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Collana	Treatments That Work
Altri autori (Persone)	EpsteinElizabeth E
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Nota di contenuto	Contents; Chapter 1 Introductory Information for Therapists; Chapter 2 Clinical Issues in Alcohol Behavioral Couple Therapy (ABCT); Chapter 3 Assessing Alcohol Use and Problems; Chapter 4 Session 1: Introduction / Rationale / Self-Recording; Chapter 5 Session 2: Functional Analysis / Noticing Positive Behavior; Chapter 6 Session 3: High-Risk Hierarchy / Partner Functional Analysis Part I / Self-Management Plans; Chapter 7 Session 4: Partner Functional Analysis Part II / Enhancing Motivation to Change; Chapter 8 Session 5: Dealing With Urges / Decreasing Partner Triggers Chapter 9 Session 6: Rearranging Behavioral Consequences / Shared ActivitiesChapter 10 Session 7: Dealing With Alcohol-Related Thoughts / Communication Part I; Chapter 11 Session 8: Drink Refusal / Communication Part II; Chapter 12 Session 9: Partner Role in Drink Refusal / Communication Part III / Relapse Prevention Part I; Chapter 13 Session 10: Problem Solving / Relapse Prevention Part II; Chapter 14 Session 11: Relapse Prevention Part III / Acceptance Framework; Chapter 15 Session 12: Review / Relapse Prevention Part IV; Drinking Patterns Questionnaire; References; About the Authors
Sommario/riassunto	If you or your partner is dealing with an alcohol problem, the program outlined in this book can help you both. Over the course of 12 sessions with a therapist, the drinking partner will be taught various skills and

strategies for quitting drinking, as well as dealing with high-risk solutions in which there is strong temptation to drink. Throughout the program, the non-drinking partner will learn how to provide support and change certain behaviors that may contribute to the drinking partner's problem. As a couple, you will practice communication skills and participate in pleasant activities in
