

PSYCHOLOGY PRACTITIONER

GUIDEBOOKS

**RATIONAL-EMOTIVE
THERAPY WITH
ALCOHOLICS AND
SUBSTANCE ABUSERS**

Albert Ellis
John F. McInerney
Raymond DiGiuseppe
Raymond J. Yeager

Rational Emotive Therapy With Alcoholics And Substances Abusers Psychology Practitioner Guidebooks Ser

Lisa Najavits



Rational Emotive Therapy With Alcoholics And Substances Abusers Psychology Practitioner Guidebooks Ser:

Rational-emotive Therapy with Alcoholics and Substance Abusers Albert Ellis, 1988 Albert Ellis John F McInerney Raymond DiGuiseppe and Raymond J Yeager present an application of Rational Emotive Therapy RET to alcohol and drug abusers From synopsis **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1989

Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 Current Catalog ,1989 First multi year cumulation covers six years 1965 70 *Medical and Health Care Books and Serials in Print*

,1997 **Evidence-Based Treatments for Alcohol and Drug Abuse** Paul M. G. Emmelkamp, Ellen Vedel, 2012-10-12 Evidence Based Treatments for Alcohol and Drug Abuse encompasses the developments in the field over the last decade blending theory techniques and clinical flexibility Research in the past decade has shown that substance abuse and substance dependence are treatable The field has witnessed the introduction of evidence based psychological and specific pharmacological treatments Unfortunately many of the empirical supported therapies for addictions are still not widely applied by practitioners The third volume in the Practical Clinical Guidebooks Series PCG Evidence Based Treatments for Alcohol and Drug Abuse defines the characteristics classification and prevalence of substance use disorders and provides the clinician with practical guidelines applicable across a variety of treatment settings and patient groups Drawing on the recent research in the field the authors provide the practicing clinician and student with an up to date understanding of the epidemiology etiology course and prognosis of substance abuse disorders that would be relevant to clinical practice In addition to describing phenomenology and etiology the book provides a comprehensive guide to the assessment and treatment of DSM IV TR substance abuse disorders SUDs including abuse and dependence of alcohol stimulants opiates hallucinogens cannabis marijuana sedative and party drugs Rational-Emotive Couples Therapy with Alcoholics Albert Ellis, 1989-01 Clinical Applications of Rational-Emotive Therapy Michael E. Bernard, A. Ellis, 2013-11-11 Since its launching in 1955 rational emotive therapy RET has become one of the most influential forms of counseling and psychotherapy used by literally thousands of mental health practitioners throughout the world From its beginnings RET has dealt with problems of human disturbance It presents a theory of how people primarily disturb themselves and what they can do particularly with the help of a therapist or counselor to reduce their disturbances Ellis 1957a b 1958a b 1962 Almost immediately after the creation of RET it became obvious that the methodology could be used in many other fields especially those involving human relations Ellis Ellis optimistic because it provides people with the possibility and the means for change Showing to people how their attitudes and beliefs are responsible for their emotional distress and interpersonal problems and not some out of conscious early childhood experience awakens in them the hope that in reality they have some control over their destiny **Reaching Their Minds** Dominic J. DiMattia, Theo IJzermans, 1996-01-01 Discusses REBT rational emotive behavior therapy a process involving significant self change in order to recover from alcohol or substance

abuse and how to handle lapses and relapses *Using Rational-Emotive Therapy Effectively* Michael E. Bernard, 1991-06-30

The initial conceptualization of this book was much more narrow than the final product that has emerged I started out believing that it would be enlightening to have a group of acknowledged rational emotive therapy RET expert practitioners with well established literary credentials write about how they approach the problem of modifying client irrationality Many RET practitioners of all levels of experience are on the one hand enamored of the economy the precision and the accuracy of psychological insight that RET theory offers but they are on the other hand equally frustrated by their own inability to persuade or otherwise change some of the clients they work with more quickly or even at all Indeed clients themselves frequently express the view that RET is illuminating yet they find themselves at the same time puzzled and perplexed by their inability to make the substantial changes that RET invites It became dearer as I discussed the project with many of the contributors that to practice RET effectively requires more than just innovative and persistent assessment and intervention techniques For example Russell Grieger expressed the view that more prerequisite work needs to be done on the value and philosophical systems of clients including personal responsibility and the philosophy of happiness before many clients can show significant shifts in their thinking Susan Walen raised the general issues of how effective RET can be in the treatment of biologically driven affective disorders

