

**Ask Dr. Steve...  
What Do I  
Need to Know  
About Chemical  
Dependency?**

  
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For information, please contact Dr. Steve Frisch, Psy.D. at  
Info@AliveAndWellNews.com  
(847) 604-3290

Although the author and publisher have made every effort to ensure the accuracy and completeness of information contained in this book, we assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein. Any slights of people, places, or organizations are unintentional.

For years I have been the collector of a wide variety of quotations. Too often, however, I carelessly neglected to note sources. In preparing this book I have spent countless hours attempting, unsuccessfully, to locate the origins of some of the quotations cited. If you know the sources please contact me at the numbers listed in this book. My apologies to the authors, and to the readers for the absence of credit.

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## About the Author

Dr. Frisch is a clinical psychologist in private practice in Chicago, Illinois and Northfield, Illinois. He is a graduate of the Adler School of Professional Psychology where he received his doctorate in clinical psychology. He received his masters degree from National-Louis University where he specialized in addictions counseling. His undergraduate degree was awarded to him by the University of Cincinnati, where he graduated with honors.

Dr. Frisch received post-doctoral training in two specialties at the Adler School of Professional Psychology. He completed a certificate training program in clinical hypnosis at the Center For The Advanced Study Of Clinical Hypnosis. He also completed a certificate training program in Marriage and Family Counseling. He is licensed by the state of Illinois as a clinical psychologist. He was certified in Illinois by IAODAPCA as a certified drug and alcohol counselor in 1988.

Dr. Frisch's first book, *The Comparative Effectiveness of Group Therapy Versus Individual Therapy As Measured By Self-Concept, Interpersonal Orientation, and Degree of Emotional Adjustment* was an empirical investigation of the treatment modalities he utilizes in his private practice. This book was based on a study he conducted to demonstrate the effectiveness of his treatment protocols.

His treatment philosophy has grown out of his diverse clinical background in which he has worked with a variety of different clinical populations. From these diverse experiences, Dr. Frisch has assimilated a variety of assessment and treatment interventions into his integrated treatment philosophy.

Dr. Frisch has worked on the staff of both inpatient and outpatient chemical dependency programs. This experience provided the foundation for his work with the issues that arise from the impact of chemical dependency

on the individual, the family, and the workplace.

As a result of his work in the field of chemical dependency, Dr. Frisch founded the Adult Children Institute. This treatment clinic specialized in working with adults who were raised in families emotionally organized around the influences of drugs and alcohol, sexual and physical abuse, and emotional neglect.

The Adult Children Institute developed treatment interventions that enabled the program's participants to develop effective ways to heal from the aftereffects of trauma experienced in their earlier development. These aftereffects included substance abuse, depression, anxiety, low self esteem, shame, and relationship issues such as fear of emotional intimacy and commitment.

Dr. Frisch co-developed and was the coordinator of a mental health program for homeless adults who required treatment for substance abuse and emotional disorders. He developed an individualized assessment and treatment protocol that provided the impetus and support for each individual to rebuild their lives within their local communities.

The Pathfinders programs represent the integration of Dr. Frisch's ongoing research and work in the area of human growth and potential development. Program participants develop the necessary awareness and skills to create an empowered life that maximizes their full potential for both their interpersonal and professional lives.

Whether by individual consultation, group experiences, workshops, or seminars, Dr. Frisch engages his audiences with a mixture of common sense and sound psychological principles of change that awakens and inspires his audiences to the possibility of what their lives can potentially become. He consults with individuals, couples, groups, and organizations that are seeking to implement the principles of development, change, and growth in their lives.

## *A* Message From Dr. Steve...

*Hi. My name* is Dr. Steve. I am a clinical psychologist in private practice in Chicago, Illinois and Northfield, Illinois. *Ask Dr. Steve... What Do I Need To Know About Chemical Dependency?* is the second of fourteen books in my series about chemical dependency and alcohol and other drugs prevention. In this series you'll learn how to:

- Stop abusing alcohol and other drugs
- Stay abstinent from alcohol and other drugs
- [Re]construct a Recovery-based lifestyle
- Cope with a loved one who abuses or is dependent on alcohol and other drugs
- Recover from the effects of living with the problem drinking and drugging of a friend or family member
- Repair those relationships damaged by chemical dependency
- Heal those emotional and spiritual wounds caused by chemical dependency
- Enrich your spiritual development
- Raise your children to be alcohol and other drugs free

The books in this series are continually updated with new exercises, new information, and specific answers to your questions at my website, [www.AliveAndWellNews.com](http://www.AliveAndWellNews.com). This service is available to you free of charge. Simply go to my website, [www.AliveAndWellNews.com](http://www.AliveAndWellNews.com). Find the link, Dr. Steve's Workbooks, and click it on. There you'll find additional continually updated exercises designed to help you stay clean and sober, enrich your Recovery, and deepen your

emotional and spiritual development. Be sure to explore the other links at [www.AliveAndWellNews.com](http://www.AliveAndWellNews.com) for more information about chemical dependency, Recovery, personal improvement, relationship enrichment, communication skills, relationship skills, parenting skills, and emotional and spiritual development.

For information about the other books in this series go to [www.AliveAndWellNews.com](http://www.AliveAndWellNews.com). Find the link, Book Release Info, and click it on it for information about:

- *Ask Dr. Steve... How Can I Tell If I Have a Problem With Alcohol and Other Drugs?*
- *Ask Dr. Steve... What Do I Need To Know About Chemical Dependency?*
- *Ask Dr. Steve... How Can I Stop Abusing Alcohol and Other Drugs?*
- *Ask Dr. Steve... How Can I Stay Clean and Sober?*
- *Ask Dr. Steve... How Can I Cope With a Loved One Who Abuses Alcohol and Other Drugs?*
- *Ask Dr. Steve... How Can I Heal Those Relationships Harmed By Chemical Dependency?*
- *Ask Dr. Steve... How Can I Build a Great Relationship With My Children?*
- *Ask Dr. Steve... How Can I Raise My Children To Not Use Alcohol and Other Drugs?*
- *Ask Dr. Steve... What Should I Do If My Teen Is Using Alcohol and Other Drugs?*

G.B.U.

