

# 12 Step Program Guide

Understanding Twelve-Step Programs Bruce Brown 2009-11 If you have significant contact with a person involved in a twelve-step program, Understanding Twelve-Step Programs is intended for you. That person may be a friend, family member, parishioner, patient or employee. This book may also be useful if you have been told that you could benefit from a twelve-step program, but have yet to get involved in a group, or if you are still new to twelve-step programs. This book is not clinical; rather, I present the material as an experienced insider. Its topics include what goes on in meetings, addiction and withdrawal, how each step works, sponsorship, spirituality, anonymity, helping addicts, and recovery for friends and family. My purpose is to de-mystify twelve-step programs and to help you better understand the nature of recovery. Brown provides us with an insightful look into the world of recovery. As a substance abuse therapist I will find this a valuable tool in helping others understand 12 step work. I liked the book very much and believe it will be a useful tool to ministers, lay people, and those considering 12 step meetings. -Lisa B. Creef, L.C.S.W., L.C.A.S. Brown has accurately assessed the value of healing communities and their immeasurable impact for personal recovery. His practical and experiential knowledge of 12 step programs can lend us expert assistance for transformative ministry. -J. Bruce Ritter, Senior Pastor, Christian Life Center Bruce Brown came into his first twelve-step program in early 1993. Since then he has attended at least ten different types of twelve-step programs. His recovery has involved meetings in fifteen states covering all regions of the U.S. as well as online meetings. He has sponsored over twenty people and worked intensely with ten sponsors of his own. Bruce has spoken at many gatherings, and served his twelve-step fellowships at local, regional and national levels. As a result, his experience is broad enough to make generalizations about twelve-step programs that go beyond one type of fellowship or one region. Because of Bruce's

focus on written step work, he has been labeled a "Step Nazi." He has worked the Twelve Steps numerous times.

*THE 12 STEP INTRO GUIDE (Recovery wisdom for everyday life)* James R. 2015-08-10 An extensive dictionary of 12 step terms and sayings and a collection of over 500 slogans and phrases (along with their meanings). Includes brief, simple explanations of what the 12 Step program is, its structure, and how it works. Filled with years of insight, wisdom and humor the 12 Step Intro Guide is perfect for newcomers, old timers or family and friends of those in recovery.

**Integrating the 12 Steps into Addiction Therapy** James R. Finley 2004-10-20 All the resources needed to fully integrate a 12-step approach as part of your overall treatment program Millions of Americans have at some time in their lives participated in a 12-step program for treatment of a chemical or non-chemical addiction. Clinicians recognize that these grass-roots efforts have a very high cure rate. However, little has been written on how to integrate these programs into a traditional therapy setting. *Integrating the 12 Steps into Addiction Therapy* serves as an indispensable resource for clinicians treating addiction patients who are simultaneously enrolled in 12-step programs. This valuable text: \* Contains eight lesson plans and twenty-seven assignments \* Integrates in-depth discussion of 12-step programs with hands-on resources like homework assignments, treatment plan examples, and patient handouts \* Will also benefit 12-step program peer counselors \* Includes companion CD-ROM with fully customizable homework assignments, lesson plans, and presentations Treating addictions—whether chemical or non-chemical—can be one of the most difficult challenges faced by mental health professionals. For many people, 12-step programs have played a critical role in helping them to manage their addictive behaviors. *Integrating the 12 Steps into Addiction Therapy* gives psychologists, therapists, counselors, social workers, and clinicians the tools and

resources they need to fully utilize these peer therapy program techniques in treating a wide variety of addictions.

**The Recovery Handbook** James M. Mathers 1992 "The most important recovery book in fifty years." The Guidebook & Information Manual of 12-Step Program Recovery. (AA, NA, OA, Al-Anon, ACOA, etc.) Official Program language, slang, sayings, customs, lore. 1st person narrative for identification, comfortability. Tough topics: Feelings, God, Relationships, Working the Program, Steps, Sponsors, Bridging the Past, Image-Ego, Recovery Processes & Goals, Myths. Indexed; two COVERS:

Anonymous 2nd. Simple, direct, friendly. "Advantages - being part of the Program from the very start." Addicts, families, friends, professionals. Build Character, Grow Spiritually.

**A Clinician's Guide to 12-step Recovery**

Mark D. Schenker 2009 The worlds of psychotherapy and addiction recovery have long been uneasy bedfellows.

