

TREATING ADDICTIONS
with **EMDR THERAPY**
and the STAGES OF CHANGE



NANCY J. ABEL | JOHN M. O'BRIEN

Treating Addictions With Emdr Therapy And The Stages Of Change

Kevin Alderson



Treating Addictions With Emdr Therapy And The Stages Of Change:

Treating Addictions With EMDR Therapy and the Stages of Change Nancy Abel, John O'Brien, 2014-06-26 Mental health practitioners must be prepared to treat addiction related issues affecting up to 50% of mental health clients whether or not clients present with addiction as a primary concern This practical roadmap to the treatment of addictions advocates an underutilized yet highly effective method of intervention eye movement desensitization and reprocessing EMDR therapy It is the first book to integrate the Stages of Change Model with EMDR's phases for successful treatment outcome The book addresses the scope of problems relating to addiction including relevant statistics and descriptions of substance and process addictions and considers the connection between addiction and trauma While focusing on the use of EMDR therapy in treating addictions the book also considers traditional models for each stage of treatment so interventions can be individualized according to the needs of each client The authors describe in detail the Transtheoretical Model tracing its development and theoretical foundations They discuss each of its stages in depth presenting and integrating EMDR interventions used by therapists in each stage The interventions are useful for helping clients at any motivational level Case vignettes in each chapter illustrate how EMDR techniques are used and several detailed cases are provided at the end of the book The appendix features additional resources and EMDR protocols The text will be useful for therapists currently using EMDR for addiction treatment as well as those using other modalities who are seeking an effective alternative Key Features Provides a practical roadmap to using the Stages of Change Model and EMDR therapy for effectively treating addictions Addresses substance and process addictions in depth Focuses on the trauma addiction connection and treatment options Describes each Stage of Change and EMDR protocols and interventions for each stage Includes case vignettes and detailed case examples

Eye Movement Desensitization and Reprocessing (EMDR) Therapy Francine Shapiro, 2017-11-20 The authoritative presentation of Eye Movement Desensitization and Reprocessing EMDR therapy this groundbreaking book now revised and expanded has been translated into 10 languages Originally developed for treatment of posttraumatic stress disorder PTSD this evidence based approach is now also used to treat adults and children with complex trauma anxiety disorders depression addictive behavior problems and other clinical problems EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings details the eight phases of treatment and provides training materials and resources Vivid vignettes transcripts and reproducible forms are included Purchasers get access to a webpage where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size New to This Edition Over 15 years of important advances in therapy and research including findings from clinical and neurophysiological studies New and revised protocols and procedures Discusses additional applications including the treatment of complex trauma addictions pain depression and moral injury as well as post disaster response Appendices with session transcripts clinical aids and tools for assessing treatment fidelity and outcomes EMDR therapy is recognized as a best practice for the treatment of PTSD by the U

S Departments of Veterans Affairs and Defense the International Society for Traumatic Stress Studies the World Health Organization the U K National Institute for Health and Care Excellence NICE the Australian National Health and Medical Research Council the Association of the Scientific Medical Societies in Germany and other health care associations institutes around the world

Treating Complex Traumatic Stress Disorders in Adults Julian D. Ford, Christine A.

Courtois, 2020-02-25 This authoritative reference on complex traumatic stress disorders CTSDs and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field. Leading experts delve into ways to understand, engage, assess, and treat adults with complex trauma histories whose symptoms often include but may go well beyond those of posttraumatic stress disorder. The volume presents cutting edge theory and research on CTSDs, considers diagnostic controversies, and identifies core elements of effective, culturally responsive treatment. Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples. Other highlights are chapters on trans-theoretical treatment, the crucial role of professionalism and training, and recognizing and managing vicarious traumatization. New to This Edition: Incorporates major advances in research and clinical practice. Chapters on additional evidence-based individual treatments: prolonged exposure therapy, cognitive therapy, cognitive processing therapy, brief eclectic psychotherapy, eye movement desensitization and reprocessing therapy, narrative exposure therapy, interpersonal psychotherapy, emotion-focused therapy, and the TARGET recovery model. Chapters on additional evidence-based group and conjoint family therapy models, attachment-based couple therapy, and integrated treatment of co-occurring CTSDs and substance use disorders. Chapters on promising treatments: treatment for structural dissociation, experiential/somatotherapy approaches, mindfulness approaches, and complementary healing therapies. See also Drs Ford and Courtois's authored book *Treatment of Complex Trauma*, which presents their own therapeutic approach for adult clients in depth, and their edited volume *Treating Complex Traumatic Stress Disorders in Children and Adolescents*.

