



## Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors

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### Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors From The Guilford Press

From addictions treatment pioneer G. Alan Marlatt and associates, this is the authoritative work on harm reduction: its principles, strategies, and practical applications. Contributors review programs that have been developed and tested for a range of high-risk behaviors, including problem drinking, tobacco use, illicit drug use, and risky sexual behavior. Flexible, tailored, culturally competent treatment approaches are described for marginalized and underserved communities. The volume also explores philosophical and policy-related debates surrounding this growing movement.

#### New to This Edition

- \*Reflects significant advances in research and clinical practice.
- \*Chapters on the current status of the field, applications to psychotherapy, and treatment of dual disorders.
- \*Chapters on additional populations (adolescent drinkers and Hispanic/Latino and Asian American substance users) and an additional substance (cannabis).

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## **Editorial Review**

### **Review**

"Harm reduction is a pragmatic approach that meets people 'where they are at.' This excellent book brings together researchers and practitioners who have made significant contributions to the growth and acceptance of harm reduction as an integral, viable, and effective approach to minimizing the negative consequences of high-risk behaviors. The second edition provides an updated, expanded review of the current status of harm reduction approaches, their applications, and the evidence that supports them. It is a valuable resource for practitioners and researchers and an essential text for graduate students in addictive behaviors, psychology, and public health."--Dennis M. Donovan, PhD, Director, Alcohol and Drug Abuse Institute, University of Washington School of Medicine

"Marlatt and his colleagues have compiled what is certain to be the gold-standard reference, covering the history, evolution, and applications of harm reduction strategies in clinical practice, as well as controversies surrounding harm reduction. Harm reduction is founded on the idea that people are more likely to change risk behaviors when the approaches supporting these changes are intimately client centered/m-/even when such approaches conflict with social mores. The book shows how compassion and safety considerations create a fulcrum for balancing complex clinical decision making that both reduces harm and engages individuals in effective treatment."--Hilary Connery, MD, PhD, Clinical Director, Division of Alcohol and Drug Abuse, McLean Hospital/Harvard Medical School

"The original book was a revelation to me; the second edition makes another leap forward. *Harm Reduction* should be required reading for anyone who wants to understand behavior change. Both professionals and students will benefit from the up-to-date research reviews and practical applications for a variety of high-risk behaviors. Harm reduction principles and strategies offer a crucial counterpoint to the disease model and abstinence-only orientations. The material in this book provides a blueprint for enabling individual and social change."--Jan W. Murdoch, PhD, Department of Psychology, Clemson University

"This eloquent, compassionate book outlines pragmatic ways to identify and reduce high-risk behaviors associated with use of a broad spectrum of drugs, including alcohol, amphetamines, cannabis, cocaine, heroin, and tobacco, as well as high-risk sexual behaviors. Tailored strategies designed to meet the needs of diverse cultures and communities are described. This important book is essential reading for workers in the field, and should be compulsory reading for policymakers."--Frank Ryan, CPsychol, AFBPsS, Honorary Senior Lecturer, Centre for Mental Health Research, Imperial College London, United Kingdom

"A very good introductory guide through the often difficult and controversial terrain of harm reduction."  
(*Drug and Alcohol Review* 2011-12-09)

"An extremely important and valuable work....The real impact of this seminal volume is that it makes the case for harm reduction as a powerful model for both treatment and public policy innovations."  
(*Psychiatric Services* 2011-12-09)

"This realistic, pragmatic approach to managing high-risk behaviors is solidly based on research evidence

and clear logic."  
(*Choice* 1999-05-03)

#### About the Author

G. Alan Marlatt, PhD, until his death in 2011, was Director of the Addictive Behaviors Research Center and Professor of Psychology at the University of Washington. For over 30 years, Dr. Marlatt conducted pioneering work on understanding and preventing relapse in substance abuse treatment and was a leading proponent of the harm reduction approach to treating addictive behaviors.

Mary E. Larimer, PhD, is Professor of Psychiatry and Behavioral Sciences and Adjunct Professor of Psychology at the University of Washington, where she is also Associate Director of the Addictive Behaviors Research Center and Director of the Center for the Study of Health and Risk Behaviors.

Katie Witkiewitz, PhD, is Assistant Professor of Psychology at Washington State University Vancouver. In August 2012 she will be joining the faculty of the Department of Psychology at the University of New Mexico, with a joint appointment at the Center on Alcoholism, Substance Abuse, and Addictions.

#### Users Review

##### From reader reviews:

###### **Shane Ward:**

The event that you get from Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors will be the more deep you excavating the information that hide in the words the more you get considering reading it. It doesn't mean that this book is hard to recognise but Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors giving you excitement feeling of reading. The author conveys their point in certain way that can be understood by simply anyone who read that because the author of this guide is well-known enough. This kind of book also makes your own vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We advise you for having this kind of Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors instantly.

###### **Greta Rivera:**

Playing with family in a park, coming to see the marine world or hanging out with pals is thing that usually you might have done when you have spare time, then why you don't try point that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors, it is possible to enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

**Sergio Terry:**

Your reading sixth sense will not betray you actually, why because this Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors publication written by well-known writer we are excited for well how to make book that can be understand by anyone who have read the book. Written within good manner for you, leaking every ideas and creating skill only for eliminate your personal hunger then you still uncertainty Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors as good book not just by the cover but also by content. This is one book that can break don't assess book by its handle, so do you still needing one more sixth sense to pick this!? Oh come on your reading sixth sense already alerted you so why you have to listening to one more sixth sense.

**Mary Adamczyk:**

This Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors is completely new way for you who has intense curiosity to look for some information as it relief your hunger of information. Getting deeper you into it getting knowledge more you know or else you who still having little digest in reading this Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors can be the light food in your case because the information inside that book is easy to get by anyone. These books build itself in the form that is reachable by anyone, that's why I mean in the e-book contact form. People who think that in e-book form make them feel sleepy even dizzy this e-book is the answer. So you cannot find any in reading a book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the item! Just read this e-book style for your better life and knowledge.

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