

1. Record Nr.	UNINA9910782600903321
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Titolo	Overcoming Your Alcohol or Drug Problem [[electronic resource]] : Effective Recovery Strategies Workbook
Pubbl/distr/stampa	[New York] : , : Oxford University Press, , 2015
ISBN	0-19-988573-7 0-19-024220-5 1-281-37467-9 9786611374679 0-19-804203-5
Edizione	[Second edition.]
Descrizione fisica	1 online resource (186 p.)
Collana	Treatments that work
Altri autori (Persone)	MarlattG. Alan
Disciplina	616.8606 616.8914
Soggetti	Recovering addicts Substance abuse Substance-Related Disorders
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.
Nota di contenuto	Contents; Overview of Substance Use Problems and Assessment; Chapter 1 Introduction and Plan for Workbook; Chapter 2 Recognizing Your Substance Use Problem; Chapter 3 Recognizing Consequences of Your Substance Use; Change Issues and Strategies; Chapter 4 Treatment Settings for Substance Use Problems; Chapter 5 Stages of Change; Chapter 6 How to Use Therapy or Counseling; Chapter 7 Overview of Goal Planning; Chapter 8 Managing Cravings and Urges to Use Substances; Chapter 9 Managing Thoughts of Using Substances; Chapter 10 Managing Emotions; Chapter 11 Refusing Offers to Use Substances Chapter 12 Dealing With Family and Interpersonal Problems Chapter 13 Building a Recovery Support System; Chapter 14 Self-Help Programs and Recovery Clubs; Chapter 15 Medications for Substance Use Problems; Relapse Prevention, Progress Measurement, and Co-occurring Psychiatric Disorders; Chapter 16 Relapse Prevention: Reducing the Risk of Relapse; Chapter 17 Relapse Management: What

to Do if You Lapse or Relapse; Chapter 18 Strategies for Balanced Living; Chapter 19 Measuring Your Progress; Chapter 20 Managing a Co-occurring Psychiatric Disorder; Appendix: Helpful Resources References and Suggested ReadingsAbout the Authors

Sommario/riassunto

Provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counselling, this book focuses on issues involved in stopping substance abuse and in changing behaviours or aspects of one's lifestyle that keep the substance use problem active.