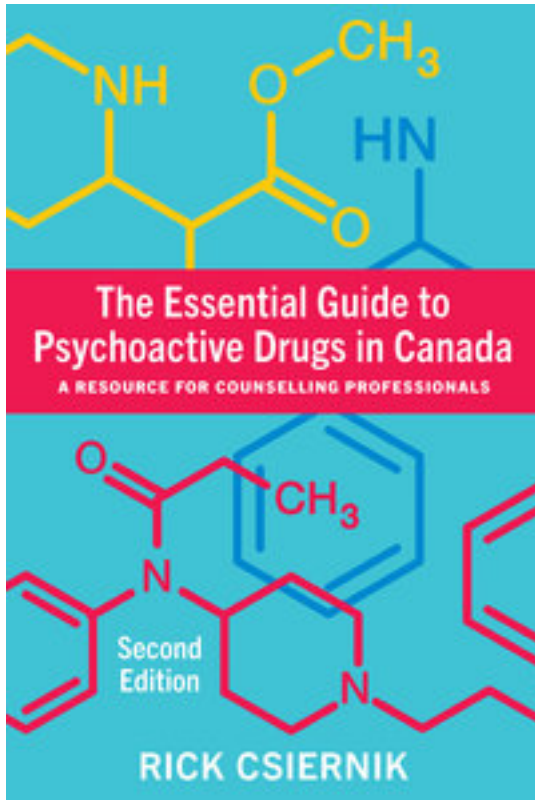


The Essential Guide to Psychoactive Drugs in Canada, Second Edition

A Resource for Counselling Professionals



Subjects

Addictions, Health, and Mental Health
Social Work
Psychology
Health Studies

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The second edition of the formerly titled *Just Say Know: A Counsellor's Guide to Psychoactive Drugs*, this indispensable counselling resource provides a practical understanding of psychoactive drug pharmacology and physiology. Rick Csiernik unpacks the risks and therapeutic applications of the most commonly used and misused drug families, including depressants, stimulants, hallucinogens, and psychotherapeutics. This new edition features a wide range of updated research and content addressing the recent rise of opioid, fentanyl, cannabis, novel psychoactive substances, and antipsychotic medication use, as well as the impacts of drug use on sleep and mental health. Two new appendixes are featured summarizing the effects of drugs on pregnancy and interactions drugs may have with certain brain chemicals.

The Essential Guide to Psychoactive Drugs in Canada is the perfect addition to any addiction or mental health-related course. User-friendly and highly readable, this resource serves as a guide for service providers to deliver evidence-based care. This text is crucial for counsellors, therapists, instructors, and students looking to acquire an in-depth practical understanding of drug use, medication, and addiction in disciplines such as social work, sociology, pharmacology, health studies, nursing, psychology, and addiction studies.

FEATURES:

- includes quizzes, learning activities, and case studies
- features two new appendixes with additional learning materials
- uses accessible language suitable for second-year college and first-year undergraduate courses

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.

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Related Books

The Drug Paradox

Tara Bruno, Rick Csiernik

Substance Use and Abuse, Second Edition

Rick Csiernik

Responding to the Oppression of Addiction, Third Edition

Rick Csiernik, William S. Rowe

Just Say Know

Rick Csiernik