



Helping Your Chemically Dependent Teenager Recover: A Guide for Parents and Other Concerned Adults

Peter Cohen M.D.

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Helping Your Chemically Dependent Teenager Recover is written for the parent whose child has serious problems with alcohol or other drugs. It recognizes that both teenager and parent need to recover from the disease of chemical dependence. This book encourages readers to educate themselves about recovery, work hard and take new risks, and experience being successful as parents. Helping a teenager recover from chemical dependence is one of the most loving things a parent can do. This book provides a step-by-step guide on how to do it.

Helping Your Chemically Dependent Teenager Recover

- Describes teenage recovery as a slow but steady process of growth and change unique to the developing adolescent.
- Outlines four stages of recovery: crisis control, stability and structure, consistency and balance, and attachment.
- Details problems faced by both teens and parents at each recovery stage.
- Explains tasks to accomplish that lead teens and parents through each recovery stage.
- Empowers parents to help their teenager recover and to find personal relief from the pain of their child's chemical dependence.

Parents seeking clear information about their teenager's chemical dependence, its effects, and the recovery process will find this book an informative and invaluable guide.

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Sylvia Kirby:

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Richard Burnett:

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