Overcoming Alcohol Use Problems Elizabeth E. Epstein, Barbara S. McCrady, 2009-04-24

Problems with alcohol use are common and often occur with other psychological and social problems as well Left untreated alcohol use disorder can have significant impact on a person's functioning health and relationships This cognitive behavioral treatment has been scientifically proven to help individuals achieve and maintain abstinence The treatment protocol has been developed with the benefit of each author's 25 years of clinical experience in treating substance abusers it is user friendly and easy to deliver in a clinically meaningful way Rooted in the client's individualized assessment and life context the program can be tailored to gender specific issues and personal needs The 12 session program is comprised of interventions to help the client stop drinking and prevent relapse The client becomes aware of his or her drinking patterns and triggers through self recording Each session involves skill training and anticipating high risk situations The client learns how to manage triggers deal with urges to drink rearrange behavioral consequences challenge alcohol related thoughts and refuse drinks Additional treatment components include managing anxiety and depression building social support assertiveness training anger management and problem solving This therapist guide provides detailed instructions for conducting each session sample dialogues and completed examples of forms Introductory chapters offer important background information a discussion of clinical issues and recommendations for assessment and determining the level of care The corresponding workbook allows the client to follow along with the information presented in session and includes forms for homework Overcoming alcohol problems is an attainable goal with this effective and comprehensive program TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have

been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER **Motivating**

Substance Abusers to Enter Treatment Jane Ellen Smith,Robert J. Meyers,2007-11-01 Filling a crucial need this book presents a time and cost effective therapy program oriented to the concerned significant other CSO who wants to motivate a family member or partner to seek help Community Reinforcement and Family Training CRAFT is a nonconfrontational approach that teaches CSOs how to change their own behavior in order to reward sobriety discourage substance use and ultimately to help get the substance abuser into treatment The CSO also gains valuable skills for problem solving and self care Step by step instructions for implementing CRAFT are accompanied by helpful case examples and reproducibles

Treating Alcohol and Drug Problems in Psychotherapy Practice Arnold M. Washton,Joan E. Zweben,2022-12-27 Providing a framework for treating substance use disorders SUDs in office based psychotherapy the second edition of this trusted work has been updated throughout and features two entirely new chapters The authors show how clinicians from any background can leverage the therapeutic skills they already have to address clients alcohol and drug problems competently and effectively Vivid case examples demonstrate ways to engage clients at different stages of change set collaborative treatment goals address SUDs concurrently with other psychological problems and interweave motivational cognitive behavioral and other interventions tailored to each individual s needs Reproducible forms and handouts can be downloaded and printed in a convenient 8 1 2 x 11 size Subject areas key words substance use disorders SUDs psychotherapists counselors counseling clients with patients addictions addictive behavior abuse harm reduction nonspecialists treatments practical guide alcoholism in recovery drinking and opioids Clinical audience clinical psychologists psychiatrists clinical social workers mental health counselors and psychiatric nurses *Treating Substance Abuse* Scott T. Walters,Frederick Rotgers,2011-12-13 Widely

adopted this state of the art work is grounded in the best available knowledge about substance abuse and its treatment The editors and contributors are leading authorities who provide a complete introduction to each of today s major evidence based treatment approaches from conceptual underpinnings to clinical applications The third edition has been revised and updated to reflect significant advances in research theory and technique Entirely new chapters cover the biology of substance use disorders treatment in primary care settings and case management The third edition retains the structure that makes the book so popular as a course text and practitioner resource Following an introductory overview paired chapters focus

respectively on the theory and practice of each approach including motivational contingency management cognitive behavioral 12 step family and pharmacological models Theory chapters explain basic assumptions about how people develop maintain and recover from substance use disorders and concisely review the research support for each approach Practice chapters then offer a start to finish view of treatment covering such crucial topics as the therapeutic relationship assessment procedures goal setting the sequencing of interventions how denial and resistance are addressed the role of self help groups and strategies for preventing and dealing with relapse Illustrative case examples are included The volume concludes with three chapters on integrating different techniques to meet patients needs in a range of clinical settings Written for a broad audience this book is an essential text for courses in substance abuse treatment and addiction counseling Experienced substance abuse clinicians including clinical psychologists clinical social workers psychiatric nurses counselors and psychiatrists will find it a valuable reference for staying up to date on current treatment approaches

