



# Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works

By Arnold M. Washton, Joan E. Zweben



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Written specifically for the office-based psychotherapist, this practical guide describes how to detect, assess, diagnose, and treat clients presenting with a range of alcohol and drug problems. Detailed is an integrated, flexible psychotherapeutic approach that emphasizes building a strong therapeutic relationship, engaging clients "where they are," and addressing substance use within the larger context of their lives. The authors describe in very pragmatic terms how to use a combination of motivational, cognitive-behavioral, 12-step, and psychodynamic techniques with clients in different stages of change. Techniques are brought to life with numerous case vignettes, and appendices include reproducible client forms and handouts.

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## **Editorial Review**

### **Review**

"I highly recommend this book to clinical practitioners and graduate students in the mental health professions. Graduate students will find this book to be quite comprehensive and helpful in understanding how to create a therapeutic environment supportive of client change."--Dennis L. Thombs, PhD, Department of Health Education and Behavior, University of Florida

"This is the kind of book psychotherapists need. Washton and Zweben provide the most important information available about alcohol and drug problems together with state-of-the-art intervention methods. Truly comprehensive, this volume contains detailed sections on a wide range of relevant topics, such as frequently abused drugs, typical comorbid disorders, the utilization of self-help groups, and relapse prevention. Anchored in the concept of adapting treatment to the client's stage of change, Washton and Zweben's approach to treatment is truly integrative and evidence based and incorporates the most effective strategies for intervention."--Jay L. Lebow, PhD, ABPP, LMFT, The Family Institute at Northwestern University

"This comprehensive and highly-readable book provides thoughtful and thorough guidance on all aspects of alcohol and drug abuse treatment in an office-based practice. The integrated, multifaceted approach described by these experienced and respected clinicians covers screening, assessment, treatment planning, engagement, treatment, and relapse prevention. Each aspect of treatment is superbly addressed in a pragmatic, accessible, and flexible manner. This book will serve as an invaluable resource for all office-based practitioners, regardless of disciplinary background."--Gerard J. Connors, PhD, Research Institute on Addictions, University at Buffalo, State University of New York

"Despite the prevalence of alcohol and other drug abuse, psychotherapists typically receive inadequate training in treating these problems and are reluctant to take on substance-abusing patients. This practical book promises to change all that. Washton and Zweben show clinicians how to assess the problem, engage the patient, develop a plan, carry out the treatment, deal with relapse, and more. This book will be enormously valuable for psychologists, social workers, counselors, and anyone else wishing to sharpen their skills in the treatment of the substance-abusing person, from graduate students to experienced clinicians."--Sigurd Ackerman, MD, President and Medical Director, Silver Hill Hospital

"I highly recommend this important resource. Of particular interest to psychotherapists in private practice, the book describes a variety of evidence-based approaches to working with clients who have addictive behavior problems, including those with concurrent disorders or dual diagnosis. The authors provide a 'how-to' treatment guide that will appeal to a wide range of readers, including psychologists, psychiatrists, social workers, and addiction counselors, as well as students in graduate training courses."--G. Alan Marlatt, PhD, Addictive Behaviors Research Center and Department of Psychology, University of Washington

"Finally, office-based therapists do not have to avoid or refer clients with substance use disorders and can get the detailed, practical, and science-based information they need to work with them. Washton and Zweben offer a patient-oriented, integrative, sophisticated, and practical approach that can increase the competence and confidence of all therapists, even the most knowledgeable, in managing alcohol and drug problems in their offices. They are first and foremost clinicians, with years of clinical experience with and knowledge of

alcohol and drugs and the patients who abuse them. Their guide presents wise advice for managing everything from appointments and billing, to dependence and medications, to patients who relapse and how to incorporate referral to self-help groups. This guide empowers therapists with a wealth of information, advice, understanding, and strategies to help their patients move through the entire process of change to sustained recovery from alcohol and drug problems. It is easy to read and eminently useable. Every mental health practitioner should read this guide and keep it at hand. Your practice and your patients will be better off for it."--Carlo C. DiClemente, PhD, Department of Psychology, University of Maryland-Baltimore County