EMDR Toolbox, Second Edition James Knipe, 2018-09-28 Praise for the first Edition: Reading this book has given me a whole host of new ideas about working with complex and dissociative clients. Clear and engaging, peppered with relevant case histories, this book would make an important addition to anyone's EMDR-related book collection. Dr Robin Logie, EMDR UK Ireland. A brilliant and accessible book. The information in this book will revolutionize EMDR treatment with complex trauma/dissociated clients. Carol Forgash, LCSW, BCD. This book is a jewel for EMDR clinicians. It is also recommended for any professional interested in the treatment of complex disorders. Jim Knipe is a highly gifted professional, and this is the result of many years of experience and practice. Dolores Mosquera, MS. Amazon Review: This innovative resource for therapists trained in Standard EMDR delivers a powerful set of EMDR-based tools/ useful strategies for helping difficult-to-treat clients with complex emotional problems. The second edition reflects the author's ongoing efforts to design treatments that can significantly extend the therapeutic power of methods based on an Adaptive Information Processing

model It describes new discoveries that promote effective ways of structuring therapy sessions and refines original treatment procedures that can facilitate and safely accelerate therapeutic progress The book provides an overview of the principal issues in treating these complex emotional problems and describes highly effective methodologies with a wide variety of clinical presentations that originate in or include disturbing traumatic memories It also describes how to integrate specific EMDR related interventions with other psychotherapeutic treatments Each intervention is examined in detail with accompanying transcripts client drawings and case studies illustrating the nuances and variations in intervention application Bolstered by supporting theory and current research the book also discusses how the concepts and vocabulary of other models of dissociation translate directly into EMDR s Adaptive Information Processing AIP language New to the Second Edition Describes new strategies and refinements of standard methods for treatment of clients with complex emotional problems Includes two completely new chapters Internal Healing Dialogue and Case Example treating the problem of attachment to the perpetrator Provides new case examples on childhood sexual abuse Offers new sections on treating chronic defensive shame the importance of fast vs slow thinking processes and new applications of Loving Eyes procedures Includes ebook with the purchase of print version Key Features Written by an EMDRIA designated Master Clinician Delivers successful treatments alternatives for difficult to treat clients Provides a theoretical framework to guide assessment and treatment of clients with complex PTSD Includes specific AIP tools verbatim therapy scripts client drawings and case studies Discusses each intervention in detail illustrating the nuances and variation in different applications

Healing Addiction
EMDR Therapy Jamie Marich, Stephen Dansiger, 2021-08-09 There are just so many things that I love about this book that I simply don t know where to begin Marich and Dansiger take an approach that is comprehensive integrative relational and deeply hopeful They share their wisdom and lived experience as skilled clinicians AND as vulnerable human beings who themselves have struggled with addiction benefiting in profound ways from EMDR therapy Deborah Korn Psy D Co Author of Every Memory Deserves Respect EMDR The Proven Trauma Therapy with the Power to Heal This must read volume offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions Clinicians will find in this book the guidance foundational and advanced skills as well as an incredibly rich repertoire of stabilization strategies Ana M Gomez MC LPC Author of EMDR Therapy and Adjunct Approaches with Children Complex Trauma Attachment and Dissociation Healing Addiction with EMDR is tailored to support therapists along the different phases of EMDR Therapy It focuses on understanding each individual case through case conceptualization and treatment planning and avoiding the simplistic What protocol should we use question People need to be understood as individual beings since this is the essence of EMDR Therapy Dolores Mosquera Co Author of EMDR and Dissociation The Progressive Approach INTRA TP A Coru a Spain Offers a holistic comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing

addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction Targeting the trauma lurking beneath the addiction the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders and guides practitioners in incorporating their protocols of choice into EMDR treatment While illuminating underlying theory the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully integrated approach to the diagnosis treatment and management of addiction across populations Written in user friendly language by two prominent practitioners and trainers of EMDR therapy the book helps therapists to address the complexity of addictive disorders by providing a comprehensive guide to the standard eight phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment Chapters contain case studies with commentary on relevant decision making points along with discussion questions to enhance critical thinking Abundant Tips and Tricks learned in the trenches make the text come alive with clinical relevance and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma guide readers to choose the best protocol for each situation Purchase includes digital access for use on most mobile devices or computers Key Features Authors lived experience brings a wealth of real world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up to date scholarly literature Uses abundant case studies Tips and Tricks from the Field and practical exercises to reinforce knowledge

Social Work Practice John Poulin, Selina Matis, 2019-11-15 This primary social work practice text built around the nine core 2015 CSWE competencies is the only book available that provides students with the benefits of a fully integrated competency based approach Social Work Practice A Competency Based Approach immediately immerses students in the competencies required for social work practice at the micro mezzo and macro levels Designed for use in both upper level BSW and foundation level MSW social work practice courses the book is uniquely structured to deliver the knowledge and skills students need to develop mastery of the professional social work competencies Chapters provide a comprehensive overview of the theories concepts and practice components related to each competency Engaging vignettes chapter objectives that outline key concepts abundant case examples critical thinking questions and a detailed case summary with discussion questions in each chapter help students deepen their understanding of practical applications of the nine core competencies Each chapter uses the same case to perfectly illustrate the complexity of social work practice and the interconnections among the professional competencies A robust supplementary instructor package includes PowerPoints competency based class assignments with grading rubrics and sample syllabi Print version of book includes free searchable

digital access to entire contents Key Features Uniquely organized with a fully integrated competency based approach Devotes one or more chapters to each of the nine CSWE professional competencies Delivers abundant case studies that facilitate in depth understanding and integration of competencies Provides case vignettes critical thinking and discussion questions and chapter summaries Includes supplementary instructor resources such as PowerPoints group discussion questions and competency based written assignments with grading rubrics Offers sample syllabi for two separate one semester courses and a seven week online course Includes Student Resources featuring online forms templates exercises plans and more to provide students with ample practice opportunities

Falling Awake Kathryn Shafer, 2024-11-21 This pioneering guide is the first of its kind to integrate the FUN program with the brainbody therapies known as EMDR Brainspotting and Yoga Nidra It provides clear guidance on how to safely use therapeutic tools and self regulation exercises for clinicians and individuals impacted by trauma addiction anxiety grief family dysfunction and stress It offers a comprehensive toolbox of strategies and techniques to use during therapy sessions or on your own The science behind each modality and approach is explained in detail along with how they can be applied to maximize self care care and enhance the therapeutic relationship Techniques include case conceptualization the use of mental imagery directing attention to sensations in the body focused eye movements and positions and many more Dr Shafer draws on her extensive internationally recognised and evidence based research in this accessible and innovative book Clinicians will be able to diversify their scope of practice and further aid their clients healing through the integrative potential of The FUNTM Program EMDR Brainspotting and Yoga Nidra

EMDR Group Therapy Regina Morrow Robinson, Safa Kemal Kaptan, 2023-11-04 Delivers an EMDR model that can expand access to urgently needed mental health services while maintaining affordability This innovative handbook is the first to present EMDR Group Therapy as a pragmatic approach to trauma care that enables practitioners to scale up mental health services while ensuring cost and time efficiency It delivers step by step guidance supported by real life case examples for practicing this safe effective and culturally adaptable modality in a wide range of situations and conditions EMDR group protocols are applicable to inpatient and outpatient settings strangers experiencing similar or different events families and a wide range of ages The book explores how and why EMDR group protocols are applicable to disaster response addictions schools medical challenges grief families refugees victims of sexual violence emergency responders and more The text describes the theoretical underpinnings and practical applications of EMDR Group Therapy comparing nine group protocols through the lens of the eight phases of EMDR therapy and early intervention principles It emphasizes the concept of task sharing allowing nonspecialist facilitators to deliver low intensity EMDR treatment options effectively To promote in depth understanding chapters provide Learning Objectives Learned Through Experience boxes Case Examples focusing on a variety of specific groups and problems Discussion Questions to reinforce knowledge and unique Pocket Guides refining protocols and derived techniques in a clear snapshot A full Glossary

