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Anger Management & Conflict Resolution

Recommended Reading

- Harriet Lerner
'The Dance with Anger'
- Norman Vincent Peale
'The Power of Positive Thinking'
- Og Mandino
'A Better Way to Live'
- Dr M. Scott Peck
'The Road Less Travelled'
- Dr Viktor E. Frankl
'Man's Search for Meaning'
- Gary Chapman
'The 5 Love Languages'
- Dr Henry Cloud & Dr John Townsend
'Boundaries'
- Dr John Gray
'Men are from Mars, Women are from Venus'
'Mars and Venus Starting Over'
- Narcotics Anonymous
'Just for Today'
- Hazelden Meditations
'A Day at a Time'

The above authors have further published books available for continued enrichment.

Consider signing up for a membership at your local library where many of these books are available for you to hire freely.

Should you wish to purchase these and other recovery books they are available online for a discounted price with free shipping worldwide from:

www.bookdepository.com or <http://www.fishpond.com.au/> or <http://www.betterworldbooks.com/>

'Chemically Speaking' video on Youtube:

<http://www.youtube.com/watch?v=Qgpofcn5ZHA>

Chemically Speaking is a Brief Intervention drug & alcohol video that explains the cycle of addiction, the stages of change and the grief cycle that often predisposes people to use chemicals as a way of coping with these underlying issues.

Resource list

(for loved ones and support people)

There are the 4 levels of help for drug users. (Refer to Action Plan for drug users):

Level 1. ADIS (Alcohol & Drug Info Service) QLD 24hrs 1800 177 833 / ADIS N.S.W. 1800 422 599
Direct Line VIC - 1800 888 236 / ADIS S.A. 1300 131 340 / ADIS W.A. 1800 198 024

Level 2. Weekly Counselling. (Referral from GP required for Psychologists)

- Michelle Crummer (Psychologist): 0414 995 098 (Tweed & Gold Coast) ATAP bulk bill
- Greg Gardiner (Psychologist): 0437 853 924 (Mudgeeraba)
- Tania Kalkidis (Clinical Psychologist): 0420 529 695 (Worongary)
- Compassion Services (Psychologists): 1300 552 367 (Helensvale / Mudgeeraba)
- Rod Gow (Professional Counsellor): 0418 137 735
- Kylea Sim (Professional Counsellor): 0417 706 907
- Brooke Wheeler (Professional Counsellor): 0424 549 916

Level 3. Day treatment for 2 weeks. DayHab Addiction Treatment Centre Melbourne & Gold Coast
1800 329 422

Level 4. Residential Rehab. Long term around 6 - 12 months.

LOVED ONES CAN GET INFO & SUPPORT FROM:

AAIC Family Support Groups live in Gold Coast & Online weekly
0481 844 555

Australian Anti Ice Campaign (AAIC)
07 5665 6063

Email: admin@australianantiicecampaign.org.au

Website: www.australianantiicecampaign.org.au

Family Drug Support (24 hour national)
1300 368 186

ALCOHOL & DRUG INFORMATION SERVICE (ADIS - QLD)
(24 hr telephone counselling & referral service for drug users & loved ones)
PH: (07) 3236 2414 or 1800 177 833 (Free outside Brisbane)
ADIS NSW 1800 422 599
Direct Line VIC - 1800 888 236

SELF HELP GROUPS (eg. Al-Anon). Refer to white pages phone book or 'ADIS' (above)

LOVED ONES CAN RECEIVE INFORMATION TO UNDERSTAND THE ISSUES AND ALSO HOW TO HELP:

'CHEMICALLY SPEAKING' VIDEO (40 min.)

Discusses the cycle of addiction, the stages of change, the grief cycle and also explains the impact of emotions. It is an important assessment tool to help drug users move forward in their lives and prepare them for the next step of their recovery. It is also a valuable resource to help their loved ones speak the same language and understand these complex issues.

'Chemically Speaking' video is available on Youtube.

<http://www.youtube.com/watch?v=Qgpofcn5ZHA>

FURTHER INFORMATION ON SETTING BOUNDARIES;

The book and video series called 'Boundaries' by Dr. John Townsend and Dr. Henry Cloud are highly recommended. These will help people to restructure their family, so that the family changes as well as the person receiving help. Available from many bookshops & these websites:

<http://www.bookdepository.com>

<http://www.betterworldbooks.com>

<http://www.fishpond.com.au>

Dual Diagnosis Training (Alcohol, Other Drugs and Mental Health):
www.dualdiagnosisistraining.com.au / Mb: 0408 332 765