

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

Treating Alcohol and Drug Problems in Psychotherapy Practice

Doing What Works

Arnold M. Washton
Joan E. Zweben

Treating Alcohol And Drug Problems In Psychotherapy Practice Doing What Works

VM Jensen



Treating Alcohol And Drug Problems In Psychotherapy Practice Doing What Works:

Treating Alcohol and Drug Problems in Psychotherapy Practice Arnold M. Washton, Joan E. Zweben, 2022-11-11 Providing a framework for treating substance use disorders SUDs in office based psychotherapy the second edition of this trusted work has been updated throughout and features two entirely new chapters The authors show how clinicians from any background can leverage the therapeutic skills they already have to address clients alcohol and drug problems competently and effectively Vivid case examples demonstrate ways to engage clients at different stages of change set collaborative treatment goals address SUDs concurrently with other psychological problems and interweave motivational cognitive behavioral and other interventions tailored to each individual s needs Reproducible forms and handouts can be downloaded and printed in a convenient 8 1 2 x 11 size New to This Edition Chapter on evidence based principles and interventions Chapter on moderation focused alcohol treatment Revised throughout with current data clinical techniques and examples Reflects over 15 years of important changes in the field increased demand for integrated treatment the ongoing opioid crisis the growth of harm reduction and medication assisted treatments and more

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