

How Cognitive Behavioral Therapy Can Help Put Substance Abuse in Check



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Cognitive Therapy Of Substance Abuse

Pedro Ruiz, Eric C. Strain, John Langrod



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Cognitive Therapy of Substance Abuse Cory F. Newman, 2001-01-16 Cognitive therapy offers a well documented and cost effective psychosocial treatment model for working with substance abuse disorders Comprehensive and accessible this volume clearly details the cognitive model of addiction the specifics of case formulation management of the therapeutic relationship and the structure of the therapy sessions It discusses how to educate patients in the treatment model and procedures and manage their cravings and urges for drugs and alcohol Specific cognitive and behavioral strategies and techniques are described in detail as are methods for understanding and working with patients who present concomitant problems of depression anxiety low frustration tolerance anger and personality disorders Also addressed are such significant issues as crisis management and relapse prevention Enhancing the utility of the volume are appendices featuring sample client inventories and checklists These forms are designed to help the clinician identify targets for intervention track progress over time and develop an individualized relapse prevention plan for each client

Cognitive Therapy of Substance Abuse Aaron T. Beck, Gary Emery, 1977 **Cognitive Therapy of Substance Abuse** Aaron T. Beck, Fred D. Wright, Cory F. Newman, Bruce S. Liese, 2011-11-18 This book is out of print See Cognitive Behavioral Therapy of Addictive Disorders ISBN 978 1 4625 4884 2 Cognitive-Behavioral Therapy of Addictive Disorders Bruce S. Liese, Aaron T. Beck, 2022-01-13 Grounded in decades of CBT research and clinical practice as well as cutting edge cognitive science this entirely new book replaces the classic Cognitive Therapy of Substance Abuse Bruce S Liese and Aaron T Beck provide critical tools for understanding and treating the full range of addictive behaviors They explain how to systematically develop case conceptualizations and support clients in achieving their recovery goals Vivid case examples are used to illustrate CBT techniques structure psychoeducation motivational interviewing group treatment relapse prevention and other effective therapeutic components Several reproducible forms can be downloaded and printed in a convenient 8 1 2 x 11 size

The Group Therapy of Substance Abuse David W. Brook, Henry I. Spitz, 2002-09-23 Gain a practical perspective on group therapy as a treatment for addiction As more and more researchers and clinicians recognize group therapy as the primary psychosocial intervention in the treatment of substance abusers there is a growing need for a comprehensive resource that places the wide range of theories and ideas about the treatment into practical perspective The Group Therapy of Substance Abuse is the first book to bridge the gap between substance abuse treatment and group psychotherapy by presenting expert analyses that address all major schools of thought The book includes clinical examples and specific recommendations for treatment techniques reflecting a variety of viewpoints from the leading clinicians scholars and teachers in the field Because of its therapeutic efficacy and cost effectiveness group therapy has come to play an increasingly important role as the psychosocial therapy of choice for an ever increasing numbers of patients with substance abuse disorders For ease of use The Group Therapy of Substance Abuse is divided into several sections including a discussion of the basic theoretical

