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Titolo	Cognitive therapy for addiction : motivation and change // Frank Ryan
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ISBN	9781118316474 1118316479 9781299159037 1299159036 9781118316528 1118316525 9781118316559 111831655X
Descrizione fisica	1 online resource (231 p.)
Disciplina	616.85/227
Soggetti	Compulsive behavior - Treatment Substance abuse - 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 bibliografia	Includes bibliographical references and index.
Nota di contenuto	The tenacity of addiction -- Existing cognitive behavioural accounts of addiction and substance misuse -- Core processes in addiction -- A cognitive approach to understanding the compulsive nature of addiction -- Vulnerability factors in addiction -- Motivation and engagement -- Managing impulses and craving -- Managing mood -- Maintaining change -- Future directions & concluding comments.
Sommario/riassunto	An innovative new approach to addiction treatment that pairs cognitive behavioural therapy with cognitive neuroscience, to directly target the core mechanisms of addiction. Offers a focus on addiction that is lacking in existing cognitive therapy accountsUtilizes various approaches, including mindfulness, 12-step facilitation, cognitive bias modification, motivational enhancement and goal-setting and, to combat common road blocks on the road to addiction recoveryUses neuroscientific findings to explain how willpower becomes

compromised-and how it can
