



# Addiction: A Human Experience

*William Berry, Rowena Ramnath*

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*Addiction: A Human Experience* fosters a greater awareness of those who develop substance abuse problems and the treatment of these individuals. The book provides a basic overview of the addiction process, with a special focus on what the experience is like for the addicted person.

The book focuses on theories concerning why people become addicted, the role of counselors, how addiction affects thinking, the role of families when a member becomes addicted, and the recovery and relapse processes. The material also addresses relationships, spirituality, and co-occurring disorders, as well as harm reduction and relapse prevention. Numerous case examples serve to illustrate real-world experiences with addiction and the recovery process. Specific topics include:

- Twelve Step Sober Support Groups
- Temptation, and How to Fight It
- Gorski's Relapse Process
- Romantic Relationships in Early Recovery
- Addiction as a Family Disease
- Process Addictions

Designed to be a supplement to standard psychology textbooks addressing substance abuse, *Addiction: A Human Experience* gives readers a deeper understanding of and compassion for those seeking treatment for their addiction.

**William Berry, L.M.H.C., C.A.P.**, earned a Master's Degree in Counseling Psychology at Florida International University. Currently he is an Adjunct Professor at Florida International University and at Nova-Southeastern University, where he teaches both general psychology and substance abuse-specific courses. In addition, he is certified by the Florida Certification Board to provide continuing education credits for Certified Addiction Professionals. Professor Berry is also in private practice, providing individual, group, and family therapy. He has worked in the field of addiction treatment for over 20 years, and has experience in various forms of treatment including Long-Term Therapeutic Community, Short-Term Inpatient, Partial Hospitalization, Intensive Outpatient, and Traditional Outpatient treatment centers. Professor Berry's professional writings are featured in *Psychology Today* on-line.

**Rowena Ramnath, Psy.D.**, earned her Doctorate in Clinical Psychology from Carlos Albizu University in Miami, Florida, and her board certification by the American Association of Drugless Practitioners as a Holistic Health Counselor through the Institute for Integrative Nutrition in New York. In her private practice Dr. Ramnath specializes in depression, holistic health counseling, relationship issues, and addictive behaviors/process addictions. In addition, she is the associate director of Florida International University's Counseling and Psychological Services, where she coordinates mental health services for students, oversees clinical utilization, and supervises Doctoral Interns and Post-Doctoral Fellows. She also serves as an Adjunct Faculty member for the university's College of Education. Her professional publications include the textbook *Personality Disorders in Modern Life, Second Edition*, as well as numerous peer-reviewed journal publications.



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