

Overcoming Problematic Alcohol And Drug Use - Jeremy M. Linton

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Overcoming Problematic Alcohol and Drug Use is a workbook for use with clients in treatment, informed by the most current research and literature in the substance abuse field. Offering a field-tested alternative to the disease model of addiction, the book introduces a six-session curriculum for treating persons with substance abuse issues and can be used as a self-help resource, or as a practice guide for human service professionals. Drawing on years of research on cognitive-behavioral therapy, the stages of change model, motivational interviewing, and solution-focused therapy, the author has put together a comprehensive and effective guide to change.Â Â Author: Linton, Jeremy M. Publisher: Routledge Illustration: N Language: ENG Title: Overcoming Problematic Alcohol and Drug Use Pages: 00136 (Encrypted EPUB) / 00136 (Encrypted PDF) On Sale: 2007-09-17 SKU-13/ISBN: 9780415960724 Category: Psychology : Mental Health

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