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Titolo	Cognitive-Behavioural Integrated Treatment (C-BIT) [[electronic resource] ] : A Treatment Manual for Substance Misuse in People with Severe Mental Health Problems
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Nota di contenuto	COGNITIVE-BEHAVIOURAL INTEGRATED TREATMENT (C-BIT); CONTENTS; About the Authors; Aims of the Book; Acknowledgements; PART ONE: INTRODUCTION TO COGNITIVE-BEHAVIOURAL INTEGRATED TREATMENT (C-BIT); 1 Issues in Working with those with Coexisting Severe Mental Health Problems Who Use Substances Problematically; The Nature of Coexisting Severe Mental Health and Alcohol/Drug Problems; Models of Comorbidity; Obstacles to Treatment and Behaviour Change; Treatment Needs; 2 Overview of C-BIT Approach; Objectives; Structure; How to Know When to Move on to the Next Phase; Treatment Sessions 3 Overview of C-BIT Theory and Techniques Brief Introduction to Cognitive Therapy; Cognitive Therapy Techniques in C-BIT; PART TWO: COGNITIVE-BEHAVIOURAL INTEGRATED TREATMENT (C-BIT); C-BIT

CORE COMPONENTS; 4 Assessment Phase: Screening and Assessment; Clinical Assessment of Drug/Alcohol Use; Assessment and Screening Tools; Case Formulation; Treatment Planning; 5 Treatment Phase 1: Engagement and Building Motivation to Change; Strategies to Increase Engagement; How to Put Drug/Alcohol Use on the Agenda; Building on Motivation for Change; Dealing with Resistance  
Identifying Social Networks Supportive of ChangeFinances/Money Management; 6 Treatment Phase 2: Negotiating Some Behaviour Change; Identifying and Setting Achievable Harm-Reduction Goals; Working with Resistance to Goal Setting; Identifying Activities of Interest; Engaging the Client's Interest in the Activity; How to Build Social Networks Supportive of Change; Strategies to Increase Awareness of Problematic Links Between Mental Health and Substance Use; 7 Treatment Phase 3: Early Relapse Prevention; Formulating Problems: Cognitive Model of Substance Use  
Relapse Prevention: Helping Your Clients Manage Their Substance UseRelapse Prevention: Including Social Network Member(s); Coping with Cravings and the Abstinence-Violation Effect; Relapse Prevention: For Substance Use and Its Links with Mental Health; 8 Treatment Phase 4: Relapse Prevention/Relapse Management; Including Social Network Member(s) in Relapse Prevention; Identifying a Relapse Signature to Psychotic Relapses and Role of Substance Use; Developing a Comprehensive Relapse-Prevention/Relapse-Management Plan; Using a Comprehensive Relapse-Prevention/Management Plan-Relapse Drill  
ADDITIONAL TREATMENT COMPONENTS I-SKILLS BUILDING9 Coping with Different Moods: Anxiety; The Role of Substances in Creating or Maintaining Anxiety; Starting Out: Assessing Anxiety; Strategies to Manage Anxiety; 10 Coping with Different Moods: Anger and Impulse Control; The Role of Drugs/Alcohol in Creating/Maintaining Anger; The Role of Psychosis in Creating/Maintaining Anger; Starting Out: Assessing Anger; Strategies to Manage Anger; Impulse Control; 11 Coping with Different Moods: Depression; The Role of Drugs/Alcohol in Creating and Maintaining Depression  
The Role of Psychosis in Creating/Maintaining Depression

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Sommario/riassunto

This exciting new book addresses the important issue of how to provide integrated mental health and substance misuse treatment of individuals with these co-occurring disorders. Combining both theory and practice, by the use of illustrative clinical case material, it provides a survey of different approaches to the integration of mental health and substance misuse services. A unique collection of chapters, from authors who are experts in the field and pioneering innovative approaches, provides an international perspective (including UK, Germany, Australia, USA, Canada) of treatment. Arranged

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