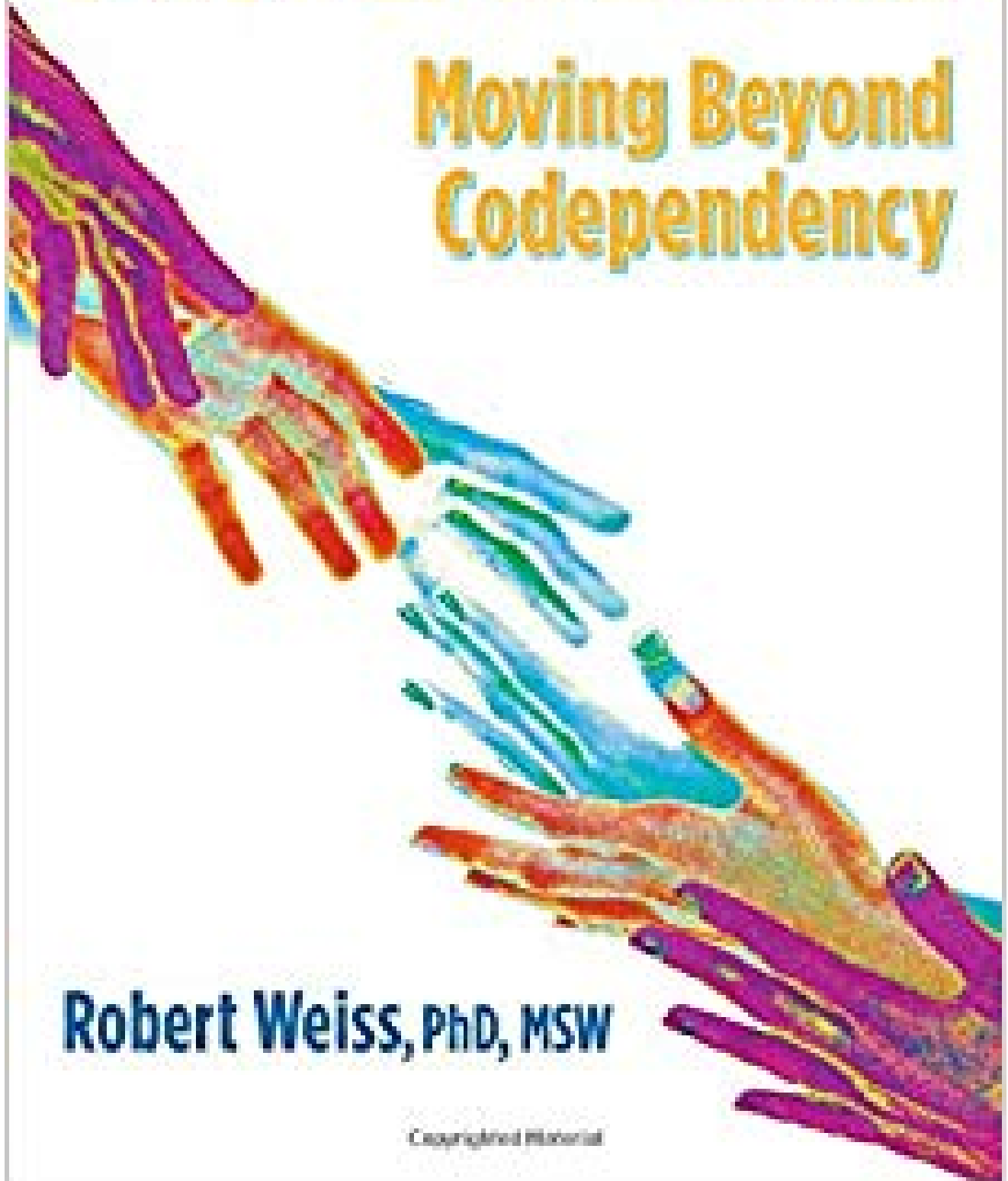


# PRODEPENDENCE

Moving Beyond  
Codependency

Robert Weiss, PhD, MSW



Robert Weiss

## Prodependence: Moving Beyond Codependency



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Do you like an addict? With Prodependence, Dr. Are people contacting you codependent? If our treatment toward loved ones of addicts alienates them, it's time we modification our strategy. Do you occasionally feel just like their addiction is normally your fault? Robert Weiss offers us the first fully fresh paradigm in over 35 years for helping those who love and care for addicts. Helping people take incremental, positive methods toward intimate healing is definitely what Prodependence is focused on! Rather, we acknowledge the trauma and inherent dysfunction that occurs when surviving in relationship with somebody whose life is failing and excersice forward. When treating family members of addicts and other troubled people using prodependence, we need not find something "incorrect" with them. Prodependence informs caregivers how exactly to love better, but without needing to bear a negative label for the useful support they give. Validating a caregiver's painful journey for what it is opens the door to support them in useful, non-shaming ways. An attachment-focused model, prodependence recognizes that no-one can ever love too much, nor should anyone end up being pathologized for whomever they choose to love as is usually the case.



