



# Choice Theory with Addicted Populations: A Diverse Approach for the Treatment of Addictions

*Michael Rice*

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The foreword to this book is written by Dr William Glasser. This book is for both professionals in the field of substance abuse as well as those who may live with or love an addicted individual. It contains techniques, directives, ideas, and explanations for those who may be addicted to prescription meds, street drugs or alcohol. Also included are several exercises that Mike has developed over the years in working with groups that he has combined along with the work of Dr. William Glasser, M. D., the creator of Reality Therapy and most recently, Choice Theory. Not all of the information is user-friendly for the non-professional because a close friend or family member will never be able to establish a clinical relationship with the addict. The non-professional will always be recognized by the addict as Mom, Dad, Friend, Wife, Husband, etc which will inhibit the addict from taking them as someone who might understand and be able to help them. However, there are many other things in the book that the non-professional will be able to utilize that will make their personal life better by knowing what they can control and what they can't control with their loved one. Mike applies Choice Theory, the new Reality Therapy, by allowing the client to create their own personal treatment plan and not one that is necessarily designed by the therapist or agency. This allows for the client to feel s/he has control and choices rather than being coerced or forced to do something they don't want to do because someone else said they had to do it. People eventually learn that the drug or alcohol that they are consuming is effective for ridding themselves of unwanted emotions. Quite bluntly, they are unhappy. They are unhappy because of unsatisfying relationships with the important people in their life. After several weeks or months, they become biochemically addicted to the substance. They are now functioning on a daily basis with drug affected thoughts, emotions, and behaviors while causing harm to their internal organs. What they want mostly, satisfying relationships, are being destroyed by their behavior as well as the behavior of those whom they want in their life. While their drug of choice numbs their unwanted emotions, it also numbs their wanted emotions. The lack of these unwanted emotions fools them into thinking they are happy . . . a major misdiagnosis or identification. They are only feeling pleasure which they confuse for being happiness. This book is essential for understanding not only the wanted happiness of the addict, but the happiness of those who are involved with the addict as well. Understanding what motivates us is the key to satisfying our basic needs that create and maintain our happiness.

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