

## Madde Kullanım Bozukluğu ve Başetme

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### Öğrenme Hedefleri

1. Madde kullanım bozukluğunu açıklar
2. Madde kullanımına sebep olan nedenleri ve risk faktörlerini sıralar
3. Madde kullanımını önleme yollarını ve çözüm önerilerini sayar
4. Madde kullanımındaki süreci önleme ve tedavisinde bireye özgü analiz yapabilir.

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### İçindekiler

1. Giriş
2. Madde Kullanım Bozukluğu
3. Madde Bağımlılığında Öğrencilere, Eğitimcilere ve Ailelere Yönelik Farkındalık ve Baş Etme
4. Konu İle İlgili Bir Vaka ve Analizi
5. Sonuç
6. Konu İle İlgili Film ve Kitap Önerileri
7. Kaynaklar

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## SONUÇ

Madde kullanımına yol açan etmenlerin ve risklerin bilinmesi, madde kullanımını önlemede önemlidir. Madde kullanımını önleme ve müdahale yöntemlerinin bireyden bireye farklılık gösterdiği unutulmamalıdır. Bireye özgü hedefler belirlenirken bireyin kişilik özellikleri, riskleri, kullanıma başlama nedenleri, ortamı, yaşam süreci, aile dinamikleri ve kişinin kendinden beklentileri ayrıntılı olarak değerlendirilmelidir. Bireyin maddeye başlamaması önemli olsa da koruyucu önlemler yetersiz gelebilir. Bu doğrultuda, bireyin öncelikli olarak yaşadığı sürecin değerlendirilmesi ve müdahalelerin yapılması önem arz etmektedir.

### Konu ile ilgili Film Önerileri

- » Güzel Oğlum (Beautiful Boy), 2018
- » 28 Gün (28 Days), 2000
- » Günlük (The Basketball Diaries), 1995

### Konu ile ilgili Kitap Önerileri

- » Eroin Güncesi, Kanat Güner
- » Bir Genç Kızın Uyuşturucu Güncesi, Anonim
- » Bağımlı Aileleri için Rehber Kitap, Kültegin Ögel

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