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Nota di contenuto	Counselling the Person Beyond the Alcohol Problem; Contents; Dedication; Acknowledgements; Preface; Introduction; 1 Entering the World of Alcohol Use; 2 Alcohol in the Family; 3 Application of a Person-Centred Approach; 4 The Cycle of Change; 5 From Pre-Contemplation to Taking Action; 6 Maintaining Change and Responding to Relapse; 7 Bringing It All Together; 8 Conclusion; References; Further Reading; Subject Index; Author Index
Sommario/riassunto	This practical book shows how client-focused counselling can support problem drinkers seeking to develop and sustain a less alcohol-centred way of life. Supported by contributions from clients who have undergone counselling for alcohol reliance, this is a comprehensive for people working with those who have a problematic relationship with alcohol.