of terms is also provided at the end of the book

Key Features The first book to disseminate the principles and applications of Group EMDR Therapy Delivers the knowledge of 36 contributing EMDR experts and researchers from 11 countries Follows the eight phases of standard EMDR protocol Offers a window into EMDR practice with a broad variety of specific groups and topics Detailed cultural competence checklist for practitioners to provide care with respect for diversity Includes multiple Case Examples Learning Objectives Learned Through Experience boxes figures and charts and much more Provides Pocket Guides for a clear easy to follow snapshot of group EMDR protocols

The DBT Workbook for Narcissistic Abuse and Gaslighting Katelyn Baxter-Musser, 2024-07-01 Victims of narcissistic abuse and gaslighting often experience overwhelming feelings of shame guilt humiliation and a belief that they are fundamentally flawed as a person Survivors of this abuse need tools to heal and rebuild their sense of self worth This powerful workbook teaches readers proven effective dialectical behavior therapy DBT skills to heal from narcissistic abuse regulate emotions set effective boundaries and build healthy relationships

Clinical Work with Substance-Abusing Clients Shulamith Lala Ashenberg Straussner, 2013-12-17 A leading professional resource and course text this book provides practical guidance for treating clients with substance use disorders in a variety of contexts Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with particular substances Clinical techniques are clearly explained and illustrated with helpful case examples Important topics include harm reduction strategies for working with family members and ways to meet the needs of specific populations including women adolescents older adults LGBT clients and those with frequently encountered co occurring problems New to This Edition Revised to reflect current research and clinical advances updated for DSM 5 Chapters on trauma informed care cognitive behavioral therapy and complementary alternative approaches Chapters on neurobiology and behavioral addictions Significantly revised chapters on family treatment and dual disorders

Addictions Counseling Today Kevin Alderson, 2019-12-03 Focusing on the new DSM V classifications for addiction with an emphasis on CACREP neuroscience and treatment this provocative contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction

Evidence Based Treatments for Trauma-Related Psychological Disorders Ulrich Schnyder, Marylène Cloitre, 2015-01-30 This book offers an evidence based guide for clinical psychologists psychiatrists psychotherapists and other clinicians working with trauma survivors in various settings It provides easily digestible up to date information on the basic principles of traumatic stress research and practice including psychological and sociological theories as well as epidemiological psychopathological and neurobiological findings However as therapists are primarily interested in how to best treat their traumatized patients the core focus of the book is on evidence based psychological treatments for trauma related mental disorders Importantly the full range of trauma and stress related disorders is covered including Acute Stress Reaction Complex PTSD and Prolonged Grief Disorder reflecting important anticipated developments in diagnostic classification Each of the treatment chapters begins with a short

summary of the theoretical underpinnings of the approach presents a case illustrating the treatment protocol addresses special challenges typically encountered in implementing this treatment and ends with an overview of related outcomes and other research findings Additional chapters are devoted to the treatment of comorbidities special populations and special treatment modalities and to pharmacological treatments for trauma related disorders The book concludes by addressing the fundamental question of how to treat whom and when

Treatment Strategies for Substance Abuse and Process Addictions Robert L. Smith, 2015-03-05 This distinctive and timely text examines the most prevalent substance and process addictions and focuses on current research and evidence based treatment strategies Major substance addictions discussed include alcohol tobacco marijuana methamphetamines and prescription drugs Complete chapters are also devoted to the most frequently cited process addictions making this text unique Behavioral addictions covered in this text include pathological gambling sex disorders disordered eating work exercise shopping and Internet gaming Each chapter contains a listing of student learning outcomes a case study with reflective questions techniques for assessment and diagnosis inpatient and outpatient treatment approaches and resources for further study With its emphasis on treatment strategies this text can be used by practitioners as well as by professors in the classroom in introductory courses in addictions or in subsequent courses that focus on treatment strategies Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to publications counseling org

