

Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies Therapist Guide, 2nd Edition (Treatments That Work)

Dennis C. Daley, G. Alan Marlatt

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This expanded edition of the successful Graywind title, *Managing Your Drug and Alcohol Problem:*Therapist Guide provides an evidence-based treatment protocol for all types of substance use disorders.

Designed to accompany the *Managing Your Addictive Behavior: Workbook, Second Edition*, this guide provides clinicians with valuable strategies for working with substance use disorders by focusing on specific issues involved in both stopping substance abuse and changing behaviors or lifestyle aspects that contribute to continued substance abuse. In addition to addressing professional approaches/attitudes toward the substance abusing client, assessment, psychosocial and pharamacotherapeutic treatment, and self-help programs, this expanded edition also includes a new chapter on the management of a co-occurring psychiatric disorder.

Treatments That Work TM represents the gold standard of behavioral healthcare interventions!

- · All programs have been rigorously tested in clinical trials and are backed by years of research
- · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date
- · Our books are reliable and effective and make it easy for you to provide your clients with the best care available
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