



Addiction and Change: How Addictions Develop and Addicted People Recover (Guilford Substance Abuse)

By Carlo C. DiClemente

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The stages-of-change model has become widely known as a framework for conceptualizing recovery. Less well known are the processes that drive movement through the stages or how the stages apply to becoming addicted. From Carlo C. DiClemente, codeveloper of the transtheoretical model, this book offers a panoramic view of the entire continuum of addictive behavior change. The author illuminates the common path that individuals travel as they establish and reinforce new patterns of behavior, whether they are developing an addiction or struggling to free themselves from one, and regardless of the specific addictive behavior. The book addresses crucial questions of why, when, and how to intervene to bolster recovery in those already addicted and reach out effectively to people at risk.

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Editorial Review

Review

"The transtheoretical model has fundamentally changed how Western professionals think about and address addictive behavior. In this new and original work, Dr. DiClemente extends this influential model to describe the development as well as the resolution of problems with drugs, sex, eating, and money. He thereby offers a comprehensive and fruitful framework to stimulate new professional thought on addiction policy, prevention, research, and treatment."--William R. Miller, PhD, Department of Psychology, University of New Mexico

"This book provides a refreshingly practical guide to help you navigate your way through competing theories, data, and dogma on how addiction can best be prevented and treated. Building on his previous work, Dr. DiClemente now helps us understand not only how people recover, but also how they develop addiction. His application of the transtheoretical model to complete the cycle of change is both intellectually satisfying and useful in planning and evaluating preventive interventions. Clinicians will be better able to explain to clients and families how addiction develops, and empower clients to change with dignity and compassion. Students using this book as a text in psychology courses or graduate studies in addiction will appreciate how the transtheoretical structure makes sense of the multiplicity of theories and approaches in the field. Researchers will enjoy the challenge to reexamine their models in light of Dr. DiClemente's synthesis of data. This book has deepened my understanding and appreciation of the transtheoretical model, and is sure to have a similar impact on others as well."--David Mee-Lee, MD, Co-Chair, Quality Improvement Council, American Society of Addiction Medicine

"This volume combines cutting-edge research, theory, and practice to provide a panoramic perspective on the acquisition and cessation of addictions. Based on the transtheoretical model, the book offers an innovative, integrative approach to understanding addiction and change. It is a welcome contribution for those who teach and those who treat addictions"--James O. Prochaska, PhD, Cancer Prevention Research Center, University of Rhode Island

"DiClemente articulates an important paradigm for understanding addictive behavior. This is the most complete description of the transtheoretical model of intentional behavior change to date. The volume's exploration of the interacting dimensions of change in both the evolution and resolution of addictive behaviors offers highly useful implications for researchers as well as clinicians."--Sandra A. Brown, PhD, Department of Psychology, University of California, San Diego

"Easy to read, based on sound clinical research, and critical of singular and simple explanations of addiction."

(Psychiatric Services 2006-04-29)

"The logical, eloquent and accessible style used in the book allows the reader to meet the author. He engages us with the logic of his thinking, his interpretation of his own and others' research and his application of this to case studies, which are used throughout the book."

(Addiction 2006-04-29)

"This book provides the most comprehensive coverage of the transtheoretical model yet published."
(*Drug and Alcohol Review* 2006-04-29)

About the Author

Carlo C. DiClemente, PhD, is a Professor in the Department of Psychology at the University of Maryland, Baltimore County. He received his MA in Psychology from the New School for Social Research and his PhD in Psychology from the University of Rhode Island. The codeveloper with Dr. James Prochaska of the transtheoretical model (TTM) of behavior change, Dr. DiClemente has published numerous articles, chapters, and books. For over 20 years, he has conducted funded research in health and addictive behaviors. He has directed an outpatient alcoholism treatment program and serves as a consultant to private and public treatment programs. The recipient of the Maryland Psychological Association's 2002 Distinguished Contribution to Scientific Psychology award, Dr. DiClemente was also one of five winners of the 2002 Innovators Combating Substance Abuse award given by the Robert Wood Johnson Foundation.

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Sylvia Johnson:

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