

Howard P. Goodman, LMFT

Psychotherapist

Marriage Family Therapist, MFC # 46896

Suggested Interview Questions

1. Addiction is once again in the headline and has even become an issue in the 2016 presidential primaries? Why is that?
2. There is a general perception that success rates for addiction treatment are quite low. Is that accurate, and if so why?
3. How did you come to write a book about addiction treatment?
4. You disclose you are an addict in recovery? How did you get sober?
5. The rate of addiction appears to be rising in our country? Why is that and what can we do to turn back this tide?
6. What is the cause of addiction?
7. What is the difference between addicts and those people who drink or use socially, heavily, or occasionally “tie one on”?
8. What do you suggest people do if they think they have a problem?
9. What do you tell parents to do if they suspect their children are using drugs/alcohol?
10. Same questions for loved-ones, employers, co-workers, partners?
11. There are conflicting reports about whether addiction is a disease or choice. Why is this distinction important and where do you come down on this issue?
12. Many states are decriminalizing or legalizing the use of marijuana. Is this a good thing?
13. You suggest in your book there are 24 skills that people can use to stay sober. How did you come up with this number and is there evidence to support their effectiveness?
14. You say in your book that the pharmaceutical healthcare industries play a role in the explosion of opiate addiction in the US. Please explain?
15. How do you define sobriety?
16. There are addiction treatment models, particularly in England and other European nations that focus on “harm reduction” where they teach addicts and alcoholics to use less or less frequently. Where do you stand on this issue?

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17. A number of new buprenorphine-based medicines like Cizdol, Subutex, Suboxone, Butran, and Naloxone have been FDA approved to fight addiction. Are they effective?
18. Education and prevention are high priorities at the local, state and federal level. Where can people learn more about these programs?
19. Where should people go to learn about addict treatment centers near them?
20. If you could offer a single bit of advice to some one suffering from addiction, what would it be?
21. Same question for the friend, family or loved one of an addict?
22. Why is addiction referred to as a family disease?
23. There appears to be plenty of help for addicts, what about the help for family members negatively impacted by the disease?
24. What is your advice to family members who's loved one is returning home from treatment? How can they support the addict's recovery? How can they make sure the past isn't repeated and their loved one relapses?
25. What do you hope people take away from your book?