approaches on which most group treatments of substance abusers are based the uses of group treatment approaches in specific treatment settings and the uses of group treatment with specific patient populations The Group Therapy of Substance Abuse also includes diverse perspectives on interpersonal and psychodynamic approaches to therapy cognitive behavioral methods outpatient inpatient and partial hospitalization groups network therapy and 12 step groups treatment of gay lesbian bisexual adolescent and elderly abusers therapeutic community groups Essential for professionals who treat substance abusers The Group Therapy of Substance Abuse is also an excellent textbook for scholars and students in the mental health field The book adds depth to the practicing and soon to be practicing clinician s understanding of how best to address the complex problem of addiction *Substance Abuse* Joyce H. Lowinson, 2005 The premier text on substance abuse and addictive behaviors is now in its updated and expanded Fourth Edition with up to the minute insights from more than 150 experts at the front lines of patient management and research This edition features expanded coverage of the neurobiology of abused substances new pharmacologic therapies for addictions and complete information on club drugs such as Ecstasy New sections focus on addiction in children adolescents adults and the elderly and women s health issues including pregnancy The expanded behavioral addictions section now includes hoarding shopping and computer Internet abuse Includes access to a Companion website that has fully searchable text *Encyclopedia of Cognitive Behavior Therapy* Stephanie Felgoise, Arthur M. Nezu, Christine M. Nezu, Mark A. Reinecke, 2006-06-18 One of the hallmarks of cognitive behavior therapy is its diversity today Since its inception over twenty five years ago this once revolutionary approach to psychotherapy has grown to encompass treatments across the full range of psychological disorders The Encyclopedia of Cognitive Behavior Therapy brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume With a preface by Aaron T Beck founder of the cognitive approach the Encyclopedia features entries by noted experts including Arthur Freeman Windy Dryden Marsha Linehan Edna Foa and Thomas Ollendick to name but a few and reviews the latest empirical data on first line therapies and combination approaches to give readers both insights into clients problems and the most effective treatments available Common disorders and conditions anxiety depression OCD phobias sleep disturbance eating disorders grief anger Essential components of treatment the therapeutic relationship case formulation homework relapse prevention Treatment methods dialectical behavior therapy REBT paradoxical interventions social skills training stress inoculation play therapy CBT medicine combinations Applications of CBT with specific populations children adolescents couples dually diagnosed clients the elderly veterans refugees Emerging problems Internet addiction chronic pain narcolepsy pathological gambling jet lag All entries feature reference lists and are cross indexed The Encyclopedia of Cognitive Behavior Therapy capably fills practitioners and educators needs for an idea book teaching text or quick access to practical workable interventions **The Substance Abuse Handbook** Pedro Ruiz, Eric C. Strain, John Langrod, 2007 The Substance Abuse Handbook succinctly presents the most clinically relevant information from Lowinson

Ruiz Millman and Langrod's Substance Abuse A Comprehensive Textbook Fourth Edition In a user friendly format this portable handbook provides all the information health care professionals need to diagnose and treat addictive disorders and associated medical conditions Major sections cover etiological factors substances of abuse compulsive and addictive behaviors evaluation and diagnostic classification treatment modalities management of associated medical conditions substance abuse in children adolescents and the elderly women's issues special groups and settings models of prevention training and education and policy issues Group Therapy for Substance Use Disorders Linda Carter Sobell, Mark B.

Sobell, 2011-06-22 This authoritative book presents a groundbreaking evidence based approach to conducting therapy groups for persons with substance use disorders The approach integrates cognitive behavioral motivational interviewing and relapse prevention techniques while capitalizing on the power of group processes Clinicians are provided with a detailed intervention framework and clear cut strategies for helping clients to set and meet their own treatment goals More than two dozen ready to use reproducible assessment tools handouts homework exercises and session outlines are supplied in a convenient large size format **Criminal Conduct and Substance Abuse Treatment for Adolescents: Pathways to Self-Discovery and Change** Harvey B. Milkman, Kenneth W. Wanberg, 2012-07-23 This Provider's Guide introduces a comprehensive and developmentally appropriate treatment program Pathways for Self Discovery and Change PSDC which provides the specific tools necessary for improving evaluation and treatment of at risk youth a particularly vulnerable patient population in the justice system Using an adolescent focused format this protocol identifies psychological biological and social factors that contribute to the onset of adolescent deviance and establishes guidelines for delivery of a 32 session treatment curriculum designed to rehabilitate both male and female adolescents with co occurring substance abuse and criminal conduct Now in its Second Edition this guide provides treatment practitioners program evaluators and youth services administrators with the most up to date comprehensive and accessible information for the treatment and rehabilitation of juvenile justice clients It is built on theoretical and research advances in the treatment and rehabilitation of juvenile justice clients as well as feedback over the past seven years from PSDC counselees treatment providers and program administrators

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