Counseling and Therapy With Clients Who Abuse Alcohol or Other Drugs Cynthia E. Glidden-Tracey, 2005-03-23 Every day huge numbers of people use drugs or alcohol for recreation medication celebration stress management social lubrication or escape The abuse of psychoactive chemicals touches individual lives in countless ways and clients frequently hint in therapy sessions at problems related to substance misuse But historically substance abuse treatment has been regarded as a separate specialty for which students and trainees often prepare along tracks different from those leading to licensing or certification as psychotherapists Few non specialists feel completely competent and willing to grapple closely with the issues these clients present in spite of the fact that such problems are quite frequent among client populations In this book Cynthia Glidden Tracey lays out an integrated holistic and effective approach to clients inevitably intertwined problems which encourages all practitioners to develop skills for detecting assessing and addressing substance use whenever concerns about it emerge in the course of therapy She describes the frequent co occurrence of substance misuse and other mental health problems reviews therapy models and current professional questions and empowers practitioners with the latest scientific knowledge about the causes and effective treatment of addictions Throughout her points are grounded in rich clinical examples

A Practitioner's Guide to Rational-emotive Therapy Susan R. Walen, Raymond DiGiuseppe, Richard L. Wessler, 1980

Seeking Safety Lisa Najavits, 2002-01-01 This much needed manual presents the first empirically studied integrative treatment approach developed specifically for PTSD and substance abuse The manual is divided into 25 specific units or topics addressing a range of different cognitive behavioral and interpersonal domains The volume is designed for ease of use with a large format lay flat binding and helpful reproducible handouts and forms 4 01

Overcoming Your Alcohol or Drug Problem Dennis C. Daley, G. Alan Marlatt, 2006-06-15 This expanded edition of the successful Graywind title Managing Your Drug and Alcohol Problem Therapist Guide provides an evidence based treatment protocol for all types of substance use disorders Designed to accompany the Managing Your Addictive Behavior Workbook Second Edition this guide provides

clinicians with valuable strategies for working with substance use disorders by focusing on specific issues involved in both stopping substance abuse and changing behaviors or lifestyle aspects that contribute to continued substance abuse. In addition to addressing professional approaches, attitudes toward the substance abusing client, assessment, psychosocial and pharmacotherapeutic treatment, and self-help programs, this expanded edition also includes a new chapter on the management of a co-occurring psychiatric disorder. *Treatments That Work™* represents the gold standard of behavioral healthcare interventions. All programs have been rigorously tested in clinical trials and are backed by years of research. A prestigious scientific advisory board led by series Editor in Chief David H. Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date. Our books are reliable and effective and make it easy for you to provide your clients with the best care available. Our corresponding workbooks contain psychoeducational information, forms, and worksheets and homework assignments to keep clients engaged and motivated. A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources. Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER).

Clinical Guide to Alcohol Treatment Robert J. Meyers, Jane Ellen Smith, 1995-08-04 This book is the first complete guide to implementing the Community Reinforcement Approach (CRA), an empirically based, highly effective cognitive behavioral program for treating alcohol problems. CRA acknowledges the powerful role of environmental contingencies in encouraging or discouraging drinking and attempts to rearrange these contingencies so that a non-drinking lifestyle is more rewarding than a drinking one. Unique in its breadth, the approach utilizes social, recreational, familial, and vocational strategies to aid clients in the recovery process. This authoritative manual is a hands-on guide to applying these therapeutic procedures. The authors present a step-by-step guide to each component of the treatment plan, many of which have been shown to be effective forms of treatment in themselves. Topics include behavioral skills training, social and recreational counseling, marital therapy, motivational enhancement, job counseling, and relapse prevention. Each chapter provides detailed instructions for conducting a procedure, describes what difficulties to expect, and presents strategies for overcoming them. Sample dialogues between clients and therapists, annotated by the authors, further illuminate the treatment process. The book concludes with a chapter that both addresses the common mistakes made when implementing CRA and emphasizes the flexibility and benefits of this total treatment plan. This book is an invaluable resource for a wide range of practitioners, including psychologists, psychiatrists, substance abuse counselors, and social workers.

A Practitioner's Guide to Rational Emotive Behavior Therapy Raymond DiGiuseppe, 2013 Extensively updated to include clinical findings over the last two decades, this third edition of *A Practitioner's Guide to Rational Emotive Behavior Therapy* reviews the philosophy, theory, and clinical practice of Rational Emotive Behavior Therapy (REBT). This model is based on the work of Albert Ellis, who had an enormous influence on the field of psychotherapy over his 50 years of

practice and scholarly writing Designed for both therapists in training and seasoned professionals this practical treatment manual and guide introduces the basic principles of rational emotive behavior therapy

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