

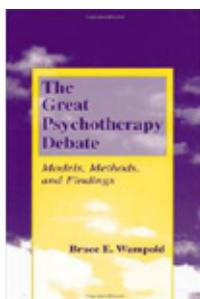
# 50 BEST DRUGS BOOKS

## PART 2

BLAINE STOTHARD

DRUGLINK REVIEWS EDITOR

### TREATMENT AND WORKING WITH USERS

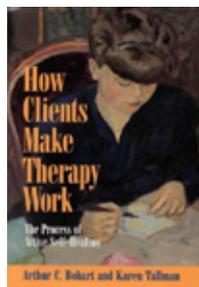


#### The great psychotherapy debate: models, methods, and findings

Bruce E Wampold, Lawrence Erlbaum Associates Inc., 2001

Key text and synthesis of research supporting the 'common factors' model of therapy. Relegating the brand of the therapy and its distinctive methods to minor status, solidly grounded in evidence, the book instead turns the spotlight on factors such as the therapeutic relationship, the helping context, and optimism linked to a convincing schema of the origins of the client's problems and ways out of them. "My position is not that technique is irrelevant to outcome. Rather, I maintain that ... the success of all techniques depends on the patient's sense of alliance with an actual or symbolic healer. This position implies that ideally therapists should select for each patient the therapy that accords, or can be brought to accord, with the patient's personal characteristics and view of the problem."

**Mike Ashton**, Drugs and Alcohol Findings.

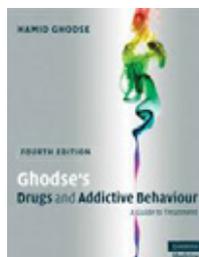


#### How Clients Make Therapy Work: The Process of Active Self-healing

Arthur C. Bohart & Karen Tallman, American Psychological Association, 1999.

Turns the therapy tables typically oriented to the therapist being the active force 'delivering' therapy. Instead the authors argue that psychotherapies all have the same outcomes because it is the client who co-opts the therapy and does the work of self-healing. "Clients' self-healing capacities are potent enough to make use of whatever (within limits) they are offered in psychotherapy, as long as they are willing to invest themselves in their use." The implication is that "The most important thing therapists can do to be helpful is to find ways of supporting, stimulating, and energizing client investment and involvement." A book which truly places the patient at the centre of therapy for drug and alcohol problems and psychological problems in general.

**Mike Ashton**, Drugs and Alcohol Findings.



#### Ghodse's Drugs and Addictive Behaviour: A Guide to Treatment

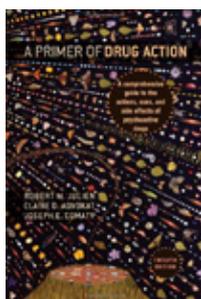
A. H. Ghodse, Cambridge University Press, 4th edition, 2010.

This title provides an excellent and accessible textbook on practical and evidence-based approaches for all aspects of managing addiction and substance misuse. It has proved to be an invaluable text book for students of addiction, and for those working in clinical settings. It is written in a clear and objective manner.

**Christine Goodair**, Programmes Coordinator (Substance Misuse) Population Health Research Institute, St. George's University of London.

*The text for this entry was incorrectly printed in Part One.*

## THE SUBSTANCES

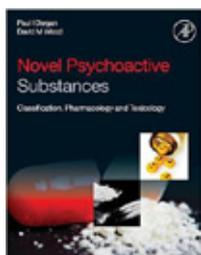


### A Primer of Drug Action (12th Ed.)

R M Julien, C D Advokat, J E Comaty, Worth Publishers, 2010.

There are many good textbooks which provide a useful introduction to pharmacology, psychopharmacology, and clinical prescribing practice but *A Primer of Drug Action* provides an excellent general overview to those readers wanting to know how drugs work in the body and brain. This is a very popular undergraduate level textbook and it covers the major therapeutic and recreational drug classes likely to be encountered in drugs services, and lays out the foundations for more detailed investigation and self-learning.

