

Chemical Dependency Counselor Assistant Phase I Education Grid

Fundamentals of Addiction is an essential reference for counsellors and a comprehensive textbook for college and university level students in courses that address addictions. Written by more than 50 experts in addiction treatment and related fields, each chapter includes case examples, practice tips and print and online resources. This fourth edition of Alcohol & Drug Problems was renamed Fundamentals of Addiction to include behavioural or "process" addictions. Extensively revised, updated and expanded, this new edition is a valuable guide to helping people overcome the harmful, sometimes devastating, effects of addiction. Written by more than 50 experts in addiction treatment and related fields, Fundamentals of Addiction is a comprehensive guide to helping people overcome the harmful, sometimes devastating, effects of addiction.

Includes Practice Test Questions Addiction Counselor Exam Secrets helps you ace the Addiction Counseling Exam, without weeks and months of endless studying. Our comprehensive Addiction Counselor Exam Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. Addiction Counselor Exam Secrets includes: The 5 Secret Keys to Addiction Counselor Exam Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps,

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Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; A comprehensive Concepts review including: National Drug Control Strategy, Psychoanalytical Therapy, Professional Issues, Self-referral Process, Rational-Emotive-Behavioral Theory, Alcoholics Anonymous, Hallucinogens, Chemical Dependence, Addictive Behaviors, Stage Theory of Addiction model, Prescription Drugs, Alcohol, Psychoactive Chemicals, Benzodiazepines, Recovery/Relapse Grid, Professional Issues, Control Theory/Reality Theory, Gorski and Miller, Codependency, Ethical Decision Making, Domestic Violence, Sequential Treatment, Effects of Cocaine, Self-disclosure, Non-verbal Responses, Suicide Assessment, Effects of PCP, Axis I Disorders, Peter Bell, Counselor Practice, Person-Centered Therapy, Individual Therapy principles, and much more... The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition *Reflects

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significant developments in research and clinical practice.

*Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. *Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. *41 of the 58 handouts are new or revised; all are now downloadable. See also Substance Abuse Treatment and the Stages of Change, Second Edition, by Gerard J. Connors et al., which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts.

"The perfect handbook for the clinical supervisor." —Nancy Waite-O'Brien, director, Education and Training, Betty Ford Center "An outstanding contribution to the professional well-being of the addiction field." —Thomas McGovern, editor, Addiction Treatment Quarterly "Forever useful." —S. Beckett, education and training coordinator, National Association of Alcohol and Drug Abuse Counselors

Based on a decade of research and theory, Substance Use Disorders and Addictions examines co-occurring psychiatric disorders as the norm with substance use disorders and addictions. With more than 20 years of experience in the field as a clinician, a researcher, a program developer, and an instructor, Keith Morgen encourages a holistic approach to working with individuals, using a single case example throughout the text to encourage the sequential application of concepts to co-occurring disorders. With DSM-5 diagnostic criteria, the 2014 ACA code of ethics, and 2016 CACREP standards integrated throughout, readers will benefit from this applied and cutting-edge introduction to the field.

Drawing from the author's vast experience as teacher, researcher, and practitioner, Lawrence Shulman's DYNAMICS AND SKILLS OF GROUP COUNSELING equips students in the helping professions with a solid introduction to

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methods for effective group counseling. Guided by theory, empirical research, years of teaching experience, his own group practice, and the wisdom of colleagues, Shulman's text brings concepts to life with vivid cases that include Record of Service reports and dialogue from actual groups. These illustrative examples connect theory to current practice and address the day-to-day realities of leading counseling groups. Extremely practical, the book presents students with a clear format on how to run a group built around four phases of work: the preliminary (preparatory) phase; the beginning (contracting) phase; the middle (work) phase; and the ending and transition phase. Recognizing the broad applications of these methods, the latter part of the text shows how these lessons can be applied to a wide range of settings. Reflecting the latest research and practices, **DYNAMICS AND SKILLS OF GROUP COUNSELING** delivers an insightful, authoritative, and comprehensive introduction to the field. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This report is based on a rethinking of the concept of motivation, which is redefined here as purposeful, intentional, & positive -- directed toward the person's best interests. This report shows how substance abuse treat. staff can influence change by developing a therapeutic relationship that respects & builds on the client's autonomy & makes the treat. clinician a partner in the change process. Describes motivational interventions that can be used at all stages of the change process, from pre-contemplation & preparation to action & maintenance, & informs readers of the research, results, tools, & assessment instruments related to enhancing motivation.

