



**To those who have an addiction to intoxicating substances:** The handbook that you are holding in your hands right now will provide you with both, the explanations you need to succeed in working on yourself towards your goals, as well as, the tools that will help you achieve a life free of substances. Emphasis is placed on what can help you become “healed”.

**To those working with individuals who have an addiction to an intoxicating substance, or their relatives:** the skills that you will learn here are determined in achieving better cooperation with those you are responsible for and those whom you are connected.

**To everyone else:** these are beneficial skills that will allow you to relate better to those people who struggle with addictions that you may encounter – and we all do. All those who hold a view on drug policies must, at least, become familiar with the content that we present here.

Føyn, Per MD

**Føyn , Per MD, psychiatrist, psychotherapist and group analyst.**

MD in 1966. From 1966 – 1980, General practice. From 1980 as head of Forensic Psychiatric Department at Aker University Hospital, Oslo, Norway and later chief psychiatrist at Department for treatment of Substance use disorder at the same hospital. He has for years been consultant psychiatrist at two twelve step-clinics and other private institutions for treatment of addiction until 2016. In 2008 Mr. Føyn got the King's Medal of Merit. The medal is awarded in recognition of achievements of particular benefit to society, and Mr. Føyn received the honor based on his lifelong work and commitment to addicts and psychiatric ill.