**Harry Sumnall**, Professor in Substance Use at the Centre for Public Health, Liverpool John Moores University.



### Novel Psychoactive Substances: Classification, Pharmacology and Toxicology

P Dargan & D Wood, Academic Press, 2013.

One of the few academic textbooks dedicated to Novel Psychoactive Substances (NPS). In such a rapidly changing field, there is the danger that printed textbooks quickly become out of date, but this edited collection not only provides an overview on the pharmacology, toxicology, epidemiology, and policy response to NPS, but perhaps more importantly, sets out the principles that should be the foundation of investigation into these compounds.

**Harry Sumnall**, Professor in Substance Use at the Centre for Public Health, Liverpool John Moores University.



### Drugs of Dependence: the role of medical specialists

BMA Board of Science, 2013.

Raises issues relating to health harms of drug misuse in a clear and objective manner. A very useful reference tool for those wanting to understand the terms used in addiction and the role of medical specialists. The appendices on the nature of addictiveness of commonly used illicit drugs, and the health harms of emerging, licit and illicit drugs are excellent reference tools to have to hand on your desk.

**Christine Goodair**, Programmes Coordinator (Substance Misuse) Population Health Research Institute, St. George's University of London.

## HISTORICAL

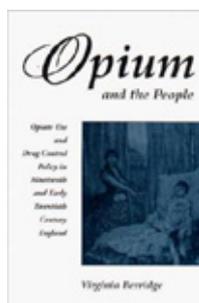


### Tackling drugs to build a better Britain

UK Government, 1998

A reminder of a time when there was genuine government commitment in the UK and there was a real energy in the field.

**David MacKintosh**, Policy Adviser, London Drug and Alcohol Policy Forum.



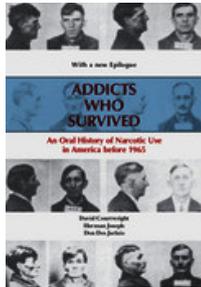
### Opium and the People: Opiate Use and Drug Control Policy in Nineteenth and Early Twentieth Century England

Virginia Berridge, Allen Lane, 1981, re-printed by Free Association Books 1999

Did you know that opium was being produced in the UK in 1576 in much the same way as in 21st century Afghanistan? Berridge provides a wealth of evidence regarding the everyday use of opium in the 19th century. From the early 1830's, when Mitcham was the main market place for opium poppy heads, to later in the century when tincture of opium had found its way into a plethora of cure-alls such as Collis Brownes, Atkinson's Infant Preservative, Kendal Black Drop and the omnipresent laudanum. She also looks at its popularity among the middle and literary classes. The latter developed the myth of the Chinese-run opium den, written about by Dickens and Wilkie Collins. Berridge examines the

professionalisation of opium supply and the emergence of the disease model of addiction alongside an anti-opium movement with the eventual emergence of a centralised government drug policy in the 1920's, with opium, and its alkaloid derivatives morphine and heroin, only being available from licensed doctors.

**Peter Simonson** is a Support Worker for a Health Advocacy Project in Camden.

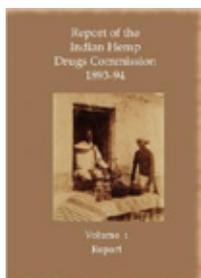


### **Addicts Who Survived: An Oral History of Narcotic Use in America 1923-1965**

*David Courtwright, Herman Joseph, Don Des Jarlais, Claude Brown, University of Tennessee, 1989*

An illuminating oral history of what were termed the classic years of heroin use between 1923 and 1965. The participants were in their 60's, 70's and 80's when interviewed. They described the tough laws enforced under the auspices of Harry Anslinger, appointed as the first commissioner of the Federal Bureau of Narcotics, with the ever present threat of imprisonment or a mandatory stay in America's first Drug Prison in Lexington, Kentucky. They also describe the first Methadone Maintenance Treatment in New York City under the auspices of Dr Vincent Dole and Dr Marie Nyswander. Some of the respondents are still living happy and fruitful lives as pensioners on MMT.