For those who may have alcoholics in their personal or professional lives, this book describes the indicators of

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alcoholism, many of which seem too subtle and innocuous to suggest addiction. Listing more than 80 alcoholic forms of behavior and clues, such as the supreme-being complex and mental confusion, this guide links physical signs and behavioral changes to the various stages, explaining the brain chemistry that impels the afflicted person to drink addictively and act destructively. A compelling case for awareness and identification of alcohol-related symptoms and an attempt to avoid tragic and unsatisfactory events and outcomes, this behavioral examination is supplemented with endnotes, a bibliography, and recommendations for courses of action. The research conducted for this book incorporated extensive interviews with medical professionals and hundreds of recovering alcoholics.

From the Preface: This manual, *Child Protective Services: A Guide for Caseworkers*, examines the roles and responsibilities of child protective services (CPS) workers, who are at the forefront of every community's child protection efforts. The manual describes the basic stages of the CPS process and the steps necessary to accomplish each stage: intake, initial assessment or investigation, family assessment, case planning, service provision, evaluation of family progress, and case closure. Best practices and critical issues in casework practice are underscored throughout. The primary audience for this manual includes CPS caseworkers, supervisors, and administrators. State and local CPS agency trainers may use the manual for preservice or inservice training of CPS caseworkers, while schools of social work may add it to class reading lists to orient students to the field of child protection. In addition, other professionals and concerned community members may consult the manual for a greater understanding of the child protection process. This manual builds on the information presented in *A Coordinated Response to Child Abuse and Neglect: The Foundation for*

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Practice. Readers are encouraged to begin with that manual as it addresses important information on which CPS practice is based-including definitions of child maltreatment, risk factors, consequences, and the Federal and State basis for intervention. Some manuals in the series also may be of interest in understanding the roles of other professional groups in responding to child abuse and neglect, including: Substance abuse treatment providers; Domestic violence victim advocates; Educators; Law enforcement personnel. Other manuals address special issues, such as building partnerships and working with the courts on CPS cases. "The book has two primary goals. The first is to challenge and strengthen the reader's understanding of addiction by exploring how others in the field have come to know it. We hope that this will enable the reader to create a clear and logically consistent perspective on addiction. The second goal is to show the reader how theory and research are important to both the prevention and the treatment of substance abuse. This information should provide the reader with an array of strategies for addressing substance abuse problems and help make him or her an effective practitioner"--

This skill-building primer provides a framework for understanding substance abuse and teaches the basic concepts and skills necessary for effective counseling of clients with substance use disorders. In Part I, Dr. Yalisove discusses counselor roles and the fundamental principles of substance abuse counseling. He then provides a synopsis of several key substance abuse theories as well as his own Building Session Goals and Strategies method and the Eight Stage Process of Counseling approach, all of which are practical, compatible means for learning and mastering clinical counseling skills. Part II illustrates applications of the tenets of these approaches in clinical situations-from beginning counseling sessions through termination-using

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experiential exercises, role-plays, and clinical scenario examples. Chapters on group work, counseling clients with dual disorders, family counseling, and working with diverse client populations follow. A helpful chapter on creating client treatment plans and writing clinical reports rounds out the book. Dr. Yalisove's clear and concise writing style and his practical approach to developing critical thinking and counseling skills makes this an ideal supplemental text for addictions courses.--Amazon.com.

Clinical supervision (CS) is emerging as the crucible in which counselors acquire knowledge and skills for the substance abuse (SA) treatment profession, providing a bridge between the classroom and the clinic. Supervision is necessary in the SA treatment field to improve client care, develop the professionalism of clinical personnel, and maintain ethical standards. Contents of this report: (1) CS and Prof. Develop. of the SA Counselor: Basic info. about CS in the SA treatment field; Presents the how to of CS.; (2) An Implementation Guide for Admin.; Will help admin. understand the benefits and rationale behind providing CS for their program's SA counselors. Provides tools for making the tasks assoc. with implementing a CS system easier. Illustrations.

