



# Effective Addiction Treatment: The Minnesota Alternative (Volume 1)

*Ms. Paula L. DeSanto*

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## **Effective Addiction Treatment: The Minnesota Alternative (Volume 1)** Ms. Paula L. DeSanto

This book provides a framework for implementing a 21st century, effective, addiction treatment program. This non-12 step practice guide is inspired by research evidence about best practices and what actually works. The approach is humanistic and pragmatic and it facilitates natural recovery by empowering clients to make use of their innate strengths. Effective Addiction Treatment: The Minnesota Alternative incorporates cutting-edge, evidence-based best practices including mindfulness, cognitive behavioral strategies, neuroscience, individualized treatment planning, harm reduction, motivational and person-centered care. This succinct and very readable book clearly describes the successful Minnesota Alternative approach to 12 step programs. It is well-organized, well-written, and includes extensive Appendices. It is encyclopedic yet compact, positive and uplifting without minimizing the challenges of recovery, based on hard science and written with the contagious passion of a highly dedicated professional. Effective Addiction Treatment: The Minnesota Alternative is an excellent introduction to the emerging world of alternative recovery. AA/NA and other 12 step self-help groups have helped countless people recover and improve their lives. It works for many, many people. However, there are some people, who for various reasons, have not engaged in the self-help movement of AA and/or who have had unsatisfactory experiences with treatment programs using 12 step facilitation. Alternative approaches are needed.

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