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Amazing We am a recovering alcoholic/addict and also have been sober for many years. I am in a long-term relationship with a "mostly" recovering alcoholic/addict. We've been through many heart-breaking relapses. I'm so glad that there are therapists who know very well what the spouses of addicts truly need. I really like, I care, We am deeply included, supportive! I have never felt "codependent" and have bristled when someone would label me as such. This publication put terms to how I have been feeling. I trust Weiss's argument that we should celebrate instead of denigrate, such loving caregivers. For many that have proved helpful in the addiction recovery field, they caused models open to them at the time, and for a few they extended on these models and several families were helped. However, I'm not really "off the hook". I still have to function on myself in order to experience sane and knowledge serenity in my life and in my romantic relationship. Any partner (or family member) who is coping with an addict needs to read this book. Novel and Compassionate Method of the Role FAMILY Play in the Lives of Addicts I've always been troubled by the word "co-dependent" as it casts blame in the individual struggling to help someone you care about negotiate the perils of mental illness and/or addiction. In "Prodependence," author Robert Weiss argues that connection is certainly a positive, not really a detrimental and that family members are allowed and motivated to love and be near to the person fighting addiction. This is a meaningful, readable reserve by a respected addiction professional that gets rid of the blame/shame/codependent label placed on loving spouses and companions for the impossible issues they face simply because they live with an active addict or alcoholic. Loving spouses aren't the addict. He clearly describes a path forward for partners that is supportive and recognizes the trauma that's inherent in becoming in relationship with an addict. It made me feel just like it is ok to love somebody with a disease. An excellent reference for anyone employed in the field of addiction recovery! While I read it, I held crying and saying: "Yes, yes, exactly! Rob offers succinctly captured a strategy I've used for years with clients, with no a name for it. I am not damaged, ill, or pathological because I choose to be in this relationship. By my own encounter taught me, extremely early in my career that lots of, many individuals were being hurt by being labeled as codependent, and early on, I regarded "codependency" a pejorative term and shaming label." We were trying to cope with his sex/love addiction for the last 13 years, through four different couples therapists. Weiss, has taken forth Prodependence to your emerging field. Finally! Thank you! Very informative! As someone which has worked in the addiction recovery field for over a decade, Prodependence: Moving Beyond Codependency is a breath of fresh air. I'm grateful that Rob, today, Dr. It's hard not to be taking on obligations for the addict when you taking care of two small kids and simply making sure that the expenses are paid and the food is on the table. Every time that our family members was hit with yet another crisis, which would send me into PTSD, I would be told that in some way it's my fault aswell, my reaction outrageous and I would eventually reject the therapist. We are actually separated and divorcing. Now, I'm being told that dealing with those duties is a wholesome part to be independent and ensuring the kids are Fine because my ex-husband cannot be trusted. I am an associate of both AA and Al-Anon. This publication gives me hope that I could find a genuine and trusting relationship. Thank you!! I'd hope that some of the "old timers" in our field would be available to adopting this affirming and validating perspective within their work and within their training of others. I feel relief! I feel relief! I am also a psychologist and have worked in element use treatment centers for the past a decade. EASILY could give 10 superstars I'd! Thank you for making me feel just like I'm not really alone! Many thanks Rob. I'm loving it! What a relief! At last a reserve that sensibly special discounts the previous blaming and shaming models of the past. Recommended by my therapist who is very

pro-prodependent. Essential read. A must read!! This book has gratefully created a fresh model for treatment of partners, families, and loved ones of addicts void of the old "you're sick too" message prevalent for so long. Wether that's alcohol, sex addiction, porn addiction, drugs you name it! Your work will finally shine light in to the dark abyss of betrayal. So grateful. Great Read I got this book since it was recommended by my therapist. They are simply trying to create things better. This book is vital for all who like and/or support an addict. Great book Excellant author-important material The Missing Link in Partner Treatment Rob Weiss has given us a essential resource for supporting companions of addicts. It helped me cope and understand addiction a lot more. This book is a big hug to my aching heart. The prodependence model is among caring, kindness, and support which helps spouses and family in crisis seem sensible of their desperate and well-meaning efforts to counteract the insanity of addiction. It can benefit.



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