Psychological Trauma and Addiction Treatment Bruce Carruth, 2013-10-23 Important reading for current and future addictions treatment clinicians this book synthesizes and integrates the expanding body of knowledge about combined trauma addiction treatment to specifically address the needs of clinicians in addiction treatment environments Here in a single source is an essential overview of trauma treatment for people in addiction treatment settings Psychological Trauma and Addiction Treatment presents specific methodologies and techniques for clients in inpatient and outpatient addiction mental health settings The contributors leading clinicians and researchers in the field provide a comprehensive set of scientific treatment approaches addressing a broad spectrum of trauma disorders Psychological Trauma and Addiction Treatment brings you up to date authoritative coverage of the dynamics of co occurring psychological trauma and addiction all of the primary treatment frameworks currently utilized in trauma treatment treatment frameworks that take gender into account cognitive therapies in treating these co occurring disorders the role of psychodynamic psychotherapies in treatment attachment disorders and their relation to trauma and addiction treatment EMDR as a treatment for traumatized addicts the psychoneurology of trauma and the implications of psychoneurology in addictions and trauma treatment how self help groups can contribute to and limit recovery for psychologically traumatized clients forgiveness therapy as an adjunct to trauma treatment counselor self care for those who work with this client population Ultimately this is a book of hope Every author in this text has a firm belief that people with co occurring trauma and

addiction can recover can maintain quality relationships can confront life's challenges as they arise and can be happy and fulfilled Psychological Trauma and Addiction Treatment is designed as essential reading for entry level and experienced addiction counselors social workers professional counselors psychologists and others working in the trauma treatment field

Innovations in the Treatment of Substance Addiction André Luiz Monezi Andrade, Denise De Micheli, 2016-10-06

Emerging approaches to treating addictions and minimizing relapse are spotlighted in this idea packed volume as alternatives or adjuncts to standard psychological and pharmacological therapies Its biopsychosocial perspective delves into the causes and processes of chemical dependence and the clinical characteristics it shares with other addictions e.g food sex gambling online activities to identify client needs that substance abuse may fulfill Accordingly the diverse modalities featured here address substance addiction on multiple levels offering clients physical or mental stimulation and or emotional relief as well as affording different degrees of autonomy Methods can be mixed and matched to reinforce treatment goals and clinicians can tailor treatment to individual issues and interests to assure clients nuanced and meaningful care Included in the coverage Use of herbal medicine to treat drug addiction EMDR therapy and the treatment of substance abuse and addiction Evaluating the change processes in drug users interventions Web based interventions for substance abuse Physical exercise and treatment of addiction Mindfulness to reduce the anxiety during the abstinence Neurofeedback to deal with craving and anxiety symptoms Psychologists psychiatrists clinical social workers and addiction counselors and educators will find Innovations in the Treatment of Substance Addiction a valuable sourcebook for understanding addiction and intervention in its wider context

Trauma Counseling, Second Edition Lisa López Levers, 2022-02-24 The only comprehensive text to focus on trauma stress crisis and disaster counseling from a clinical practice perspective This overarching text intended both for mental health practitioners in training and for practicing clinicians focuses on the impact of stress crisis trauma and disaster on diverse populations across the lifespan as well as on effective treatment strategies The second edition is newly grounded in a trauma scaffold providing foundational information that therapists can build upon step by step to treat individuals affected by more complex trauma events This resource newly addresses the mental health implications of COVID 19 which has had an enormous impact on multitudes of people since the beginning of the pandemic its repercussions likely to continue for some time into the future The text also is updated to provide the most recent diagnostic information regarding trauma in the DSM 5 Two new chapters address the confluence of crises related to anthropogenic climate change and the effects of mass violence This unrivalled resource emphasizes stress management and crisis intervention skills as important building blocks for working with more complex issues of trauma and disaster It underscores the idea that trauma must be approached from multiple perspectives and in multiple dimensions encompassing individual community societal and systemic implications along with multicultural and diversity frames of reference The text integrates the latest findings from neuropsychology and psychopharmacology with an emphasis on Polyvagal Theory Additionally the text highlights the

