

SECOND EDITION

RELAPSE PREVENTION

MAINTENANCE
STRATEGIES IN THE
TREATMENT OF ADDICTIVE
BEHAVIORS

edited by

G. Alan Marlatt and Dennis M. Donovan

Relapse Prevention Maintenance Strategies In The Treatment Of Addictive Behaviors

G. Alan Marlatt, Dennis M. Donovan



Relapse Prevention Maintenance Strategies In The Treatment Of Addictive Behaviors:

Relapse Prevention, Second Edition G. Alan Marlatt, Dennis M. Donovan, 2005-05-20 This important work elucidates why relapse is so common for people recovering from addictive behavior problems and what can be done to keep treatment on track It provides an empirically supported framework for helping people with addictive behavior problems develop the skills to maintain their treatment goals even in high risk situations and deal effectively with setbacks that occur The expert contributors clearly identify the obstacles that arise in treating specific problem behaviors review the factors that may trigger relapse at different stages of recovery and present procedures for teaching effective cognitive and behavioral coping strategies

Relapse Prevention G. Alan Marlatt, Judith R. Gordon, 1995

Relapse Prevention, Second Edition G. Alan Marlatt, Dennis M. Donovan, 2005-05-20 This important work elucidates why relapse is so common for people recovering from addictive behavior problems and what can be done to keep treatment on track It provides an empirically supported framework for helping people with addictive behavior problems develop the skills to maintain their treatment goals even in high risk situations and deal effectively with setbacks that occur The expert contributors clearly identify the obstacles that arise in treating specific problem behaviors review the factors that may trigger relapse at different stages of recovery and present procedures for teaching effective cognitive and behavioral coping strategies

The Handbook of Health Behavior Change, Third Edition Sally A. Shumaker, Judith K. Ockene, Kristin A. Riekert, 2008-09-23 This work will be the one that students and clinicians keep on their shelves as the gold standard reference for health behavior change Summing Up Essential Choice The third edition of this handbook provides students and practitioners with the most complete and up to date resource on contemporary topics in the field of health behavior change Score 95 4 stars Doody's Praise for the second edition This handbook sets a standard for conceptually based empirically validated health behavior change interventions for the prevention and treatment of major diseases It is an invaluable resource for the field of behavioral medicine as we work toward greater integration of proven health behavior change interventions into evidence based medical practice Susan J Curry PhD Director Center for Health Studies Group Health Cooperative of Puget Sound Fellow Society of Behavioral Medicine Numerous acute and chronic diseases can be prevented simply by maintaining healthy behavioral patterns This handbook provides practical and authoritative health management information for both health psychologists and primary care physicians whose clients and patients suffer from health related issues and risks The text also serves as a useful resource for policy makers and graduate students studying public health or health psychology This new edition of The Handbook of Health Behavior Change provides an updated and expanded view of the factors that influence the adoption of healthy behaviors The contributors also examine the individual social and cultural factors that can inhibit or promote health behavior change Key Features Reviews of past and current models of health behavior change disease prevention disease management and relapse prevention Comprehensive coverage of health related issues including dietary needs tobacco and

drug use safer sexual practices and stress management Analysis of behavior change within specific populations young elderly cognitively impaired etc Factors that predict or serve as obstacles to lifestyle change and adherence **Promoting**

Treatment Adherence William T. O'Donohue, Eric R. Levensky, 2006-07-07 As every health care provider knows only too well poor patient adherence to treatment is an enormous barrier to effective health care delivery Promoting Treatment Adherence provides health care providers with a comprehensive set of information and strategies for understanding and promoting treatment adherence across a wide range of treatment types and clinical populations The information is presented in a practical how to manner and is intended as a resource that practitioners can draw from to improve skills in promoting treatment adherence To facilitate ease of use for the practitioner the volume is divided into five targeted sections In the first section the reader is provided with a general overview of the primary issues in treatment adherence relevant to practitioners The second presents specific guidelines for assessing rates of patient adherence as well as for assessing patient readiness to adhere to treatment and for identifying and understanding specific barriers to adherence in individual patients In the third section detailed guidelines for the implementation of each of effective strategies and techniques for facilitating patient adherence to treatment are presented including motivational interviewing patient education skills training increasing resources and support problems solving and relapse prevention The fourth and fifth sections provide guidelines for the application of the information and strategies discussed in the previous sections to promoting adherence to a variety of specific treatments and with a variety of specific patient populations with an emphasis is discussing considerations and issues specific to each treatment and patient population Where applicable each of the chapters presents a case example as well as suggestions for further reading **A Comprehensive Guide to Addiction Theory and Counseling Techniques**

