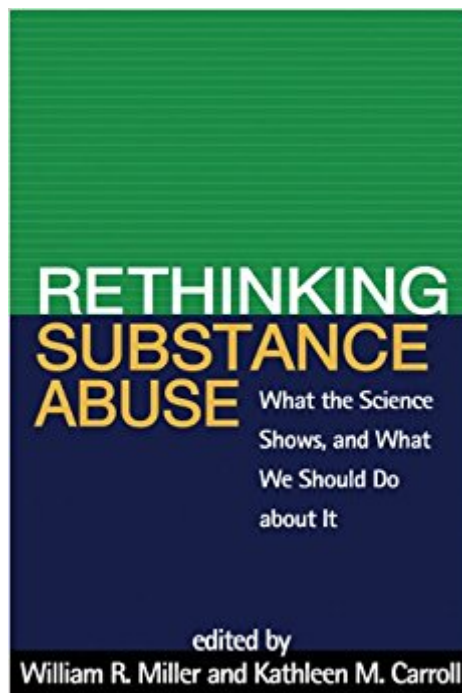




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# Rethinking Substance Abuse: What The Science Shows, And What We Should Do About It



## Synopsis

While knowledge on substance abuse and addictions is expanding rapidly, clinical practice still lags behind. This book brings together leading experts to describe what treatment and prevention would look like if it were based on the best science available. The volume incorporates developmental, neurobiological, genetic, behavioral, and social "environmental perspectives. Tightly edited chapters summarize current thinking on the nature and causes of alcohol and other drug problems; discuss what works at the individual, family, and societal levels; and offer robust principles for developing more effective treatments and services.

## Book Information

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## Customer Reviews

"This book is an important contribution to our understanding of how to apply substance use research to treatment, prevention, and policy. Preeminent researchers have written chapters that focus on their respective areas of expertise. Each chapter provides a concise picture of the research activities currently underway in the area at hand and summarizes current findings. All of the important domains of research on substance use problems are covered. McLellan provides a compelling critique of the current treatment system, arguing that it is not capable of incorporating evidence-based practices. Miller and Carroll propose a radical restructuring of the now largely segregated substance abuse prevention and treatment system so that it becomes integrated into the health and mental health systems. All those interested in substance use policy should read this book."--Daniel Yalisove, PhD, Department of Psychology and Addiction Studies Program, John Jay

College of Criminal Justice"Two thought leaders in substance abuse have done a remarkable service for clinicians and researchers: they have put together a distillation of what research has taught about the nature of addiction and its treatment. This volume is well focused, comprehensive, and quite readable."--Marc Galanter, MD, Department of Psychiatry and Division of Alcoholism and Drug Abuse, New York University School of Medicine"If you teach about substance use and abuse, as I do, you and your students will greatly value this book. Like other exemplary volumes that review what we know about substance abuse, it offers state-of-the-art overviews of biological, psychological, and social factors in and treatments for substance abuse. But it also does a good deal more. Above all, the book anticipates important future developments and weighs them for their impact on prevention and treatment. Since the editors and contributors are leading authorities on these matters, this is a book that can be taken seriously."--Peter E. Nathan, PhD, Department of Psychology and Department of Community and Behavioral Health, University of Iowa"This is a rare book in the addictions field. It assembles the most up-to-date scientific knowledge in the social and biological sciences to advance the field with regard to the etiology, prevention, and treatment of substance use problems. The book provides a new understanding of how scientific principles can be utilized in addressing common human issues associated with addictions. The themes that emerge will be of interest to practitioners in pursuit of transdisciplinary research for purposes of improving interventions and services for alcohol and drug problems."--Allen Zweben, DSW, Columbia University School of Social Work"The book does a great job of explaining the science in easy-to-understand language....The book is multiauthored, each chapter written by a researcher with expertise in a particular area of substance abuse, spanning the range from genetics of substance abuse disorders, to religion and spirituality, to systems issues in delivery of substance abuse treatment. Technical jargon is kept to a minimum, and each chapter ends with a list of general principles that summarize the key points. The gap between what is known and what is practiced is disheartening. This brave little book points out that there are effective treatments, and this is definitely not the time to give up." (Bulletin of the Menninger Clinic 2010-06-05)"An important contribution to the field....its wide-ranging information is accessible to a broad audience....Each chapter exhibits fluidity and comprehensiveness....Both experts and novices alike will find this book to be interesting and informative....A contemporary and inclusive resource for understanding substance use from a variety of perspectives and serves an important contribution to the field of ."