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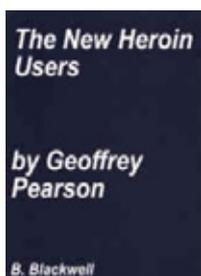


### **Indian Hemp Drugs Commission Report**

*UK Government, 1894.*

An example of people in another century trying to grapple with the same issues that face us today.

**John McCracken**, Programme Manager Drugs, Department of Health



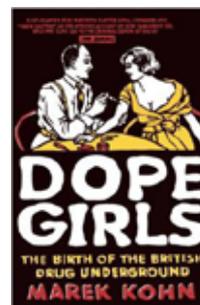
### **The New Heroin Users**

*Geoffrey Pearson, Blackwell, 1987.*

As the 1980s' heroin epidemic reached into parts of Britain previously untouched and was viewed with alarm by the authorities and public alike, Pearson's account revealed its personal consequences through the voices of users themselves. He emphasises that his informants are perfectly ordinary

young men and women whose lives were altered and damaged by their encounters with heroin. They were just ordinary people who happened to live in deprived parts of the North of England hit by what we now know to have been a major and permanent transformation of the British economy. Another reason to recommend this book is that, like all Geoff Pearson's books, chapters and articles, it is beautifully written with insightful social commentary.

**Susanne MacGregor**, Professor of Social Policy at the London School of Hygiene and Tropical Medicine; Associate Editor, International Journal of Drug Policy.



### **Dope Girls**

*Marek Kohn, 1992*

This immensely readable history is the perfect foil for anyone who thinks that 'mad for it' stimulant-fuelled hedonism was invented in the latter part of the 20th century. For me, it remains unsurpassed as an account of the era. In it, Kohn documents aspects of London's party scene in the aftermath of the Defence of the Realm Act (1914) through to the 1920s. He particularly discusses this with reference to the death of actress Billie Carlton that was (mis)attributed to cocaine. Media-fuelled moral panics, racist stereotypes of evil dope dealers, celebrity drug scandals: anyone reading this will gain a new appreciation of the way these tropes have persisted for almost as long as people have been partying.

**Neil Hunt**, freelance researcher and trainer; Honorary Senior Research Associate, University of Kent.

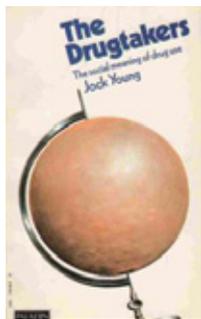


### **Living with Heroin: the impact of a 'drugs epidemic' on an English community**

*Parker, H, Bakx K & Newcombe, R., Open University Press, 1998.*

This book reports on a 2-year research project on the use of heroin and other drugs in the mid-1980s in the Wirral, a borough of Merseyside in the UK. The research was a pioneering multi-method study of drug use in an English community, and was one of the first such projects to recommend a harm reduction approach to drug use.

**Russell Newcombe**, 3D Research

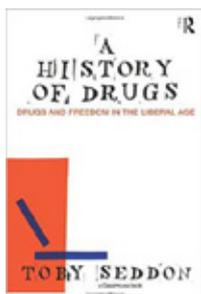


## The Drugtakers

*Jock Young, McGibbon and Kee/  
Paladin, 1971.*

This book was part of my initial reading list when I started at ISDD in 1977 and I'm very grateful to the thoughtful colleague who pushed it my way. Even back then in post-punk days the cover of the hardback edition with its mosaic of snapshots of late 60s/early 70s young and old drug takers looked a little past tense but the main messages of Young's book resonated then and have stayed with me for the last forty years. The subtitle of the book was *The Social Meaning of Drug Use* and it was this perspective that was so carefully unpicked in the book and I found so rewarding. I'm no criminologist but I realise Young's work has been influential in this field and his analysis remains relevant.

