



The World s First Drunk: With Counselor Talking Points (Paperback)

By Robert Villegas

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The materials in this document are intended for counselors who are seeking new tools and a new understanding of addiction that does not provide the obligatory religious perspective. In fact, my perspective is secular - without religion - and I think this perspective might provide some interesting insights for counselors dealing with patients who need that understanding. My approach is also cognitive. I focus on knowledge and the process needed for changing one s mind rather than for merely changing one s actions. I offer no miracles, no guarantees and no promises. I am merely suggesting that the key to addiction, as I have learned, is found in reason, the mind and changing what one thinks. It is hoped that this approach will assist the reader in also beginning his own journey of understanding. This document is the counselor s companion document to the Patient version of this story. In addition to the short story The World s First Drunk, it contains a quiz for the patient and some talking points for group and individual discussion with the patient....



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