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experiment; Appendix Q: Activity diary

Appendix R: Controlled drinking skills Appendix 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