

# 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 Elisabeth 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

### Subjects

Addictions, Health, and Mental Health  
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Social Work  
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To request a review copy:

info@canadianscholars.ca

416-929-2774

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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