"This book fills an important gap by showing how the treatment of substance dependence can and should be integrated into the broader practice of psychotherapy. Writing in a clear and engaging style, the authors provide information that psychotherapists need to know about the addictions and how to treat them. They do a terrific job of integrating concepts and techniques of psychotherapy with addictions treatment. This book is a gem that psychotherapists of every orientation will find extremely valuable."--Hal Arkowitz, PhD, Department of Psychology, University of Arizona

"Practical, clear, inexpensive, and theoretically sound."--Cynthia A. Briggs, PhD, Department of Counselor Education, Winona State University

"Intended for health care professionals from all disciplines, this book is written in a style that is non-technical and easy to absorb....I felt this book to be particularly useful and appropriate for learners beginning training in addiction counselling. It covers all the major themes, theories, and practices, and the issues discussed remain current and relevant."

*(Journal of Mental Health 2008-06-25)*

"This book offers clear and specific practice suggestions for working with individuals with substance use disorders ranging from managing bill collection to tips for managing relapse triggers. It provides a basic foundation for understanding substance use disorders and will help the interested clinician to build skill for working with individuals who have substance use disorders. Although the book is aimed at office-based mental health practitioners, it would be a helpful resource for any mental health or substance use treatment practitioner as well as graduate students. Its emphasis on utilizing an integrated approach to meet individuals where they are is particularly salient for social workers....The authors have done a tremendous job synthesizing practice wisdom and research-based knowledge on working with individuals with substance use disorders into a clear and concise resource that clinicians can use in their day-to-day practice."

*(Journal of Social Work Practice in the Addictions 2008-06-25)*

"This text provides a sophisticated snapshot of substance-abuse treatment today, extending the provision of substance-abuse services by private practitioners."

*(PsycCRITIQUES 2008-06-25)*

"Many people interested in clinical work with alcoholics and addicts will benefit from making this a centerpiece of their library."

*(Families in Society 2008-06-25)*

About the Author

**Arnold M. Washton, PhD**, is Executive Director of Recovery Options, a private practice in New York City

and Princeton, New Jersey, dedicated to treating alcohol and drug problems in executives and professionals. He also serves as Clinical Director of The Retreat at Princeton, an inpatient substance abuse treatment program at Princeton House Behavioral Health and the University Medical Center at Princeton. An internationally known addiction psychologist and widely published author, Dr. Washton has specialized in treating substance abuse and related mental health problems since 1975.

**Joan E. Zweben, PhD**, is a clinical psychologist with over 35 years of experience in treating addiction and in training treatment practitioners. These practitioners include peer counselors, social workers, marriage and family counselors, psychologists, criminal justice personnel, nurses, and physicians. She has a broad-based background in treatment of both alcoholism and drug dependence and has experience with both residential and outpatient modalities. She has served on numerous work groups focused on policy issues. Dr. Zweben is the founder and Executive Director of the 14th Street Clinic (1979-2007) and the East Bay Community Recovery Project (1989-present). Through these organizations, she has collaborated with researchers locally and nationally since 1981. She is the author of 4 books and over 55 articles or book chapters and editor of 15 monographs on treating addiction.

## Users Review

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#### **Edward Salls:**

This Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works book is just not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is actually information inside this reserve incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. That Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works without we comprehend teach the one who examining it become critical in considering and analyzing. Don't possibly be worry Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works can bring once you are and not make your bag space or bookshelves' become full because you can have it in your lovely laptop even cellphone. This Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works having great arrangement in word in addition to layout, so you will not really feel uninterested in reading.

#### **Katie McCants:**

This Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works is great reserve for you because the content and that is full of information for you who all always deal with world and still have to make decision every minute. That book reveal it details accurately using great arrange word or we can claim no rambling sentences in it. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but tough core information with lovely delivering sentences. Having Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works in your hand like getting the world in your arm, data in it is not ridiculous one. We can say that no e-book that offer you world in ten or fifteen minute right but this reserve already do that. So , this is certainly good reading book. Hi Mr. and Mrs. hectic do you still doubt which?

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