Accessible and unbiased, *Careers in Mental Health* introduces upper-level high school students and beginning undergraduates to the different aspects of various mental health professions. Contains essential career advice for anyone considering an advanced degree in one of the "helping" professions within mental health. Covers clinical psychology, counseling psychology, social work, counseling, marriage and family therapy, substance abuse counseling, and school psychology. Clarifies the distinctions between professions by discussing the history and philosophy of each field, requirements for advanced education, licensing,

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available jobs, salary potential, and more Includes a section with practical information applicable to all the professions, such as characteristics for success, ethical issues, the importance of critical thinking, applying to graduate school, and current issues affecting the field of mental health This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Perfect as the major resource in first courses in Substance Abuse Counseling and Drugs and Behavior or for general clinicians as an on-the-job resource. This guide is designed to increase the knowledge base of the reader/student about alcohol, tobacco, and other drugs (ATOD) and to help them more clearly understand the process of working with clients who are misusing or abusing these drugs—now updated to include the changing substance abuse problems in our nation and around the world. Recognized for its clarity, accessibility, and practical approach, this widely used text thoroughly examines substance abuse in the population, addressing ways to measure the problem and ways to treat individuals and families who seek assistance. The authors educate prospective and practicing clinicians and counselors by guiding them, step-by-step, through the process of working with substance-abuse clients. While the chapters generally build on each other as they take readers through the theory and practice of substance abuse counseling, each chapter can be used as a stand-alone source of valuable information. Illustrative case studies with critical thinking questions. Written as an introduction to the field of addiction counseling, this text covers the fundamental knowledge and skills necessary to counsel people who are struggling with addiction. Drs. Brooks and McHenry provide a straightforward and holistic approach to treatment and recovery, from the major theoretical underpinnings, to assessment and

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diagnosis, to relapse prevention and spirituality. With a focus on current clinical applications and how-tos, this book is ideal both for master's-level addictions courses and mental health clinicians. Topics covered are cultural and gender issues, including work with LGBT clients; drug classifications and referral; assessment, diagnosis, and interview techniques; the continuum from nonuse to addiction; work in college/university, school, and community/mental health agency settings; developmental approaches in treatment; the role of the family; grief and loss in addiction; group counseling; relapse and recovery; spirituality and support groups; addictions training, certification, and ethics; and the importance of counselor self-care. Exploration questions and suggested activities are presented in each chapter.

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The Beaten Path brings information on addiction, treatment, recovery, relapse and relapse prevention that is tried, tested and considered most effective by the majority in the mainstream of this field. Complicated and difficult-to-understand principles of addiction, treatment, recovery and relapse are explained in a simple, practical and interesting way. The Beaten Path was written for anyone who is seeking to understand why addiction begins and what can be done about it. The author, Larry Maule Jr., is a member of The Certification Board of Addictions Professionals of Florida and has worked with men, women and adolescents as a professional addictions counselor since 1989. He organized and directed the development of Restoration Ministries of Tampa Bay Inc. in 2000. Larry has also been in personal recovery since 1984. Being on both sides of treatment has

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given Larry the practical knowledge and experience he shares in this book.

Careers in Mental Health Opportunities in Psychology, Counseling, and Social Work John Wiley & Sons

Step by step, detailed instructions how to be certified, get office space, marketing, billing, appearance, rapport, legal protection...All the details, big and small. A lucrative, fulfilling career without a degree and very little start-up money. Private counseling: It's about time.

"Created to meet the unique needs of addiction professionals, this practical resource offers suggestions for effectively using activities in groups. It addresses common issues counselors frequently need to discuss with clients and provides an array of "tried and true" techniques and exercises designed to help clients develop interpersonal relationship skills and the individual awareness needed to make responsible choices. The accompanying CD-ROM contains all the exercises allowing therapists to customize them to fit their needs"--Provided by publisher.

For those who show heavier patterns of drinking, frequent binge drinking, regular nicotine intake, or early onset of substance use, interventions are required to prevent serious consequences of problem use and alter the path toward substance use disorder (SUD).² Such interventions include practices shown to delay substance use initiation in adolescents and reduce substance misuse and its associated consequences in young adulthood. Effective prevention practices address factors that place young adults at increased risk for substance misuse-or protect them from substance misuse-and often focus on youth who may be more vulnerable due to their life circumstances, sexual orientation, and preexisting health conditions.