*Steve*

## Introduction

T

*When they think that they know the answers,  
people are difficult to guide.  
When they know that they don't know,  
People can find their own way.*

-Tao Te Ching,

*Hi. My name* is Dr. Steve. I am a clinical psychologist in private practice in Chicago, Illinois. I wrote *Ask Dr. Steve...What Do I Need to Know About Chemical Dependency* in order to provide you with the best information possible about alcohol and other drugs problems, abuse, and dependency. In this book, you'll find the answers to many of your questions about alcohol and other drugs use such as:

- What is an alcohol and other drugs problem?
- What is alcohol and other drugs abuse?
- What is chemical dependency?
- What are the signs and symptoms of chemical dependency?
- What is meant by the fact that chemical dependency is a disease?
- What are the stages of the disease of chemical dependency?
- What should you do if you have the disease of chemical dependency?
- What are the treatment options for an individual who is chemically dependent?
- What is Recovery?
- What are the stages of change?
- What are the different Recovery-based support groups?
- What can friends and family members do and not do about their loved one's alcohol and other drugs problem?
- What impact does an individual's abuse of alcohol and other drugs have on friends and family members?
- What can the friends and family members of a

chemically dependent individual do to take care of themselves?

This book is a collection of *Ask Dr. Steve...* columns that appear on my website, [www.AliveAndWellNews.com](http://www.AliveAndWellNews.com). These columns were written in response to the thousands of questions that I've received from people who I treat in my private practice as well as from visitors to my website.

The best choice for how to address a problem with alcohol and other drugs can be made only when there's sound, relevant information to inform one's choice. With that in mind, I've organized the information in this book much the way I would conduct an evaluation in my office with an individual and or family member(s) of an individual who's experiencing a problem with alcohol and other drugs. Whether you're concerned about your own consumption of alcohol and other drugs or somebody who you care about is experiencing problems as a result of their consumption of alcohol and other drugs this book is for you.

Part 1 of *Ask Dr. Steve...What Do I Need to Know About Chemical Dependency* addresses two questions—"What are the differences between an alcohol and other drugs problem, abuse, and dependency?" and "What are the signs and symptoms of chemical dependency?" In part one I provide you with eleven columns that I've written for people just like you who are trying to sort out the exact nature of their alcohol and other drugs problems.

Not everybody who consumes alcohol and other drugs has a problem with alcohol and other drugs. Not everybody who consumes alcohol and other drugs abuses alcohol and other drugs. And certainly, not everybody

who consumes alcohol and other drugs is dependent on alcohol and other drugs. In order to determine for yourself the exact nature of the problem that you or a loved one may be having with the consumption of alcohol and other drugs, read these columns in order to better gauge the extent to which you or a loved one may have a problem with alcohol and other drugs.

Part 2 of *Ask Dr. Steve...What Do I Need to Know About Chemical Dependency* addresses the issue of what to do if you or a loved one does have a problem with alcohol and other drugs. Sorting through the different options can be a nightmare if you're not armed with the necessary information to make an informed decision. Because no two people are alike and no two similar problems experienced by different people are alike, it's critical that you match the solution that's most relevant for you and the exact nature of the problem that you're experiencing.

Part 3 of *Ask Dr. Steve...What Do I Need to Know About Chemical Dependency* is a collection of columns that focus on the impact that chemical dependency has on friends and family members of a chemically dependent individual. Because chemical dependency is a family disease, just as much harm occurs to the emotional, physical, and spiritual well-being of friends and family members as to the individual who is chemically dependent.

Part 3 of *Ask Dr. Steve...What Do I Need to Know About Chemical Dependency* addresses what friends and family members of a chemically dependent person can do to best cope with the impact that chemical dependency has on their lives. Chemical dependency thrives in an environment of secrecy and isolation. This can exact a

tremendous toll on the friends and family members who have been adversely affected by their loved one's chemical dependency. Help is available for those who are suffering in silence, not knowing what to do, and not knowing where to turn. This section identifies how and where you can get help.

Part 4 of *Ask Dr. Steve...What Do I Need to Know About Chemical Dependency* answers an assortment of questions about specific phenomena associated with chemical dependency. Examples of topics of columns in this section would be: 1) alcohol blackouts, 2) dry drunks, 3) alcohol poisoning, 4) enabling behavior. These columns provide you as much information as possible about the specific dynamics that are part of chemical dependency.

This book is intended to be your *first* step in investigating the exact nature of alcohol and other drugs problems, abuse, and dependency. You should start to see what alcohol and other drugs abuse and dependency is, what impact alcohol and other drugs abuse and dependency has on not only the user but the friends and family members of the user, and what the different choices are for solving the problem(s).

If the information in this book has wetted your appetite for more information, please visit my website, [www.AliveAndWellNews.com](http://www.AliveAndWellNews.com). There, you'll find even more information about alcohol and other drugs, chemical dependency, Recovery, emotional and spiritual development and much, much, more. And best of all, the information is free!

## Dedication

Sophia:  
As you grow and spread your wings  
let the words below be your guide.  
I love you!

*Do not withhold your gift from others.  
Do not make the mistake of  
thinking that you have no gift to give.  
Everyone has a gift.  
But don't compare your gift  
to the gifts of others  
or you may not value it sufficiently.*

- Paul Ferrini