(Addiction 2010-06-05)"Notable for its structure and noteworthy for its fresh application of recent science to the treatment and prevention of addictions....All the chapters are written by recognized experts in the field....This text provides an excellent foundation for clinicians, program

administrators, policy makers, and students who want to orient themselves to the field of addiction studies. The summary of research may challenge current prevention and treatment practices by providing a fresh perspective on the field. The interdisciplinary nature of the book is one of its greatest strengths. It introduces the reader to the most salient points of research across the wide spectrum of addiction studies." (PsycCRITIQUES 2010-06-05)

William R. Miller, PhD, is Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. A recipient of the Jellinek Memorial Award for alcoholism research, he is fundamentally interested in the psychology of change, and has focused in particular on the development, testing, and dissemination of behavioral treatments for addictions. Dr. Miller's publications include more than 30 books and 300 articles and chapters spanning behavior therapies, motivation, self-regulation, and the interface of psychology with spirituality and religion. He is named by the Institute for Scientific Information as one of the "world's most cited scientists."

Kathleen M. Carroll, PhD, is Professor of Psychiatry at the Yale University School of Medicine. The author of over 180 journal articles and chapters, her research and clinical interests lie in the area of developing and evaluating behavioral therapies for substance use disorders, and combining therapies to maximize treatment outcome. Dr. Carroll is the past president of Division 50 (Addictions) of the American Psychological Association, and holds both Senior Scientist and MERIT awards from the National Institute on Drug Abuse, the latter being awarded to the top 1% of National Institute of Health investigators.

The chapters were well organized and the information was easy to understand. I Particularly appreciated the cheer summaries and the list of principles for each subject. The list of broad principles of substance abuse at the end of the book was very useful. I highly recommend this book for anyone looking to gain an up to date understanding of substance abuse and how to deal with in a proactive manner.

For the past two decades, funding for addiction treatment research has more than doubled. However, what has been learned from this research has yet to be put into practice resulting in a so-called "research-to-treatment gap," a gap so wide that it casts doubt on the effectiveness of our current treatment system. The results of some of this research is brought together in a book edited by William R. Miller and Kathleen M. Carroll titled "Rethinking Substance Abuse". The articles in this book contains genetics and twin studies; plenty of self-injecting, lever-pressing, stoned mice; the

roles of dopamine, serotonin, norepinephrine, and other neurotransmitters; and there's even studies of the spiritual aspect of recovery. Among their findings is that 28 days in treatment isn't even close to being enough; outpatient treatment is just as effective as inpatient, and much cheaper; and spiritual and faith-based programs are just as effective as those with no spiritual or religious content. And astoundingly, despite a growth in need, there were fewer programs and people in treatment in 2005 than there were in 1990. Also, no scientific evidence supports belittling, shaming, castigating, and incarcerating addicted people as an effective means of intervention or treatment. These methods tend to have a paradoxical effect by further alienating addicts. "Rethinking Substance Abuse" does an excellent job of discounting many of the myths surrounding addiction, and reveals that many possible solutions may be counter-intuitive. These eighteen articles cover the biological, psychological, and social aspects of addiction as well as many different interventions. This is a very informative and comprehensive study of addiction and I look forward to the day when these discoveries can actually be put into practice. David Allan Reeves Author of "Running Away From Me"

A great book that focuses your mind on the real scientific research behind substance abuse, and moves folks away from treatment myths, public misconceptions, and from knee jerk thinking about substance abuse problems. Because a substantial portion of criminal justice is fueled by substance abuse, prosecutors like myself can make better policy decisions if they understand the nature of the disease. Defense counsel can make better decisions that can make a long term improvement in the lives of their clients, probation and parole can understand and react to problems correctly. Treatment professionals can follow the rapidly emerging science that suggests changes in treatment curriculum and strategies to address specific challenges.

Covers up to date material in a easy to read fashion. Compilation of what the current experts in the field think about substance abuse. Offers treatment ideas and system changes to better address substance abuse issues.

Need this book for class and found it at a good price online. This was a required book and didn't really need to purchase it, but it came at a good price.

I was so pleased!!! You would never think it were a Used book. I have purchased all my school/reading books from here. Truly recommend them!

The Minnesota Model still dominates the treatment industry although it has the worst recovery record. Miller is the best SUDs researcher.

Great book--well rounded!

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