This volume provides a comprehensive review of the essentials of the Therapeutic Community (TC) theory and its

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practical "whole person" approach to the treatment of substance abuse disorders and related problems. Part I outlines the perspective of the traditional views of the substance abuse disorder, the substance abuser, and the basic components of this approach. Part II explains the organizational structure of the TC, its work components, and the role of residents and staff. The chapters in Part III describe the essential activities of TC life that relate most directly to the recovery process and the goals of rehabilitation. The final part outlines how individuals change in the TC behaviorally, cognitively, and emotionally. This is an invaluable resource for all addictions professionals and students.

Reflecting the latest content in the DSM–5, *The Spectrum of Addiction: Evidence-Based Assessment, Prevention, and Treatment Across the Lifespan* presents a comprehensive overview of addictive behaviors and habits from early use through risky use, severe-risk use, and addiction. Authors Laura Veach and Regina Moro draw from their experience in both teaching and counseling to provide real-world knowledge and evidence-based practices for working with clients who fall within the spectrum of addiction ranging from experimentation to physical addiction and recovery. With a unique focus on neuroscience, integration of CACREP standards, and extensive coverage of addictions across the lifespan, the book serves as a practical resource for future addiction counselors.

In this congressionally mandated study, an expert committee of the Institute of Medicine takes a close look at where treatment for people with alcohol problems seems to be headed, and provides its best advice on

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how to get there. Careful consideration is given to how the creative growth of treatment can best be encouraged while keeping costs within reasonable limits. Particular attention is devoted to the importance of developing therapeutic approaches that are sensitive to the special needs of the many diverse groups represented among those who have developed problems related to their use of "man's oldest friend and oldest enemy." This book is the most comprehensive examination of alcohol treatment to date.

An Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book Recommendation. Winner of the 4Th International Beverly Hills Book Awards in the category of Addiction & Recovery! Is your addiction taking control of your life? This book provides an integrative, seven-step program to help you finally overcome drug and alcohol addiction, once and for all. If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors. On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-

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based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction. If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life. Offers guidance on how to integrate evidence-based practices (EBP) for substance abuse treatment (SAT) into clinical practice. It suggests efficient solutions for implementing change based on proven methods. It explains how to assess an organization's capacity to identify priorities, implement changes, evaluate progress, and sustain effective programs over the long run. This publication will be of use for any treatment program or agency implementing change or EBP. Over the past two decades, EBP for SAT have shifted dramatically from 28-day, 12-Step-based programs to individualized treatment that addresses a client's multiple needs. Providers now implement increasingly specialized interventions, incl. pharmacotherapy, with fewer resources. Illus.

Motivational Interviewing and Stages of Change without CE Hours Test

Theory and Practice of Addiction Counseling by Pamela S. Lassiter and John R. Culbreth brings together contemporary theories of addiction and helps readers connect those theories to practice using a common multicultural case study. Theories covered include motivational interviewing, moral theory, developmental theory, cognitive behavioral theories, attachment theory,

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and sociological theory. Each chapter focuses on a single theory, describing its basic tenets, philosophical underpinnings, key concepts, and strengths and weaknesses. Each chapter also shows how practitioners using the theory would respond to a common case study, giving readers the opportunity to compare how the different theoretical approaches are applied to client situations. A final chapter discusses approaches to relapse prevention.

A widely adopted practitioner resource and course text, this book shows how to apply knowledge about behavior change in general -- and the stages-of-change model in particular -- to make substance abuse treatment more effective. The authors are leaders in the field who describe ways to tailor interventions for clients with varying levels of motivation or readiness to change. They draw on cutting-edge theory and research on the transtheoretical model to explain what works (and what doesn't work) at different stages of change. Rich clinical examples illustrate the "whats," "whys," and "how-tos" of using the stages-of-change model to inform treatment planning and intervention for individuals, groups, couples, and families. New to This Edition *Reflects the ongoing development of the stages-of-change model and research advances over the past decade. *Chapter on stage-based brief interventions in health care, social service, and community settings. *Group treatment chapter has been significantly revised. *Expanded coverage of the change processes relevant to each stage. See also *Group Treatment for Substance Abuse, Second Edition*, by Mary Marden Velasquez et al., a

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manual for a group-based approach grounded in the transtheoretical model.

