

S E C O N D E D I T I O N

TREATING ALCOHOL DEPENDENCE

A Coping Skills Training Guide

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Treating Alcohol Dependence A Coping Skills Training Guide

Richard Gottlieb



Treating Alcohol Dependence A Coping Skills Training Guide:

Treating Alcohol Dependence Peter M. Monti, 2002-08-12 Now in a revised and expanded second edition this book presents a straightforward multi session coping skills training program that has been proven effective in helping alcohol dependent individuals The volume provides everything needed to implement the program including a clear theoretical and empirical rationale step by step session guidelines helpful clinical pointers and over 40 reproducible client handouts assessment instruments and therapist forms Sessions focus on developing key interpersonal and intrapersonal skills to help participants learn positive strategies for coping with the everyday demands of life and resisting the urge to drink Updated throughout to reflect current ideas and research findings on addictive behavior change the protocols in the second edition have been reorganized and streamlined for greater applicability in today's managed care settings Two entirely new chapters provide guidelines for conducting cue exposure treatment and addressing dual diagnosis issues with particular attention to tobacco dependence Of special value for practitioners the new 8 5 x 11 format makes it easier than ever to reproduce and use the practical materials in the book

Treating Alcohol Dependence Peter M. Monti, 1989 **Cognitive-behavioral Coping Skills Therapy Manual** , 1995 **Relapse Prevention** G. Alan Marlatt, Dennis M. Donovan, 2007-12-26 This important work elucidates why relapse is so common for people recovering from addictive behavior problems and what can be done to keep treatment on track It provides an empirically supported framework for helping people with addictive behavior problems develop the skills to maintain their treatment goals even in high risk situations and deal effectively with setbacks that occur The expert contributors clearly identify the obstacles that arise in treating specific problem behaviors review the factors that may trigger relapse at different stages of recovery and present procedures for teaching effective cognitive and behavioral coping strategies

A Guide to Assessments That Work John Hunsley, Eric J. Mash, 2018-04-06 This volume addresses the assessment of the most commonly encountered disorders or conditions among children adolescents adults older adults and couples Strategies and instruments for assessing mood disorders anxiety and related disorders couple distress and sexual problems health related problems and many other conditions are reviewed by leading experts

Cognitive-behavioral Coping Skills Therapy Manual Ronald Kadden, 1995 This study is the first national multi site trial of patient treatment matching Describes cognitive behavioral coping skills therapy CBT one type of treatment approach Core Sessions include coping with cravings and urges to drink problem solving drink refusal skills and more Elective Sessions include starting conversations introduction to assertiveness anger management job seeking skills and much more Bibliography

Alcohol Research & Health , 2010 *Treatment Approaches for Alcohol and Drug Dependence* Tracey J. Jarvis, Jenny Tebbutt, Richard P. Mattick, Fiona Shand, 2005-08-05 The first edition of this book was based upon the recommendations of the Quality Assurance in the Treatment of Drug Dependence Project and provided a step by step guide for therapists working with clients with alcohol or other drug dependency or misuse Since publication in 1995

it has become well known for its easy to read style and wealth of practical resource materials. However the evidence in the field has moved forward in the last eight years creating a need for an updated edition. Retaining the trademark easy to use up to date style the Second Edition offers new chapters on pharmacotherapies case management young people and dual diagnosis. Other chapters have been updated to reflect the latest research findings and current practice and the practice sheets and client handouts are made available online for downloading and customization by therapists.

The Oxford Handbook of Substance Use and Substance Use Disorders Kenneth J. Sher, 2016. The Oxford Handbook of Substance Use and Substance Use Disorders provides comprehensive reviews of key areas of inquiry into the fundamental nature of substance use and SUDs their features causes consequences course treatment and prevention.

Encyclopedia of Mental Health, 2015-08-26. Encyclopedia of Mental Health Second Edition Four Volume Set tackles the subject of mental health arguably one of the biggest issues facing modern society. The book presents a comprehensive overview of the many genetic neurological social and psychological factors that affect mental health also describing the impact of mental health on the individual and society and illustrating the factors that aid positive mental health. The book contains 245 peer reviewed articles written by more than 250 expert authors and provides essential material on assessment theories of personality specific disorders therapies forensic issues ethics and cross cultural and sociological aspects. Both professionals and libraries will find this timely work indispensable. Provides fully up to date descriptions of the neurological social genetic and psychological factors that affect the individual and society. Contains more than 240 articles written by domain experts in the field. Written in an accessible style using terms that an educated layperson can understand. Of interest to public as well as research libraries with coverage of many important topics including marital health divorce couples therapy fathers child custody day care and day care providers extended families and family therapy.

