

Small Steps Lead To Big Changes

HAMS Offers an Alcohol Harm Reduction Manual

Clients who are resistant to traditional treatments because of either the abstinence requirement or the spiritual component can become engaged in the recovery process via the HAMS alcohol harm reduction approach which encourages people to make small positive changes which they choose for themselves. The letters H, A, M, and S stand for Harm reduction, Abstinence, and Moderation Support: HAMS offers a purely secular, lay-led, free-of-charge support group for people who wish to make any positive change in their drinking habits from safer drinking to reduced drinking to quitting altogether.

The HAMS book is titled *How to Change Your Drinking: a Harm Reduction Guide to Alcohol*. It offers numerous evidence-based behavioral change exercises and can be used as a stand-alone self-help book or in conjunction with a support group or a formal treatment setting.

Clinicians can choose to use exercises from the HAMS book in a formal treatment setting and they can also choose to refer clients to a HAMS support group or suggest that clients use the HAMS book as a form of self-help bibliotherapy.

Research from the NIAAA tells us that only about 20% of people with Alcohol Dependence will recover via AA or a traditional treatment program. The good news is that the majority of people with Alcohol Dependence will eventually recover; about half by quitting completely and about half by cutting back. However, there can be a great deal of damage on a road to recovery which can take a lifetime. Harm reduction can greatly reduce both the amount of time required to recover and the damages incurred on the path to recovery.

The HAMS program consists of 17 optional elements which can be done in any order together with a menu of tools and strategies which clients can use to help build their individualized harm reduction programs. The HAMS book includes the following worksheets to help clients implement the positive changes which they have chosen to make in their lives:

- Cost Benefit Analysis
- Drinking Goal Worksheet
- Risk Ranking Worksheet
- Drinking Plan Worksheet
- RET Worksheet
- Alcohol-Free Fun Worksheet
- A Self-Confidence Enhancement Exercise
- Drinking Chart
- Risk Tracking Chart
- Spousal Style CBA
- Spousal Goal CBA

For more information please visit <http://hamsnetwork.org>

How to Change Your Drinking:

a Harm Reduction Guide to Alcohol (2nd Ed)

by

Kenneth Anderson, MA, Preface by Alan Marlatt, Introduction by Patt Denning

This book is the first comprehensive compilation of harm reduction strategies aimed specifically at people who drink alcohol. This book supports goals of safer drinking, reduced drinking, or quitting alcohol altogether and it contains a large and detailed selection of harm reduction tools and strategies which one can choose from to build an individualized alcohol harm reduction program. There are many practical exercises to help people change their behaviors, including risk-ranking worksheets, drinking charts, goal choice worksheets, and many more. There are also innumerable practical tips from folks who "have been there" and have turned their drinking habits around for the better. This book exemplifies the harm reduction principles of "meeting people where they are at" and encouraging people to change in ways which they choose for themselves. This book can either be used as a self-help manual for people working on their own or by people who are participating in a harm reduction support group.

About the Author: Kenneth Anderson is the founder and CEO of The HAMS Harm Reduction Network, a free-of-charge, lay-led, support and informational group for anyone who wants to change their drinking habits for the better.

About HAMS: The letters H, A, M, S stand for Harm reduction, Alcohol abstinence and Moderation Support. HAMS is a clearinghouse of practical, evidence-based harm reduction information and support for people who drink alcohol.

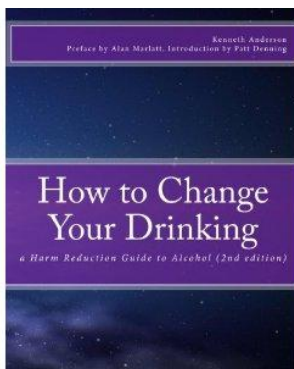
Stanton Peele, Author of *The Diseasing of America*, says, "HAMS is for the large majority of substance users who have problems who remain unserved by our current Alice In Wonderland approaches. The often unacknowledged, majority."

ForeWord Digital Reviews says, "*How to Change Your Drinking* will appeal to a vast audience and serves as a useful guide for clinicians, educators, families, and anyone who drinks alcohol. This volume undergirds the foundation that connects the harm reduction philosophy to alcohol and alcoholism."

The Midwest Book Review says, "*How to Change Your Drinking* is a useful read for anyone who wants to bring their alcohol consumption under their control."

Reviewers on Amazon said: "This book offers practical tools ... supported by well-organized, clearly summarized research results and sound medical information. For anyone concerned with an alcohol or any substance use problem (individuals, family, friends, or counselors), this is not just a 'must read', but an essential toolkit and invaluable resource."

"I wish I would have bought this book first as it has EVERYTHING all in one place with excellent online resources. Ideas are straight forward, useable, easy to implement and work. For those looking to create a more healthy lifestyle I couldn't recommend this more highly. And as it says use what works for you and throw out what doesn't. Better is better."



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Available from standard suppliers such as Baker and Taylor as well as Amazon.