



The Center for  
**HARM REDUCTION**  
Therapy

[harmreductiontherapy.org](http://harmreductiontherapy.org)  
415-863-4282

## **Loving Someone Who Loves Alcohol or Drugs: An Alternative to Tough Love** with **Patt Denning, PhD**

**May 10, 2016**

**6:00 to 7:30 p.m.**

**Meeting Room 225**

**Dr. Martin Luther King Jr. Library**

**150 E. San Fernando Street**

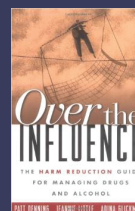
**San Jose**

**Free**

For too long loved ones have been told to abandon their spouses, children, or friends to the negative consequences of alcohol and drugs. "Let them hit bottom" is too often the advice given to families. But bottoming out is not only ineffective, it can ruin the lives of both the drug user and their loved ones. This talk will introduce the audience to harm reduction, a humane and pragmatic approach to what should be treated as a health issue, not a legal or a moral one. Dr. Denning will teach people how to have conversations with their loved ones who misuse alcohol and drugs, conversations that can lead to real and sustained change. She will offer tips on how to set limits without resorting to arguments, threats, and tough love.



**Patt Denning, PhD**  
author of **Over the Influence**  
Director of Clinical  
Services and Training



**Over the Influence:  
The Harm Reduction  
Guide for Managing  
Drugs and Alcohol**

*Loving Someone Who Loves Alcohol & Drugs* will be published as a book in 2017

315 Broadway  
Oakland 94607

45 Franklin, Suite 320  
San Francisco 94102