**John Witton**, Addictions Review Co-ordinator, National Addiction Centre.

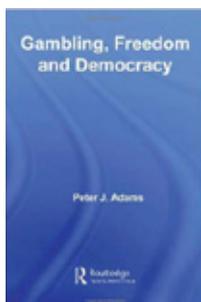


## A History of Drugs: Drugs and Freedom in the Liberal Age

*Toby Seddon, Routledge, 2010*

Seddon uses the tools of French post-structuralist Michel Foucault in looking at the genealogical construction of the "drug problem" which then comes under varying modes of governance. As stated in his conclusion "...fundamental ideas like 'addiction', or the very category of 'drugs' have been pulled apart and their 'universal' or 'timeless' status unravelled."

**Peter Simonson** is a Support Worker for a Health Advocacy Project in Camden.



## Gambling, Freedom and Democracy

*P J Adams, Routledge, 2008.*

In this book Peter Adams, of the School of Population Health at the University of Auckland in New Zealand, has pointed out how, in an era of gambling liberalisation and normalisation, the independence of individuals and bodies which should remain objective and independent is in serious danger of being compromised. It is only too easy to become complicit in the liberalisation and expansion of gambling, and conflicts of interests can easily arise. This applies to governments which try to combine a number of not easily compatible roles as well as to service providers. The processes involved are many and

subtle and often go unrecognised. Peter Adams is one of the very few to have articulated these dangers at any length. It is the academic research community that one hopes would be least likely to be drawn in to a position in which independence was compromised. The independence of research is just too important for that to be allowed to happen. It is crucial to democracy itself, Adams argues, that universities remain sufficiently independent to be able to challenge received wisdom wherever that comes from. Although gambling is the focus of this book, his arguments apply equally in other areas where those representing powerful commercial interests, in the tobacco and alcohol industries for example, have attempted to co-opt researchers to support findings consistent with the promotion of their interests, and to distort and discredit researchers' findings which run counter to those interests.

**Jim Orford**, Emeritus Professor of Clinical and Community Psychology at the University of Birmingham

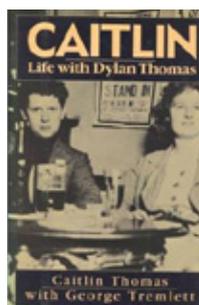
## ALCOHOL AGAIN...

### Caitlin, Life with Dylan Thomas

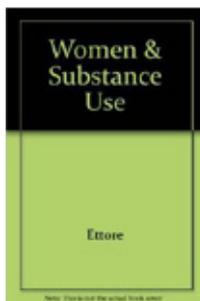
*Thomas C & Tremlett G; 1986, Secker and Warburg*

People who experience adversity on account of a close relative's addiction – the 'concerned and affected others' are an enormous constituency of people – likely to be in excess of 100 million worldwide – which is comparatively neglected in addiction treatment and research. Not so, however, in biography, autobiography and fiction. There are many contemporary or recent examples but *Caitlin: Life with Dylan Thomas*, co-authored with George Tremlett, based on tape-recorded interviews carried out with Caitlin, wife of the poet Dylan Thomas, is one of the very best. It has the appearance of an extended qualitative interview report. Like other wives, Caitlin had a lot to put up with and the book describes this and her dilemmas about how to cope in detail.

**Jim Orford**, Emeritus Professor of Clinical and Community Psychology at the University of Birmingham



## WOMEN AND DRUGS

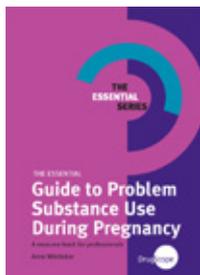


### Women and Substance use

*Elizabeth Ettorre, 1992, Macmillan*

This book was published in the series Women in Society, edited by Jo Campling, who noted that in the previous 20 years (1972-1992) there had been an explosion of publishing by, about and for women. Since this wave of feminism has receded, contemporary readers could learn from Elizabeth Ettorre's account of women and substance use. Its central theme is that for women there are two dangerous dependencies – subordination to men and addiction. The book also has current relevance in looking across use of alcohol, tranquillisers, heroin, tobacco and food. It challenges the orthodoxies of clinicians and addiction researchers (which remarkably persist to this day) by giving full attention to women, seeing them as distinctive rather than as either subsumed within categories of 'addicts', 'patients', 'individuals', or stigmatised as particularly bad or diseased.

