

1. Record Nr.	UNINA9910822639303321
Autore	Epstein Elizabeth E
Titolo	A cognitive-behavioral treatment program for overcoming alcohol problems : workbook / / Elizabeth E. Epstein, Barbara S. McCrady
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2009
ISBN	0-19-024191-8 1-282-05364-7 9786612053641 0-19-804342-2
Edizione	[1st ed.]
Descrizione fisica	1 online resource (208 p.)
Collana	Treatments that work
Altri autori (Persone)	McCradyBarbara S
Disciplina	362.292
Soggetti	Alcoholism - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Contents; Chapter 1 Session 1: Introduction / Rationale / Self-Recording; Chapter 2 Session 2: Functional Analysis; Chapter 3 Session 3: High-Risk Hierarchy / Social Network Triggers / Self-Management Plans; Chapter 4 Session 4: Enhancing Motivation to Change; Chapter 5 Session 5: Assessing Anxiety and Depression / Dealing With Urges; Chapter 6 Session 6: Affect and Mood Management / Rearranging Behavioral Consequences; Chapter 7 Session 7: Connecting With Others / Dealing With Alcohol-Related Thoughts; Chapter 8 Session 8: Assertiveness Training / Drink Refusal Chapter 9 Session 9: Anger Management Part I / Relapse Prevention Part I: Seemingly Irrelevant Decisions Chapter 10 Session 10: Anger Management Part II / Problem Solving / Relapse Prevention Part II; Chapter 11 Session 11: Relapse Prevention Part III; Chapter 12 Session 12: Review / Relapse Prevention Part IV: Maintenance Planning and Relapse Contract; Appendix of Forms
Sommario/riassunto	Alcohol use can have negative effects on your day-to-day functioning, health, and relationships. If drinking is a problem in your life, this program can help you regain control. It has been developed with the benefit of each author's 25+ years of clinical experience in treating

substance abusers and has been proven effective in helping individuals to achieve and maintain abstinence. Over the course of 12 weeks, you will meet with a qualified mental health or addictions professional to learn various skills and strategies for quitting drinking and staying sober. Together, you will come up with a
