Just Say Know
A Counsellor’s Guide to Psychoactive Drugs

_Just Say Know_ is an essential resource for counsellors, educators, therapists, social workers, policy-makers, and professionals interested in acquiring a practical understanding of psychoactive drug pharmacology and physiology. In addition to evaluating traditional street narcotics, the most commonly abused drug families — depressants, stimulants, hallucinogens, and psychotherapeutics — are presented in an accessible format that unpacks risk and therapeutic applications. Csiernik demystifies the abuse of prescription compounds, as well as drugs that are new to North American communities. Pedagogical features include quizzes, case studies, figures, and a comprehensive list of addiction resource centres, making this book a perfect addition to any addictions-related program or course. Light on jargon and heavy on evidence, this manual supplies the blueprints that every service provider needs to dispense sound, evidence-based care.

Author Information

Rick Csiernik
Rick Csiernik is a Professor of Social Work at King’s College, University of Western Ontario. Csiernik has authored and edited several popular Canadian Scholars’ titles including: _Just Say Know: A Counsellor's Guide to Psychoactive Drugs_ (2014), _Workplace Wellness_ (2014); _Responding to the Oppression of Addiction_ (co-edited with William S. Rowe, 2017); _Substance Use and Abuse_ (2016); _The Drug Paradox_ (with Tara Bruno, 2018), and _Homelessness, Housing, and Mental Health_ (co-edited with Cheryl Forchuk and Elsabeth Jensen, 2011). The author of more than 100 journal articles, his research interests include addiction, employee assistance programming and workplace wellness, social work education, and program evaluation. Rick has been recipient of both the King’s University College Award for Excellence in Teaching and the McMaster University Instructor Appreciation Award.

Reviews

“_Just Say Know_ is a must-read for anyone working in the field of addiction counselling. This comprehensive one-stop reference manual can be applied to almost any level; test questions and case studies make this book a valuable means of self-evaluation. Whether a student or a seasoned counsellor, I highly recommend adding this book to your tool kit.”—_Tom Gabriel, EFAP Consultant, Crisis and Addiction Counsellor for the Toronto Police Association and Vice President of the Canadian Addiction Counsellors Certification Federation (CACCF)_

“Finally, a Canadian text reflecting the unique world of individuals with chemical dependencies! Presented in an organized fashion, Csiernik has provided current information, best practices, quizzes, learning activities, and case studies that will allow opportunities for readers to interpret, practice, and evaluate new knowledge. _Just Say Know_ is an ideal text for new and experienced practitioners alike.”

—_Heidi Stanley, Program Coordinator, Addictions: Treatment and Prevention Program, Georgian College_

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Related Books

The Essential Guide to Psychoactive Drugs in Canada, Second Edition Rick Csiernik
Substance Use and Abuse, Second Edition Rick Csiernik
Responding to the Oppression of Addiction, Third Edition Rick Csiernik, William S. Rowe
The Drug Paradox Tara Bruno, Rick Csiernik

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