**Susanne MacGregor**, Professor of Social Policy at the London School of Hygiene and Tropical Medicine; Associate Editor, International Journal of Drug Policy.



### The Essential Guide to Problem Substance Use during Pregnancy: A resource book for professionals

*Anne Whittaker, DrugScope 2011.*

This book is very useful for all professionals coming in contact with pregnant women who are using drugs. The book is a must for midwives, doctors and nurses but also provides very helpful information to social workers, health visitors, sexual health and drugs and alcohol workers.

It provides a detailed overview of the drugs and their effects on the developing baby and gives guidance on how to manage substance use during pregnancy. Other areas that are covered are maternity care, blood borne viruses and Neonatal Abstinence Syndrome.

**Lisa Luger**, Director, LLC Consultancy CIC



### Drug Misuse and Motherhood: Klee, Jackson and Lewis: 2002: Routledge.

This research-based book, rather than providing an overview of the impact of drugs on the developing baby, covers other relevant issues, such as the changing context of drug using women when they get pregnant and setting up a family and concepts of motherhood. It also gives advice on drug use and parenting, relapse and child protection issues and presents examples of good practice. Very useful in this book are the case studies that enable the reader to understand what is going on in these drug using women's lives when they are pregnant, give birth and in particular the period after the birth, what challenges they face, how are they able to cope and what supporting network they have.

**Lisa Luger**, Director, LLC Consultancy CIC

## YOUNG PEOPLE



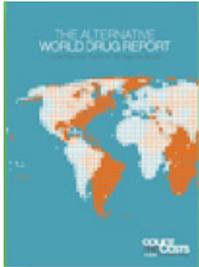
### Sex, alcohol and other drugs: Exploring the links in young people's lives

*Lynch and Blake, 2004, National Children's Bureau/Sex Education Forum.*

This book is a very helpful guide for professionals who work with young people, or, like in my case, for training such professionals, their parents, teachers, social workers etc. The book highlights the link between the use of alcohol and drugs and sexual activities in the lives of young people. It explores young people's opinions about what support they need and what implications this has for policy and practice. Again, the most helpful in this book is that it offers very useful exercises, questions and quotes that enhance understanding of young people's context and that can be used when working with young people or training those who work with them.

**Lisa Luger**, Director, LLC Consultancy CIC

## POLICY MAKING – HOW DID WE GET HERE AND WHERE MIGHT WE GO?

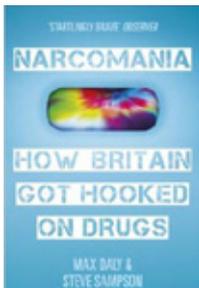


### Count the costs: The Alternative World Drugs Report:

*Transform Drug Policy Foundation: 2012*

This annual report responds to the United Nations' World Drug Report by showing the gaps in government and UN assessments of global drug problems and drug policy, and providing evidence of the harmful and counter-productive consequences of a law-enforcement approach. This is undoubtedly the most informed critique of international drug prohibition, and alternative policies, available at the present time.

**Russell Newcombe**, 3D Research



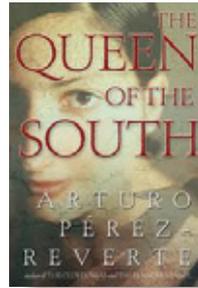
### Narcomania: How Britain Got Hooked on Drugs

*Daly M & Sampson S: Windmill Books: 2013.*

*Narcomania* provides an impressive overview of the 'big picture' of illegal drug use in the UK, presenting a multiplicity of perspectives, roles and identities which straddle both the licit and illicit economies. It successfully manages to highlight both the commonalties and contradictions of the shadow-world of human intoxication.

