

Many Roads One Journey Moving Beyond The 12 Steps

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Many Roads One Journey Moving

""Many Roads, One Journey" is a pioneering work with a depth of insight and social consciousness that are rare in the addiction field, which all too often seeks simple answers for complex problems. Kasl's 16 steps for empowerment and her re-framing of codependency as Internalized oppression are gifts for "all" women."

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Start your review of Many Roads, One Journey: Moving Beyond the 12 Steps. This book is a life saver for those of us in recovery who don't fit into the typical 12-step Alcoholics Anonymous model. Teh author validates other paths to healing and recovery and explains the problems many people face in 12-step groups.

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Many Roads One Journey: Moving Beyond the Twelve Steps 448. by Charlotte S Kasl | Editorial Reviews. Paperback \$ 19.99. Ship This Item — Qualifies for Free Shipping Buy Online, Pick up in Store is currently unavailable, but this item may be available for in-store purchase.

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The message that runs through all of Charlotte's books and workshops is that of empowerment—to find your authentic voice, trust your internal wisdom, open yourself to new learning and understand yourself and others within a cultural context. Her 16-step Empowerment Model introduced in Many Roads, One Journey: Moving Beyond the Twelve Steps, offers a holistic, wellness approach for overcoming addiction, trauma and depression.

Charlotte Kasl

The 16-steps that follow are published in Many Roads, One Journey: Moving Beyond the 12 Steps and in Yes, You Can! A Guide to Empowerment Groups. They are currently in use in an estimated 200-300 groups nationwide, as well as a rapidly growing number of treatment programs. The 16-Steps

16 Step Program - Charlotte Kasl, PHD

Many Roads, One Journey: Moving Beyond the 12 Steps. New York: HarperCollins. Plattor, C. (2003). The 16 Steps: An alternative to 12 Step programs. Insights, 15(1), 10-11. Newsletter of the BC Association of Clinical Counsellors.

The 16 Steps for Discovery and Empowerment | Here to Help

Many roads, one journey : moving beyond the twelve steps. [Charlotte Sophia Kasl] -- Studies the impact of recovery programs on individual lives and explains how to adapt the principles of the Twelve-Step process to personal needs.

