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A Clinician's Guide to 12-Step Recovery

Integrating 12-Step Programs into Psychotherapy

MARK SCHENKER

A real-world primer for dealing with clients in popular recovery programs

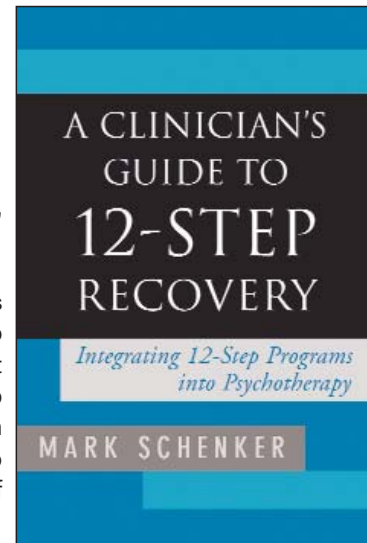
"[T]he author has given clinicians and healers a must read! Hats off to Dr. Schenker."—David J. Powell, PhD, President of International Center for Health Concerns, Inc.

"This user-friendly guide to all things AA provides clear, practical answers to the questions clinicians would probably ask at a 12-step meeting if they weren't too afraid to go. It translates 12-step jargon into plain English, reviews the history and philosophy of the 12-step fellowships, summarizes pertinent research, and discusses the most trenchant critiques. In short, this authoritative handbook fills in the gap created by graduate programs in which the treatment of addictions is barely mentioned. Peppared with down-to-earth examples, the book alerts clinicians to issues they may face when counseling clients who are—or will soon be—participants in 12-step programs."—Jay S. Efran, PhD, Professor Emeritus of Psychology, Temple University

The worlds of psychotherapy and addiction recovery have long been uneasy bedfellows. Most rehabilitation programs offer both twelve-step treatment and psychotherapy, but they are not integrated either in theory or in practice. While intuitively there would appear to be a clear connection between these two areas, in fact, they remain uncomfortable allies, and sometimes not even that. People in recovery from drug and alcohol addiction are often wary of professionals who have no personal experience of addiction and recovery. For a novice therapist (and more than a few seasoned clinicians) there are few more dreaded questions to be asked by an addicted client than, "Are you in recovery yourself"? The apprehension, and all too often the reality, is that this question will be followed by a dismissal of the therapist's usefulness, or disparagement of his/her "book learning." This chasm is unfortunate for all concerned.

Here is one of the first books to address this uneasy alliance and to explicate it. The primary purpose of this book is not to analyze the program, but to make it more accessible to mental health professionals, to serve as a guide to what might be encountered in attending a meeting, or what your clients might deal with in working through the program.

MARK SCHENKER, is a Psychologist at the Caron Foundation and maintains a private practice near Philadelphia. Dr. Schenker has provided direct service, training and consultative services to a wide variety of agencies in the mental health and addiction treatment fields.



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