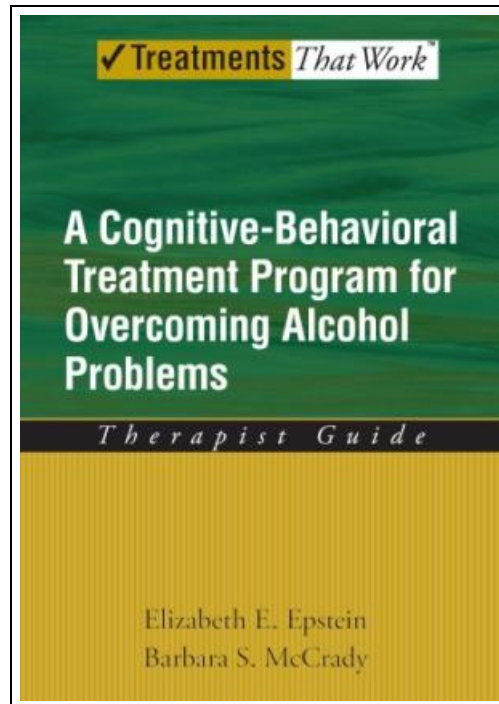


Overcoming Alcohol Use Problems A Cognitive-Behavioral Treatment Program Therapist Guide Treatments That Work



Filesize: 8.92 MB

Reviews

Very beneficial to any or all class of individuals. It is rally interesting throgh looking at time. You will not feel monotony at at any time of your time (that's what catalogs are for concerning in the event you question me).

(Dr. Dallas Reinger IV)

OVERCOMING ALCOHOL USE PROBLEMS A COGNITIVE-BEHAVIORAL TREATMENT PROGRAM THERAPIST GUIDE TREATMENTS THAT WORK



Oxford University Press. Paperback. Condition: New. 272 pages. Dimensions: 10.0in. x 7.0in. x 0.6in. Problems with alcohol use are common and often occur with other psychological and social problems as well. Left untreated, alcohol use disorder can have significant impact on a persons functioning, health, and relationships. This cognitive-behavioral treatment has been scientifically proven to help individuals achieve and maintain abstinence. The treatment protocol has been developed with the benefit of each authors 25 years of clinical experience in treating substance abusers; it is user-friendly and easy to deliver in a clinically meaningful way. Rooted in the clients individualized assessment and life context, the program can be tailored to gender-specific issues and personal needs. The 12-session program is comprised of interventions to help the client stop drinking and prevent relapse. The client becomes aware of his or her drinking patterns and triggers through self-recording. Each session involves skill training and anticipating high-risk situations. The client learns how to manage triggers, deal with urges to drink, rearrange behavioral consequences, challenge alcohol-related thoughts and refuse drinks. Additional treatment components include managing anxiety and depression, building social support, assertiveness training, anger management, and problem solving. This therapist guide provides detailed instructions for conducting each session, sample dialogues, and completed examples of forms. Introductory chapters offer important background information, a discussion of clinical issues, and recommendations for assessment and determining the level of care. The corresponding workbook allows the client to follow along with the information presented in session and includes forms for homework. Overcoming alcohol problems is an attainable goal with this effective and comprehensive program. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! All programs have been rigorous This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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