



# The Alcoholic Family in Recovery: A Developmental Model

By *Stephanie Brown PhD, Virginia M. Lewis Phd, Stephanie Brown, Virginia Lewis*

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Family relationships change dramatically when one or more members stops drinking. Far from offering a "quick fix" to family problems, in fact, the first years of sobriety are often marked by continuing tension that fuels marital stress, acting-out kids, and difficulties at work. This book explores the process of recovery from addiction as it affects the entire family, presenting an innovative model for understanding and treating families navigating this difficult period. The authors draw upon extensive clinical and research experience to demonstrate how families can be helped to regroup after abstinence, weather periods of emotional upheaval, and find their way to establishing a more stable, yet flexible, family system.

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*By Stephanie Brown PhD, Virginia M. Lewis PhD, Stephanie Brown, Virginia Lewis*

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**The Alcoholic Family in Recovery: A Developmental Model** By Stephanie Brown PhD, Virginia M. Lewis PhD, Stephanie Brown, Virginia Lewis **Bibliography**

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## **Editorial Review**

### **Review**

"This user-friendly text is a valuable addition to the area of research on the multi-dimensionality of alcoholism....Useful for clinicians, researchers, students, families, and individuals."

*(Criminal Justice Review 2002-08-21)*

"[The authors] present a well-developed model of alcoholism recovery, refined through their many years of clinical experience with alcoholic families and adult children of alcoholics, and they illustrate its implications for therapeutic strategies with a rich variety of case histories....This very careful and comprehensive exposition of the developmental model of recovery and its application to clinical situations should be useful and instructive for therapists and clinical students."

*(Addiction 2002-08-21)*

"Well organized and clearly written....The strength of this book lies in the authors' stating early and often their biases and beliefs regarding alcoholism and the path of family recovery....The fact that they based this book on the findings of a research project and not just their own clinical experience is refreshing....Brown and Lewis wrote this book with therapists in mind....They clearly point out the role for therapists and the tasks at each phase of the recovery process."

*(Journal of Family Psychotherapy 2002-08-21)*

### **From the Back Cover**

A major contribution....For years, there has been talk of the family disease' without a comprehensive model for family treatment. Brown and Lewis now provide a clear, concise, accessible, clinically sound, theoretically based, and much-needed map for working with families (Stephanie Covington, PhD, LCSW, author of *A Woman's Way Through the Twelve Steps*)

### **About the Author**

Stephanie Brown, PhD, is a clinician, teacher, researcher, consultant, and author in the field of alcoholism. She founded the Alcohol Clinic at Stanford University Medical Center in 1977 and served as its director for 8 years. A Research Associate at the Mental Research Institute in Palo Alto, California, where she is Co-Director of the Family Recovery Project, Dr. Brown also maintains a private practice and directs the Addictions Institute in Menlo Park, California.

Virginia Lewis, PhD, a licensed psychologist, educational psychologist, and marriage, family, and child counselor, is Co-Director of the Family Recovery Project and Senior Research Fellow at the Mental Research Institute. In addition to her full-time private practice, she gives lectures and workshops on the Family Recovery Project and is coordinating and analyzing test data for journal publications. She has coauthored and been awarded several research grants with associates at the Mental Research Institute over the past 20 years, and has lent her skills to a number of research projects.

## **Users Review**

### **From reader reviews:**

**Richard Hunt:**

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