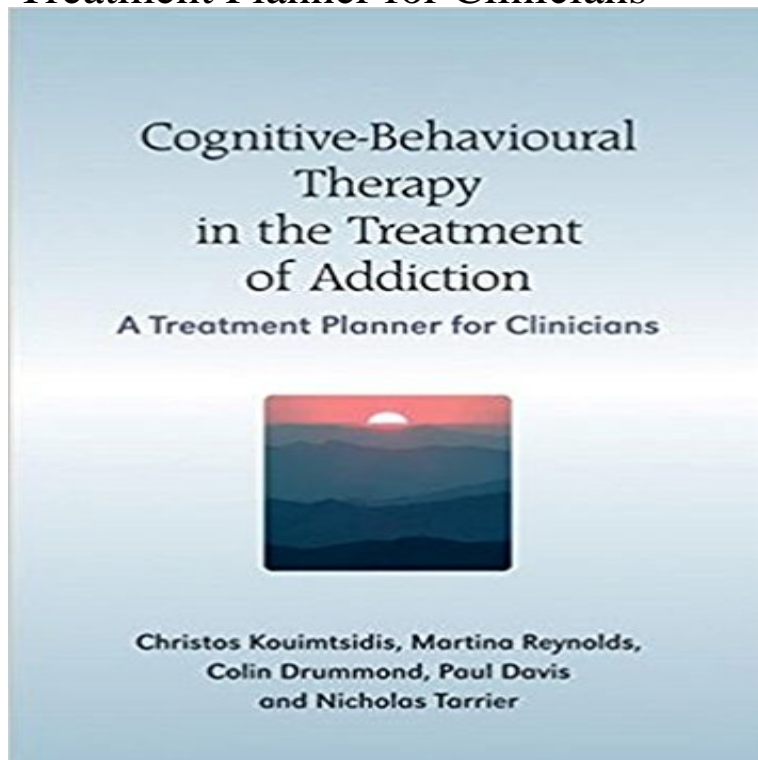


Cognitive-Behavioural Therapy in the Treatment of Addiction: A Treatment Planner for Clinicians



Treating individuals with a substance misuse problem can be challenging, especially if clients present with multiple problems related to the main addiction. Clinicians can feel at a loss as to where to begin, or revert to an attempt to treat underlying problems - ignoring damaging aspects of the substance misuse itself. At times referral to specialists may seem the only responsible way forward. Written by a team of clinical academics in the field of addictions, Cognitive-Behavioural Therapy in the Treatment of Addictions is a ready reference for clinicians that offers a brief, evidence-based, collaborative approach that starts here and now. Client and therapist embark together on a journey to tackle the problem in a practical way. The book includes session tools, worksheets and daily thought records.

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Cognitive-Behavioural Therapy in the Treatment of Addiction is a practical treatment planner that offers an evidence-based model to aid client assessment and formulate a successful treatment plan. **orientation to the addiction treatment field - University of Otago** under the direction of the Mental Health and Addiction Branch, Ministry of HealthP. i. 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Cognitive behavioural therapy in the treatment of addiction: A treatment planner for clinicians. London **Cognitive-Behavioural Therapy in the Treatment of Addiction** The focus is on creating a quality treatment plan and effective and useful progress .. This is not to say that a counselor can never offer therapeutic options that are . Dont lecture or educate the client as to your vast knowledge of addiction. . 3 Linehan, M. 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National .. 6.4 Clinical case management . Cognitive-Behavioural Therapy (CBT) . .. ability to consciously plan and guide rational, adaptive behaviour. **Cognitive-Behavioural Therapy in the Treatment of Additional: A** A Cognitive-Behavioral Approach: Treating Cocaine Addiction in rigorous clinical trials and has solid empirical support as treatment for cocaine abuse. Thus, CBT is not only geared to helping each patient reduce and eliminate substance use but also to imparting skills that can benefit the patient long after treatment. **Cognitive Behavioural Therapy in the Treatment of Addiction: A** Dialectical behavior therapy (DBT) is a well-established treatment for Several randomized clinical trials have found that DBT for Substance ultimate responsibility for developing and maintaining the treatment plan for the . 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