

**Ask Dr. Steve...
How Can I Stop
Abusing Alcohol and
Other Drugs?**


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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

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... How Can I Stop Abusing Alcohol and Other Drugs* is the third 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. This service is available to you free of charge. Simply go to my website, 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

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. Find the link, Book Release Info, and click it on. There you will find information about the following books.

- *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 Help 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

*D*edication

Sophia:
You're all the proof I need to know
that God lives in all of us.
I love you!