Alan A. Cavaola, Margaret Smith, 2020-05-13 A blend of theory and counseling techniques this comprehensive text provides readers with an overview of several major counseling theories and their application to substance use disorders and addiction counseling along with related techniques and interventions Chapters incorporate cutting edge evidenced based research on neuroscience psychological and sociocultural theories explaining the biopsychosocial influences of substance use disorders and examine how substance use disorder risk factors can be utilized when assessing someone who may have a substance use disorder The text additionally helps apply theory to practice offering intervention techniques and using accessible case studies Throughout the text highlighted learning opportunities and key terms further help students to practice and apply the theories interventions and techniques that the book discusses Mental health professionals undergraduate and graduate students alike will benefit from this deft mix of prominent theory innovative research and accessible case studies

General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy William T. O'Donohue, Jane E. Fisher, 2009-02-04 Proven and effective cognitive behavior therapy is the most widely taught psychotherapeutic technique General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy

provides students with a complete introduction to CBT It includes over 60 chapters on individual therapies for a wide range of presenting problems such as smoking cessation stress management and classroom management Each chapter contains a table clearly explaining the steps of implementing each therapy Written for graduate psychology students it includes new chapters on imaginal exposure and techniques for treating the seriously mentally ill

Principles and Practice of Group Work in Addictions Robert Hill, Jennifer Harris, 2011-04-20 How can the group setting be used to treat those with drug and alcohol problems Many professionals working across a variety of addictions settings find themselves working in groups and tackling complex issues however there is often very little initial training or on the job support to help them in this challenging task Principles and Practice of Group Work in Addictions has been written with the aim of addressing the key areas in working with drug and alcohol misuse while providing practical solutions to the more common problems that emerge in group work Drawing on the expertise of clinicians who work in the field of addictions this book offers readers practical advice for everyday practice Divided into three sections it covers core group work in addictions practical issues and solutions to common problems specific issues within the field of addictions Principles and Practice of Group Work in Addictions is illustrated throughout with practical case examples providing the reader with an insight into group work in this area The book will supply guidance for mental health professionals including clinicians psychologists nurses and medical staff who encounter group work in addictions for the first time as well as providing further knowledge and support to those who already work in the field

Behavioral Treatments for Drug Abuse and Dependence Lisa Simon Onken, Jack D. Blaine, John J. Boren, National Institute on Drug Abuse, 1993 This monograph is based on the papers from a technical review on Behavioral Treatments on Drug Abuse and Dependence held in 1992 The review meeting was sponsored by the National Institute on Drug Abuse Title page verso

Chemically Dependent Barbara C. Wallace, 2013-10-28 First published in 1992 Part I of the book covers phases of treatment for specific phases of recovery by describing key concepts and focusing on three dominant treatment modalities inpatient outpatient and long term residential therapeutic communities Part II covers in substantial depth psychoanalytic psychodynamic approaches Part III of the book examines cognitive behavioral self help and relapse prevention approaches to the treatment of the chemically dependent Part VI mentions in all phases of treatment and recovery Part IV of the book provides an overview of contemporary trends in research while also discussing implications for treatment in the therapeutic community Part V attempts to draw the field of chemical dependency toward recognition of the importance of considering distinct population characteristics and how these characteristics may dictate modifications in treatment design The book is suitable as a text in a course on substance abuse or as a critical reference for anyone doing clinical work or research in the field of chemical dependency

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