**A Bridge to Recovery** Robert L. DuPont 1994 Twelve-step programs are revolutionizing and reshaping our thinking about -- and treatment of -- addiction. Because these programs are based in the community instead of in an institutional or academic setting, they often employ techniques and language that can be confusing and alien to health care professionals. Written in a clear, easy-to-understand style, this book explores these programs and provides a guide on how to integrate them into ongoing human services. Written by internationally renowned experts, *A Bridge to Recovery: An Introduction to 12-Step Programs* includes up-to-date information to bridge the gap between mutual aid programs, human services, and the professional community. This practical book is designed to assist with the implementation of these programs into routine practice while providing a useful reference for academic and educational professionals.

*A Gentle Path through the Twelve Steps* Patrick J Carnes 2012-06-01 A revised and expanded edition of the recovery classic by Patrick Carnes, Ph.D., a leading expert on addictive behaviors. It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that Carnes wrote *A Gentle Path through the 12 Steps*, now a recovery classic and self-

help staple for anyone looking for guidance for life's hardest challenges. Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps. With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment, Carnes's new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery.

*A Sponsorship Guide for 12-Step Programs* M. T. 1998-02-15 This book offers the reader far-ranging suggestions, based on experience for the most common issues and dilemmas that arise when one agrees to be someone's sponsor in any of the twelve step fellowships. The guide is a wonderful resource for anyone who has agreed to be a sponsor, who wants a sponsor, who does not have the best sponsor for him/herself, or access to a sponsor.

*The 12 Steps Unplugged* Anonymous 2011-03-31 In this straightforward and funny guide, John R. interprets the philosophies and stories of the Big Book for young people. Like many alcoholics and addicts, when John R. began his recovery at age seventeen, he was given a Big Book. At first he was reluctant to wade through the old-fashioned language and the stories about people he didn't think he could relate to. But, over time, he realized that the best way to get sober--and to stay sober--is to learn from those who have gone before us. And so he read *Alcoholics Anonymous* and took the first step toward changing his life. Today, with more than twenty years of sobriety, John is an adolescent chemical dependency counselor, showing addicts how the core messages of AA are as powerful and relevant to them as they have been to the millions of others who have gotten help for addiction over the years. With *The 12 Steps Unplugged*, he makes the Twelve Steps accessible to all of us. In this simple and often funny guide, he interprets the philosophies and stories of the Big Book in straightforward language that speaks to regular people. John will help you connect with the basic messages of getting honest with yourself, accepting the help of others, and finding a relevant spiritual support. Through *The 12 Steps Unplugged*, you'll discover just how universal the AA program really is.

*Pocket Guide to the 12 Steps* Kathleen S.

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2011-11-16 A time-proven process of healing, The 12-Step method is a practical approach to overcoming addictions, codependency, and compulsions. These steps will help you: Heal your relationships with others. Master new skills to sustain a healthy lifestyle. Restore joy and meaning to your life. Overcome social isolation. Learn to hear and be honest with yourself. Build a clear sense of purpose.

### **Twelve-Step Guide to Using the Alcoholics**

**Anonymous Big Book** Herb K. 2004 For members of any twelve-step fellowship, this book provides a simple and clear guide to the instructions for working the steps as outlined in A.A.'s Big Book. It reveals, in easy to understand language, the process for working each step, so that the reader can experience the Twelfth Step promise of a spiritual awakening.

### **Trauma and the 12 Steps, Revised and**

**Expanded** Jamie Marich, PHD 2020-07-07 An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and

those in recovery, Marich provides an extensive toolkit of trauma-informed skills that: Explains how trauma impacts addiction, recovery, and relapse Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research Explains the differences between being trauma-informed and trauma-sensitive; and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

### **A Sponsorship Guide for 12-Step Programs**

M. T. 2013-10-08 A Sponsorship Guide for 12-Step Programs offers the reader far-ranging suggestions, based on concrete experience, for the most common issues and dilemmas that arise when one agrees to become a sponsor in any 12-step program. Seventeen sponsors (with collective recovery time of over 250 years) share their experience and insights as they describe common situations sponsors face and relate the solutions they used. This is the first book of its kind--for sponsors, by sponsors. Divided into three main sections--"Sponsorship Basics," "Working the Steps with a Sponsee," and "Common issues that Come Up"--this book will be of use to anyone who has agreed to be a sponsor, or anyone who does not have access to a sponsor. A Sponsorship Guide is like having a sponsor in a book.

