

Book Reviews

Solutions for the “Treatment Resistant” Addicted Client: Therapeutic Techniques for Engaging Challenging Clients

Nicholas A. Roes

Binghamton, NY: Haworth Press, 2002, 174 pp.

ISBN 0-7890-1121-2

Reviewed by Alice Chan¹

This book could be a useful addition to the library of clinicians working in the area of addictions. It offers no dry theory or research statistics. It is expected that the clinician using this book will be versed in addictions. This book is practical! Its purpose is to offer a wide range of therapeutic techniques for clients who present with addictions issues. The author echoes the opinion of other addictions specialists when he declares that an empathic stance is essential in order to engage and maintain this type of client in a therapeutic relationship.

The 24 chapters are to be read chronologically, as the author refers throughout to material contained in previous chapters. This is not to say that a specific chapter, if read in random order, cannot then be cross-referenced to an earlier one.

Much of the book is focused on therapeutic techniques that will be familiar to clinicians in the field of addictions — aspects of cognitive therapy, motivational interviewing, narrative therapy, and solution-focused therapy, to name a few.

Each chapter outlines one or two therapeutic techniques and illustrates their use with case studies and dialogues between therapist and client. The tone of the book is realistically optimistic. The author recognizes the difficulty of engaging clients with addictions, let alone treating them. Yet his respect for both the client and the clinician is evident in his discussions of some of the interpersonal dynamics and counter-transference issues that can so frequently derail this type of work.

This little book will be a refreshing change for the clinician who feels frustrated by some of the impasses that can and do occur in therapy with clients who have addictions.

¹Ms. Chan is pursuing research funding to support a Best Practices model of care for inpatients with co-occurring, persistent, major mental illness and substance misuse.

Alice Chan, RN, MS(N), CPMHN(C), is Clinical Nurse Specialist in Mental Health, St. Paul's Hospital, Providence Health Care, Vancouver, British Columbia, Canada.

***Creating the American Junkie:
Addiction Research in the Classic Era of Narcotic Control***

Caroline Jean Acker

Baltimore: Johns Hopkins University Press, 2002. 276 pp.

ISBN 0-80186-798-3

Reviewed by Hannah Cooper

In *Creating the American Junkie* Caroline Acker explores the thesis that the construction of opiate addiction as a physiological and psychological phenomenon is a product of a "mosaic" of US disciplinary, policy, and institutional interests configured in the first half of the 20th century. Acker's book, artfully argued and meticulously researched, provides a rich and necessary context for understanding contemporary debates about US drug policies — policies that have resulted in the arrest of over one million individuals, principally impoverished African-American and Latino men, on drug-possession charges annually since 1995.

Acker traces the development of psychiatry, pharmacology, and medicine to elucidate the ways in which each profession framed opiate addiction to simultaneously support the discipline's maturation into a credible, powerful profession and to complement, or at least not challenge, evolving federal drug policy, often gaining federal support in the process. She frequently documents these tandem evolutions through the compelling prism of biography, exploring, through individual perspectives, the decisions and dilemmas with which each profession grappled. Chapter 3, "The Technological Fix: The Search for a Nonaddicting Analgesic," is emblematic of this approach. Here, Acker draws on correspondence and other primary texts to describe the dedication of pharmacologist Reid Hunt to furthering US pharmacology to rival German efforts through research into non-addicting morphine substitutes; she also convincingly documents the consonance of this goal with the federal policy of reducing opiate addiction by restricting the administration of opiates to medically authorized entities.

With the same thorough documentation and attention to detail, other chapters delve into the place of opiate addiction in urban vice reform and the Progressive Era; the development of the Bureau of Social Hygiene and its role in constructing scientific research on deviance; and the recursive relationship of addiction studies and the evolving field of psychiatry.

Creating the American Junkie runs into trouble, however, in its treatment of addiction research in sociology, as described in Chapter 7. Acker

portrays sociological research as posing a challenge to the stigmatizing framings of addiction found in psychiatry and medicine because of these disciplines' orientation to understanding the meaning of addiction in context. To this end, she describes sociology's development through biographies of key sociologists who studied drug use, including Bingham Dai and Alfred Lindesmith. Acker remains largely silent, however, on sociology's relationship to the federal government, and thus leaves the reader wondering how and why the evolution of this discipline, particularly as it relates to addiction studies, diverged from the trajectory she convincingly illustrates for psychiatry, pharmacology, and medicine. Given the relevance of this trajectory and the depth of her argument, this silence leaves the reader at a loss. Additionally, some sections of the book digress from its stated purpose. Much of the discussion in Chapter 6 regarding work and addiction, for example, though interesting, seems to belong elsewhere.

