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Titolo	Overcoming Your Alcohol or Drug Problem [[electronic resource]] : Effective Recovery Strategies Therapist Guide
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Collana	Treatments that work Overcoming your alcohol or drug problem
Altri autori (Persone)	MarlattG. Alan
Disciplina	616.8606 616.8914
Soggetti	Recovering addicts Substance abuse Substance abuse - Treatment Substance abuse - Counseling of Substance-Related Disorders Mental Disorders Diseases Psychiatry and Psychology Social Welfare & Social Work - General Social Welfare & Social Work Social Sciences Electronic books.
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Overview of Substance Use Problems and Assessment; Chapter 1 Introductory Information for Therapists; Chapter 2 Understanding Substance Use Problems; Chapter 3 Assessment of Substance Use Problems; Treatment Settings and Approaches; Chapter 4 Treatment Settings for Substance Use Problems; Chapter 5 Psychosocial Therapies for Substance Use Disorders; Chapter 6

Medications for Substance Use Problems; Change Issues and Strategies; Chapter 7 Stages of Change and Using Therapy or Counseling; Chapter 8 Goal Planning in Recovery; Chapter 9 Managing Cravings and Urges to Use Substances
Chapter 10 Managing Thoughts of Using SubstancesChapter 11 Managing Emotions; Chapter 12 Refusing Offers to Use Substances; Chapter 13 Dealing With Family and Interpersonal Problems; Chapter 14 Building a Recovery Support System; Chapter 15 Self-Help Programs and Recovery Clubs; Assessing and Treating Co-occurring Psychiatric Disorders; Chapter 16 Assessment of Co-occurring Psychiatric Disorders; Chapter 17 Treatment of Co-occurring Psychiatric Disorders; Relapse Prevention and Progress Measurement; Chapter 18 Reducing the Risk of Relapse; Chapter 19 Relapse Management
Chapter 20 Strategies for Balanced LivingChapter 21 Measuring Progress; Appendix: Helpful Resources; References and Suggested Readings; About the Authors

Sommario/riassunto

Designed to accompany the ""Overcoming Your Alcohol or Drug Problem Workbook"", this guide provides clinicians with strategies for working with substance use disorders by focusing on specific issues involved in both stopping substance abuse and changing behaviours or lifestyle aspects that contribute to continued substance abuse.