*Understand and Complete The 12 Steps of Alcoholics Anonymous* Anonymous Guest 2020-03-05 Here's a 12 step guide to get you through the Big Book of Alcoholics Anonymous. Many great reviews have been left like: Penned as a study guide but a truly enlightening walk through the big book. Reviewed in the United Kingdom on May 25, 2018 Format: Verified Purchase Succinct, to the point and funny. This AA guest is a gifted writer and easily explains the 12 steps in the Big book, with integrity and just a few, though not irreverent 'manifestations! I used this guide and needed it! When the big book was just too heavy going, this guide got me through, to the end. Much gratitude. Change your attitude and you can change your life. Reviewed in the United Kingdom on July 13, 2015 Format: Verified Purchase A book all could live by regardless if they are alcoholic or not.

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Plain English. Made sense. Thank you for a great read. Reviewed in the United Kingdom on August 4, 2018 Format: Verified Purchase Anyone beginning or struggling with the 12 steps will find this invaluable. I have. Hope you do too. Thank you. Hope you use it to help with the 12 Steps!

*The Mind-Body Guide to the Twelve Steps* Nina Pick 2023-09-05 A trauma-sensitive companion to the Twelve Steps: body-based exercises for deepening your recovery, expanding your spiritual practice, preventing relapse, and understanding the root of your addiction. For readers of *In the Realm of Hungry Ghosts* and *Trauma and the 12 Steps* Considering addiction through a trauma-informed lens, *The Mind-Body Guide to the Twelve Steps* offers an accessible, lyrical, and practical guide to Twelve Step recovery that emphasizes self-compassion, relationship, embodied awareness, and ecological connection. Whether you're suffering from an active addiction, seeking freedom from self-limiting behaviors, or hoping to establish or grow your spiritual practice, this innovative guide offers a holistic roadmap to navigating the journey of recovery. Somatic and spiritual counselor, educator, and writer Nina Pick shows how addiction is rooted in survival strategies that protect us from overwhelmingly painful experiences. Pick draws on attachment theory, polyvagal theory, somatics, mindfulness, trauma therapy, Jewish and integrative spirituality, and her own long-time experience in recovery to expand the Twelve Step practice beyond the conventional cognitive approach into one of "soul recovery"—a profound and sensuously embodied spiritual path. With reflections and practices designed to complement the literature and tools offered by your specific Twelve Step program, *The Mind-Body Guide to the Twelve Steps* shows you how to: Explore powerlessness and unmanageability Integrate dance, vocalization, and other creative arts to enhance your recovery Create transformative ritual and ancestral healing practices Expand your ideas of Higher Power and prayer Forgive yourself and others Cultivate daily practices for reflection and meditation Understand the intersections of addiction, developmental trauma, and intergenerational trauma Drawing on plant medicine, mindfulness, poetry, self-directed

touch, ritual, and guided imagery, *The Mind-Body Guide to the Twelve Steps* nurtures a joyful and heart-centered path to recovery and complements the healing work of Peter Levine, Bessel van der Kolk, and Arielle Schwartz.

**Pocket Guide to the 12 Steps** Kathleen S. 1997-03-01 A time-proven process of healing, The 12-Step method is a practical approach to overcoming addictions, codependency, and compulsions. These steps will help you: Heal your relationships with others. Master new skills to sustain a healthy lifestyle. Restore joy and meaning to your life. Overcome social isolation. Learn to hear and be honest with yourself. Build a clear sense of purpose.

*Understanding the Twelve Steps* Terence T. Gorski 1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous.

*A Young Person's Guide to the Twelve Steps* Stephen Roos 1992 Introduces twelve-step programs designed to help people recover from substance abuse and other addictive behavior, using alcoholism as an example.

**Finding a Home Group** James G. 2011-08-29 For newcomers and experienced Twelve Steppers alike, this valuable guidebook will guide you in finding the right home group so you can make the most of your meetings. The first advice most people hear when beginning a Twelve Step program is "Go to meetings." But as most people who have attended several Alcoholics Anonymous or other peer recovery groups will tell you, not all meetings are created equal. The fact is that a group that's perfect for one person can send someone else running for the door. In this essential guidebook for newcomers and experienced Twelve Steppers alike, James G. describes the various kinds of meetings available, discusses what typically happens in those meetings, and outlines practical points for evaluating groups to identify the best one to meet your personal needs. With the idea in mind that chemistry is as important as content, James provides practical advice born of decades of solid recovery—years in which he has attended a wide variety of meetings—as well as the experience of other Twelve Steppers interviewed for this book. James G. is a writer working in the fields of advertising, journalism, and fiction. He credits the wonderful people in his AA home group with helping to save his life--

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and opening up a whole new world in the process. He lives in a large Midwestern city with his wife, daughters, and Fluffy the cat, "recipient of many a midnight confession." This is his first book.

*Twelve Step Facilitation Therapy Manual* Joseph Nowinski 1992

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