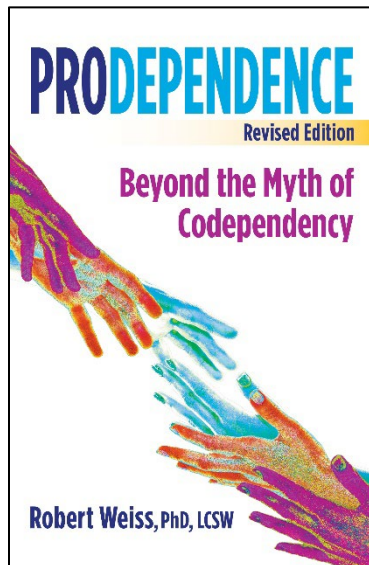


Media Contact: Lindsey Mach, lindsey.mach@hcibooks.com

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FOR IMMEDIATE RELEASE

Revised and Expanded Edition of the Groundbreaking Book, *Prodependence*, Offers an Attachment-Focused Approach to the Way We Treat Loved Ones of Addicts.



Sherman Oaks, CA, August 30, 2022 —Codependency has been broadly accepted by the general public and therapeutic community since the 1980s even though it is a myth and not supported by data. The model has treated loved ones of addicts as enablers and contributors to the addict’s substance abuse problem. In his original groundbreaking book, *Prodependence*, Dr. Robert Weiss revolutionized addiction healthcare by moving beyond codependency to offer a new model to validate rather than blame loved ones of addicts and other troubled people for the problem.

Now in the revised and expanded edition of *Prodependence*, Weiss builds on the model, revealing many more ways to put the method into practice and strategies for setting healthy boundaries for addicts and their loved ones. An attachment-focused model, prodependence recognizes that no one can ever love too much, nor should anyone be pathologized for whomever they choose to

love as is often the case for loved ones of addicts. *Prodependence* informs caregivers how to love more effectively, but without having to bear a negative label for the valuable support they give.

When treating loved ones of addicts and other troubled people using prodependence, we need not find something “wrong” with them. Instead, we acknowledge the trauma and inherent dysfunction that occurs when living in relationship with someone whose life is failing and keep moving forward. Validating a caregiver’s painful journey for what it is opens the door to support them in useful, non-shaming ways.

Perhaps it’s time to validate rather than challenge a caregiver’s painful journey by providing active, supportive, and non-shaming care. And that is what prodependence is all about.

About the Author



Robert Weiss, PhD, LCSW, is chief clinical officer of Seeking Integrity LLC, working with sex, porn, and substance/sex-addicted men. He is an expert in the treatment of adult intimacy disorders and related addictions. A clinical sexologist and practicing psychotherapist, he has created intimacy focused clinical treatment programs in the US, overseas, and for the US military. He serves as a subject matter expert for major media outlets including CNN, NPR, *The New York Times*, and *Newsweek*, among others. He is the author of ten books, including *Prodependence*, *Sex Addiction 101*, and *Out of the Doghouse*. His *Psychology Today* blog, "Love and Sex in the Digital Age," has over 20 million readers to date, and his podcast, "Sex, Love, & Addiction," has more than 600,000 downloads since its inception in 2019.

Visit his website at prodependence.com.

Prodependence: Beyond the Myth of Codependency, Revised Edition

Publisher: HCI Books

Release Date: August 30, 2022

ISBN-10: 0757324401

ISBN-13: 9780757324406

Trade Paperback, 192 pages

Media Questions for *Prodependence*

1. You call this book "beyond the myth of codependency" are you saying that codependency is not real or useful?
2. What is wrong with codependency that lead you to write this book?
3. You recently wrote a revised edition of your book, *Prodependence*. Tell me why did you revise it and what inspired you to repeatedly address this issue?
4. How does prodependence change the way loved ones and caregivers of addicts are treated versus codependence?
5. What are some of the most common mistakes that people make when trying to support the loved one of addict?
6. What do you hope that the book accomplishes for the public? How do you hope the message of this book will affect the addiction community?
7. Your book offers strategies for putting prodependence in action. Can you tell us a few of them, and how they can help the loved one of an addict find peace of mind?
8. What practical advice can you provide anyone who is trying to help and care for someone with an addiction?