**Russell Newcombe**, 3D Research

## LIGHT ENTERTAINMENT AND PAGE TURNERS



### Queen of the South

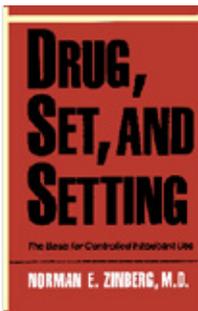
*Arturo Pérez-Reverte, Spain 2002, English edition, Penguin 2004.*

A novel by one of Spain's most highly-regarded contemporary writers, *The Queen of the South* tells the story of Teresa, a Mexican woman who thrives and survives in the world of international drug trafficking. Her survival is in part the result of some intense loyalties with colleagues and fellow-dealers. Her story takes the reader through districts, regions and countries and across oceans, reflecting the international nature of the drugs trade and traders, from South America via North Africa to the European mainland, and the changing nationalities and ruthlessness of organised crime groups. It covers many aspects of the international drugs trade, including violence and corruption, and is, to coin a phrase, a page-turner. My big question at the close of the book is: how true to reality is it – it sounds (or reads...) totally convincing and plausible.

**Blaine Stothard**, Prevention specialist and *Druglink* Book Reviews Editor.

# HARRY SHAPIRO'S EDITOR'S PICKS:

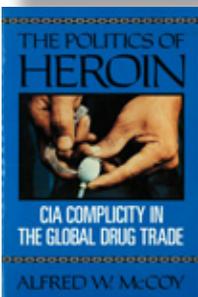
I am making full use of my dictatorial powers as Editor to foist on you my own selection of the best drug books I have come across. 'Best' of course covers a multitude of sins, including most informative, most enlightening, most challenging, best written, most entertaining and so on. No detailed reasoning or attempt at thematic balance – just all good stuff in my humble opinion.



## Drug, set and setting

Norman Zinberg, Yale University Press, 1984

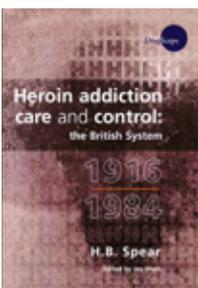
Maybe one of the most important drug books ever written, explaining that drug use is not just about drug effects and individual pathology.



## The politics of heroin

Alfred McCoy, Lawrence Hill Book, 1991

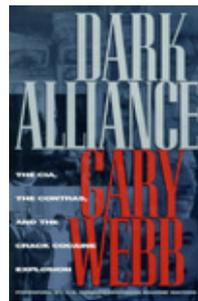
Despite the subtitle 'CIA complicity in the global drug trade', this is no rapid conspiracy tome, but a superbly documented account of how America's obsession with the red menace trumped 'The War On Drugs'.



## Heroin addiction care and control: the British system 1916-1984

Bing Spear, DrugScope 2002

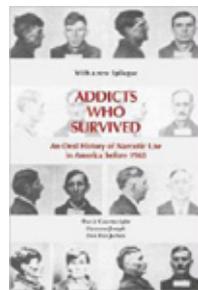
The only insider government account of this era of British drug policy by the iconic Home Office civil servant. And there probably aren't many civil servants who could be dubbed 'iconic'.



## Dark alliance: the CIA the Contras, and the crack cocaine explosion

Gary Webb, Seven Stories Press, 1998

The cocaine equivalent of McCoy's book, Webb's investigation ran in the San Jose Mercury News in 1996. The story caused a huge national and international outcry, but eventually the paper and fellow journalists turned against him. Webb killed himself in December 2004.



## Addicts who survived: an oral history of narcotic use in America before 1965

David Courtwright, University of Tennessee (reprint edition) 2012

We need something like for the UK – while there are still people around who remember the early days. See Pete Simonson review.