For nearly three decades, methadone hydrochloride has been the primary means of treating opiate addiction. Today, about 115,000 people receive such treatment, and thousands more have benefited from it in the past. Even though methadone's effectiveness has been well established, its use remains controversial, a fact reflected by the extensive regulation of its manufacturing, labeling, distribution, and use. The Food and Drug Administration regulates the safety and effectiveness of methadone, as it does for all drugs, and the Drug Enforcement Administration regulates it as a controlled substance. However, methadone is also subjected to a unique additional tier of regulation that prescribes how and under what circumstances it may be used to treat opiate addiction. Federal Regulation of Methadone Treatment examines current Department of Health and Human Services standards for narcotic addiction treatment and the regulation of methadone treatment programs pursuant to those standards. The book includes an evaluation of the effect of federal regulations on the provision of methadone treatment services and an exploration of options for modifying the regulations to allow optimal clinical practice. The volume also includes an assessment of alternatives to the existing regulations.

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The leading text on the biological and psychological relationship between mental illness and addiction, *Dual Disorders* contains important resources for individuals and their families. Depression.

Schizophrenia. Post-traumatic stress disorder.

Millions of individuals diagnosed with psychiatric or emotional disorders must battle an equally menacing and powerful disease--chemical dependency. First published in 1993, *Dual Disorders* is the leading text on the biological and psychological relationship between mental illness and addiction. The third edition of this Hazelden best-seller includes the latest research, information about medications, and an explanation of diagnostic criteria. Key features and benefits: outlines the relationship between chemical dependency and psychiatric disorders; contains important resources for chemically dependent individuals and their families; and presents practical relapse prevention strategies.

The best-selling *Chemical Dependency Counseling: A Practical Guide* provides counselors and front-line mental health professionals with the information and skills they need to use evidence-based treatments, including motivational enhancement, cognitive behavioral therapy, skills training, medication, and 12-step facilitation. Guiding the counselor step by step through treatment, author Robert R. Perkinson presents state-of-the-art tools, forms, and tests necessary for client success while meeting the

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highest standards demanded by accrediting bodies. The Fifth Edition of this landmark text has been updated to include coverage of current topics of concern for counselors, including full compliance with DSM-5, new coverage of steps 6 – 12 in 12-step facilitation, discussions on synthetic and designer drugs, new psychotherapeutic medications, new survey data on patterns of use and abuse, a list of online recovery support groups for clients, and a new section on Recommendations for a Successful First Year in Recovery.

This manual presents the first empirically studied, integrative treatment approach developed specifically for co-occurring PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety--to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 25 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach "safe coping skills" that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, topics can be conducted in any order and in a range of different formats and

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settings. The volume is designed for maximum ease of use with a large-size format and helpful reproducible therapist sheets and handouts, which purchasers can also download and print at the companion Web page. See also the author's self-help guide *Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both*, an ideal client recommendation.

SUBSTANCE ABUSE COUNSELING, Fifth Edition, is at the cutting edge of the addiction field, combining a focus on the most current empirical studies with a firm belief that clients must be treated with a collaborative and respectful approach. These core values lay the basis for individualized treatment planning, attention to the client's social environment, a multicultural perspective, and a recognition that client advocacy is part of the counselor's role.

Authors Lewis, Dana, and Blevins believe strongly that clients differ not only in the specific behaviors and consequences associated with their drug use but also in culture, gender, social environments, physical concerns, mental health, and a host of other variables. Using an integrated approach, the authors describe innovative methods for meeting clients' needs through personalized assessment, treatment planning, and behavior change strategies, showing students how to select the most effective treatment modalities for each client. Updated with new references, this edition features a stronger emphasis

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on motivational interviewing, expanded material on ethical considerations, coverage of cultural and diversity considerations in every chapter, and digital downloads of key forms that appear throughout the text. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

In *Counseling Addicted Families*, Gerald A. Juhnke and William Bryce Hagedorn recognize that even those treatment providers who understand the importance of the familial context of addiction are often stymied by the variety of family treatment theories and their often imperfect fit for cases of addiction. In this book, Juhnke and Hagedorn provide a truly integrated model for assessment and treatment. Based upon the authors' combined twenty-three years of experience in clinical and treatment supervision, the Integrated Family Addictions Model consists of six progressive treatment tiers which organize the relevant family treatment theories into a graduated and coherent sequence, beginning with the briefest and least costly forms of therapy.

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