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Titolo	A cognitive-behavioral treatment program for overcoming alcohol problems : therapist guide // Elizabeth E. Epstein, Barbara S. McCrady
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (287 p.)
Collana	Treatments that work
Altri autori (Persone)	McCradyBarbara S
Disciplina	362.292
Soggetti	Alcoholism - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 247-255).
Nota di contenuto	Introductory information for therapists -- Clinical issues -- Assessing alcohol use and problems -- Session 1: Introduction/rationale/self-recording -- Session 2: Functional analysis -- Session 3: High-risk hierarchy/social network triggers/self-management plans -- Session 4: Enhancing motivation to change -- Session 5: Assessing anxiety and depression/dealing with urges -- Session 6: Affect and mood management/rearranging behavioral consequences -- Session 7: Connecting with others/dealing with alcohol-related thoughts -- Session 8: Assertiveness training/drink refusal -- Session 9: Anger management part I/relapse prevention part I: seemingly irrelevant decisions -- Session 10: Anger management part II/problem solving/relapse prevention part II -- Session 11: Relapse prevention part III -- Session 12: Review/relapse prevention part IV: maintenance planning and relapse contract.
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

