

1. Record Nr.	UNINA9910459257103321
Autore	Spada Marcantonio
Titolo	Cognitive behavioural therapy for problem drinking : a practitioner's guide // Marcantonio Spada
Pubbl/distr/stampa	Hove, East Sussex ; ; New York, N.Y. : , : Routledge, , 2010
ISBN	1-136-89597-3 1-282-78091-3 9786612780912 0-203-84104-2
Descrizione fisica	1 online resource (209 p.)
Disciplina	616.86/1
Soggetti	Alcoholism - Treatment Cognitive therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Book Cover; Title; Copyright; Contents; Figures and tables; About the author; Acknowledgements; Preface; Chapter 1: The cognitive-behavioural therapy approach to problem drinking; Chapter 2: Preparing for change; Chapter 3: Implementing change; Chapter 4: Maintaining change; Chapter 5: Practitioner training and clinical supervision; Appendices: Blank diaries and worksheets with instructions; Appendix A: Drinking diary; Appendix B: Drinking decisional balance sheet; Appendix C: Problems and goals; Appendix D: Advantages of changing, concerns of changing and responses to concerns Appendix E: Examining specific change concerns Appendix F: Functional analysis; Appendix G: Activating event breakdown; Appendix H: Evidence for and against the uncontrollability of craving; Appendix I: Decision sheet on past slips; Appendix J: Decision sheet on upcoming events; Appendix K: Identifying permissive beliefs; Appendix L: Challenging permissive beliefs; Appendix M: Identifying positive beliefs; Appendix N: Challenging positive beliefs; Appendix O: Hierarchy of difficult situations; Appendix P: Drinking postponement

experiment; Appendix Q: Activity diary

Appendix R: Controlled drinking skillsAppendix S: Controlled drinking programme; Appendix T: Plan for managing high-risk situations; References; Index

Sommario/riassunto

This book serves as a concise and practical guide for practitioners using cognitive-behavioural therapy (CBT) with clients who use alcohol in a harmful way. Throughout the book, Marcantonio Spada uses functional analysis and case formulation paradigms to examine the cause and maintenance of problem drinking and associate issues. Divided into five chapters it provides: a detailed account of behavioural and cognitive theories and therapies; a structured approach for the sequencing of therapeutic interventions; case examples of the application of CBT. Cognitive Behavioural Therapy for Problem Dri
