



Bridges to Recovery: Addiction, Family Therapy, and Multicultural Treatment

Jo-ann Krestan

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At last, a book that defines a new language for treating substance abuse in an increasingly culturally diverse population. Until now, therapists, counselors, and teachers who treat addiction within the context of the whole family have had to make do with outdated one-size-fits-all theories and treatment programs.

Bridges to Recovery is the first book to bring together experts from three major fields within psychotherapy - family therapy, addiction counseling and multicultural treatment -- to provide a practical and flexible framework for working with families within their individual cultural contexts. Drawing upon case studies, clinical anecdotes and proven treatment methods, *Bridges to Recovery* provides practitioners with a unique insight into the individual cultural nuances that make addiction recovery a very personal journey.

Jo-Ann Krestan, co-author of the classic book *The Responsibility Trap: A Blueprint for Treating the Alcoholic Family*, and her contributors integrate the latest ideas and research to offer a foundation for addiction treatment that brings to the forefront the cultural thinking that affects alcohol and drug use/abuse among Native Americans, Jewish Americans, African Americans, West Indians, Asian Americans, Mexican Americans, Puerto Ricans and groups of European origin. This book will be an invaluable asset to teachers and students in clinical social work, psychology and substance abuse counseling programs, setting the standard for education and treatment at the beginning of the 21st century.

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