importance of clinical supervision in trauma care and examines ethical dimensions and the need for self care among trauma counselors Purchase includes digital access for use on most mobile devices or computers New to the Second Edition Reconceptualizes the text with the concept of a Trauma Scaffold as a foundation upon which to understand and develop treatment for increasingly complex trauma events Addresses the COVID 19 pandemic and its profound effect on the mental health of vast numbers of people Includes two new chapters on the confluence of crises related to anthropogenic climate change and the effects of mass violence Includes PowerPoint slides to accompany an updated Instructor s Manual Key Features Delivers both introductory and advanced clinical information addressing complex trauma Addresses trauma from a bioecological framework with emphasis on trauma informed practices multicultural pluralism diversity and social justice Considers neurobiological responses to trauma with new research and the contributions of Polyvagal Theory Examines individual familial community society and systemic understandings of stress crisis trauma and disaster Includes a wealth of resources for further study text boxes and case studies to reinforce learning *Dissertation Abstracts International* ,1998

Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition Kathleen Wheeler,2013-12-11 Print CourseSmart **The EMDR Revolution** Tal Croitoru,2014-01-01 EMDR is the fastest and most efficient evidence based therapy available today It has resulted in 80 90 percent recovery from PTSD in five to twelve hours and was found to be much faster than cognitive behavior therapy EMDR is the perfect solution for people who are tired of going through long years of therapy for distress or psychological barriers those who are considering therapy but are daunted by the long term commitment those who have found out that awareness willpower and determination are not enough for change and those who want a deep psychological change in an extremely short period of time As psychiatrist and professor Bessel A van der Kolk said The speed at which change occurs during EMDR contradicts the traditional notion of time as essential for psychological healing The EMDR Revolution educates readers about a revolutionary psychotherapy called EMDR which stands for Eye Movement Desensitization and Reprocessing The main parts of the book include a series of case studies and each case study includes lessons that readers can apply to themselves for better understanding of oneself and human nature

Psychotherapy for the Advanced Practice Psychiatric Nurse Kathleen Wheeler,2020-09-10 The leading textbook on psychotherapy for advanced practice psychiatric nurses and students Award winning and highly lauded Psychotherapy for the Advanced Practice Psychiatric Nurse is a how to compendium of evidence based approaches for both new and experienced advanced practice psychiatric nurses and students This expanded third edition includes a revised framework for practice based on new theory and research on attachment and neurophysiology It advises the reader on when and how to use techniques germane to various evidence based psychotherapy approaches for the specific client problems encountered in clinical practice This textbook guides the reader in accurate assessment through a comprehensive understanding of development and the application of neuroscience to make sense of what is happening for the patient in treatment

Contributed by leaders in the field chapters integrate the best evidence based approaches into a relationship based framework and provides helpful patient management strategies from the first contact through termination This gold standard textbook and reference honors the heritage of psychiatric nursing reaffirms the centrality of relationship for psychiatric advanced practice and celebrates the excellence vitality depth and breadth of knowledge of the specialty New to This Edition Revised framework for practice based on new theory and research on attachment and neurophysiology New chapters Trauma Resiliency Model Therapy Psychotherapeutics Re uniting Psychotherapy and Psychopharmacotherapy Trauma Informed Medication Management Integrative Medicine and Psychotherapy Psychotherapeutic Approaches with Children and Adolescents Robust instructor resources Key Features Offers a how to of evidence based psychotherapeutic approaches Highlights the most useful principles and techniques of treatment for nurse psychotherapists and those with prescriptive authority Features guidelines forms and case studies to guide treatment decisions Includes new chapters and robust instructor resources chapter PowerPoints case studies and learning activities

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