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Nota di contenuto	Front cover; Therapist's Guide to Evidence-Based Relapse Prevention; Copyright page; Table of contents; Contributors; Preface; SECTION I: Introduction and Overview; Chapter 1: Overview of Relapse Prevention; COGNITIVE-BEHAVIORAL MODEL OF RELAPSE; RELAPSE PREVENTION INTERVENTIONS; SUMMARY AND CONCLUSIONS; REFERENCES; Chapter 2: High-Risk Situations: Relapse as a Dynamic Process; COGNITIVE BEHAVIORAL MODEL OF RELAPSE, REVISED; TONIC PROCESSES; PHASIC PROCESSES; DYNAMICAL SYSTEMS PROCESSES; EMPIRICAL BASIS FOR DYNAMIC MODEL; CLINICAL CASE ILLUSTRATION; SUMMARY OF CLINICAL IMPLICATIONS DYNAMIC RELAPSE MODEL AND NONSUBSTANCE USE BEHAVIORREFERENCES; SECTION II: Application of Relapse Prevention to Specific Problem Areas; Chapter 3: Relapse Prevention: Clinical Strategies for Substance Use Disorders; INTRODUCTION; OVERVIEW OF LAPSE, RELAPSE, AND RECOVERY; TREATMENT OUTCOMES AND RELAPSE RATES; EFFECTIVENESS AND EFFICACY OF RP; RELAPSE REPLICATION

AND EXTENSION PROJECT; MODELS OF RELAPSE PREVENTION; RELAPSE-RELATED DOMAINS OF ASSESSMENT; RP INTERVENTIONS TO MINIMIZE LAPSE AND RELAPSE RISK; CLINICAL STRATEGIES TO REDUCE RELAPSE RISK
RP IN THE CONTEXT OF SUDs WITH COMORBID PSYCHIATRIC DISORDERS; FUTURE RESEARCH DIRECTIONS; CLINICAL CASE ILLUSTRATIONS; CONCLUSIONS; ACKNOWLEDGEMENTS; REFERENCES; INTERNET RESOURCES; Chapter 4: Mindfulness-based Cognitive Therapy as a Relapse Prevention Approach to Depression; INTRODUCTION TO MINDFULNESS-BASED COGNITIVE THERAPY (MBCT); DEFINITION OF MINDFULNESS; EMPIRICAL SUPPORT FOR MBCT IN PREVENTING DEPRESSIVE RELAPSE; OVERVIEW OF MBCT; KEY PRINCIPLES; HOW MBCT IS SIMILAR AND DIFFERENT WITH CT AND MBSR; ASSESSMENT; CLINICAL CASE ILLUSTRATION; SPECIAL TOPICS; CONCLUSIONS AND FUTURE DIRECTIONS
REFERENCES; INTERNET RESOURCES; Chapter 5: Relapse Prevention for Return of Pathological Worry in CBT-Treated GAD; INTRODUCTION TO GAD AND CLIENT POPULATION; ASSESSMENT OF GAD; GAD TREATMENT AND THE INCORPORATION OF RELAPSE PREVENTION; CASE EXAMPLE; WHAT IS PATHOLOGICAL WORRY?; WHY IS PATHOLOGICAL WORRY SO DIFFICULT TO STOP?; MINDFULNESS AND CBT FOR WORRY: HOPE FOR IMPROVED RESPONSE AND REDUCED RELAPSE; STRATEGIES FOR IMPLEMENTING MINDFULNESS INTO GAD CBT TREATMENT; POTENTIAL WAYS MINDFULNESS WORKS IN GAD TREATMENT; SPECIAL TOPICS; SUMMARY AND CONCLUSIONS; ACKNOWLEDGEMENTS; REFERENCES
RESOURCE BIBLIOGRAPHY AND A LIST OF INTERNET LINKS; Chapter 6: Relapse Prevention for Schizophrenia; INTRODUCTION; OVERVIEW OF PSYCHOSOCIAL TREATMENT; CORE FEATURES OF CBT FOR SCHIZOPHRENIA; INTERVENTIONS TAILORED TO PREVENT RELAPSE; CO-OCCURRING ADDICTION AND MENTAL ILLNESS; IMPLEMENTATION OF RELAPSE PREVENTION INTERVENTIONS; CLINICAL CASE ILLUSTRATIONS; PHARMACOTHERAPY MEDICATION MANAGEMENT OF SCHIZOPHRENIA; CONCLUSIONS AND FUTURE DIRECTIONS; REFERENCES; Chapter 7: Seeking Safety: An Evidence-based Model for Substance Abuse and Trauma/PTSD; INTRODUCTION; OVERVIEW OF TREATMENT; KEY ELEMENTS
EMPIRICAL RESULTS

Sommario/riassunto

Describes the evidence-based approaches to preventing relapse of major mental and substance-related disorders. Therapist's Guide to Evidence-based Relapse Prevention combines the theoretical rationale, empirical data, and the practical "how-to" for intervention programs. The first section will serve to describe the cognitive-behavioral model of relapse and provide a general introduction to relapse prevention techniques. While Section II will focus on specific problem areas, Section III will focus on diverse populations and treatment settings.

*Incorporates theoretical