Alcohol Use Disorders Stephen A. Maisto, Gerard Joseph Connors, Ronda L. Dearing, 2007. Alcohol problems are widespread in our society and many approaches to treatment are used some more successful than others. This volume in the new series Advances in Psychotherapy Evidence Based Practice provides therapists and students with practical and evidence based guidance on diagnosis and treatment of alcohol problems and does so in a uniquely reader friendly manner. The book is both a compact how to reference for use by professional clinicians in their daily work as well as an ideal educational resource for students and for practice oriented continuing education. The most important feature of the book is that it is practical and reader friendly. It has a similar structure to others in the series and is a compact and easy to follow guide covering all aspects of practice that are relevant in real life. Tables boxed clinical pearls and marginal notes assist orientation while checklists for copying and summary boxes provide tools for use in daily practice.

Handbook of Alcoholism Treatment Approaches Reid K. Hester, William R. Miller, 1995. This is an absolutely indispensable resource for anyone working in the area of alcoholism treatment and research. Its focus is to match the client with the treatment program most suited to that specific client. Eleven of the most widely

studied treatment approaches are covered in separate chapters each written by an expert author or team in the modality This is the most comprehensive review of alcohol treatment outcomes available anywhere It discusses advances in evaluation motivation treatment outcomes and protocols in treatment as well as practical suggestions and recommendations for assessment and treatment Clinical Psychologists and Alcohol Treatment Specialists A Longwood Professional Book

Alcohol Health and Research World ,1999 Journal of Studies on Alcohol and Drugs ,2009-07 **The Complete Mental Health Directory** ,2004 Mental Disorders Mental Health Associations Organizations Government Agencies Clinical Management Pharmaceutical Companies **Developing Clinical Skills for Substance Abuse Counseling** Daniel L. Yalisove,2010 This skill building primer provides a framework for understanding substance abuse and teaches the basic concepts and skills necessary for effective counseling of clients with substance use disorders In Part I Dr Yalisove discusses counselor roles and the fundamental principles of substance abuse counseling He then provides a synopsis of several key substance abuse theories as well as his own Building Session Goals and Strategies method and the Eight Stage Process of Counseling approach all of which are practical compatible means for learning and mastering clinical counseling skills Part II illustrates applications of the tenets of these approaches in clinical situations from beginning counseling sessions through termination using experiential exercises role plays and clinical scenario examples Chapters on group work counseling clients with dual disorders family counseling and working with diverse client populations follow A helpful chapter on creating client treatment plans and writing clinical reports rounds out the book Dr Yalisove s clear and concise writing style and his practical approach to developing critical thinking and counseling skills makes this an ideal supplemental text for addictions courses Amazon com Sourcebook on Substance Abuse Peggy J. Ott,Ralph E. Tarter,Robert T. Ammerman,1999 This book is an empirically based clinically sound reference on substance abuse disorders dispelling the myths about demystifying misinformation regarding and applying anecdotes toward empirically based treatments This book moves professional practice toward a more positive and clinically sound future Viewing substance abuse from multiple perspectives etiology epidemiology assessment and treatment this book serves as a reference to health care providers for up to date assessment instruments and treatment techniques Sections I III focus on epidemiology development perspectives and etiology Section IV Methods and Evaluation presents the latest in drug toxicology psychiatric assessment psychological evaluation of alcohol and drug abuse in youth and adults neuropsychological assessment and family assessment Section V covers the latest findings in psychodynamic psychotherapy relapse prevention network therapy cognitive behavior therapy short term motivational therapy 12 step recovery pharmacotherapy and social skill training A final section presents details on special programs and treatments for specific addictions such as those for adolescents methadone maintenance inpatient treatment harm reduction smoking cessation adult children of alcoholics and intervention issues for women For professionals who address the increasing requirements of the managed health care system for cost effective observable and measurable treatment

outcomes The Complete Mental Health Directory Richard Gottlieb,2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources The International Journal of Group Psychotherapy ,1992 *The Alcohol Report* Martin A. Plant,Douglas Cameron,2000 Psychologists and other professionals in addiction departments or programs review some key topics of interest to health practitioners social workers and counsellors who work with people who have drinking problems and their families Among the topics are alcohol and its effects economic aspects patterns and trends of consequences harm minimization and clinical responses Distributed in the US by ISBS c Book News Inc

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