Overall, however, *Creating the American Junkie* is a wonderfully informative, well-argued work that offers a unique perspective on the historical processes through which the United States has constructed its current, hotly contested, drug policies. It merits a place on the shelf next to Musto's *The American Disease* and Courtwright and colleagues' *Addicts Who Survived*.

Hannah Cooper, SM, is a doctoral candidate in the Department of Health and Social Behavior, Harvard School of Public Health, Boston, Massachusetts, USA.

***Motivational Interviewing:
Preparing People for Change, 2nd Ed.***

W. R. Miller and S. Rollnick
New York: Guilford Press, 2002. 428 pp.
ISBN 1-57230-563-0

Reviewed by Clara Miller

Fascinated by the common problem of clients persisting with patterns of behaviour that clearly harm them, psychologists Miller and Rollnick began their collaborative work on motivational interviewing (MI). More than a decade later, MI has become an effective evidence-based approach to facilitating positive health-behaviour change by placing the client in the centre of the change process. This revised second edition of their book extends the application of MI well beyond the field of addictions to include a broad range of health-care domains as well as the criminal justice system.

The book first describes the process of behaviour change and the conceptual framework of MI. These foundations are strengthened through the inclusion of current research and evidence. A key concept of MI, ambivalence, is expounded and elements necessary for behaviour change are summarized. As well, the four guiding principles of MI — express empathy, develop discrepancy, roll with resistance, and support self-efficacy — are refined and defended. Subsequent chapters focus on the learning and application of MI. Excellent case illustrations are provided, offering the reader a unique opportunity to fully comprehend the responsibility and skill involved in facilitating change in others by building motivation and strengthening the commitment to change. In the concluding section of the book, a collection of diverse MI experts discuss the stages-of-change model and applications of MI to their specific client populations. The final chapters review adaptation of MI to the treatment of couples, dual disorders, adolescents, and groups.

This work of Miller and Rollnick is a classic; it broadens the application of MI and strengthens its research base. It could serve as a text for students and also as a reference for health professionals caring for clients who are seemingly “stuck” in negative health behaviours. The skilled application of MI can provide health-care professionals with an evidence-based tool to enhance practice and help clients achieve important health goals. I highly recommend it.

Clara Miller, MSN, RN, is a Nurse Consultant practising in Hubbards, Nova Scotia, Canada.

***Stages and Pathways of Drug Involvement:
Examining the Gateway Hypothesis***

Edited by Denise B. Kandel
New York: Columbia University, 2002. 384 pp.
ISBN 0-52178-969-9

Reviewed by Barbara M. Moffat

Why do some individuals move from non-use of certain drugs to regular use of hard drugs? Kandel's text provides a thorough examination of the Gateway Hypothesis, a theory that posits that legal drugs such as tobacco and alcohol and/or marijuana act as gateways to illicit drug use/abuse. Renewed interest in the Gateway Hypothesis coincides with concerns about adolescent smoking and an increase in marijuana use. This multi-dimensional phenomenon develops from an interaction of complex biological, psychological, and social/environmental determinants and merits the comprehensive attention granted by Kandel and her contributors. The text is a compilation of 1998 conference findings and may be of interest to health professionals and educators working with youths and/or in the field of substance use/abuse.

The book's 16 chapters are divided into six sections covering developmental social psychology, prevention and intervention science, animal models, neurobiology, and analytical methodology. These diverse perspectives strengthen the work. The quantitative research findings support two propositions of the Gateway Hypothesis: the sequencing of initiation between drug classes and the association of drug use whereby lower-sequence drugs increase the risk of higher-sequence drugs. Typically the use of certain drugs precedes others; however, these findings do not support the causality proposition of the Gateway Hypothesis.

A consistent message reverberates, pointing to the urgency of ongoing education and prevention efforts in early adolescence, given the direct relationship between age at onset of drug use and subsequent development of drug problems. The reader is frequently reminded that the health consequences associated with alcohol and tobacco use must not be minimized and that prevention efforts may deter progression to other drugs. Despite unanswered questions regarding the ordering of drug use, this examination of the Gateway Hypothesis provides a framework for developing theories related to drug-use trajectories and specific intervention strategies for various stages of drug behaviour. All reported research was set in the United States; nonetheless, the issue of drug use/abuse is sadly relevant in Canada and worldwide. Ongoing research

in this domain is required and Kandel and her contributors point us in the right direction.

Barbara M. Moffat, RN, MSN, is Project Director, School of Nursing, University of British Columbia, Vancouver, Canada.