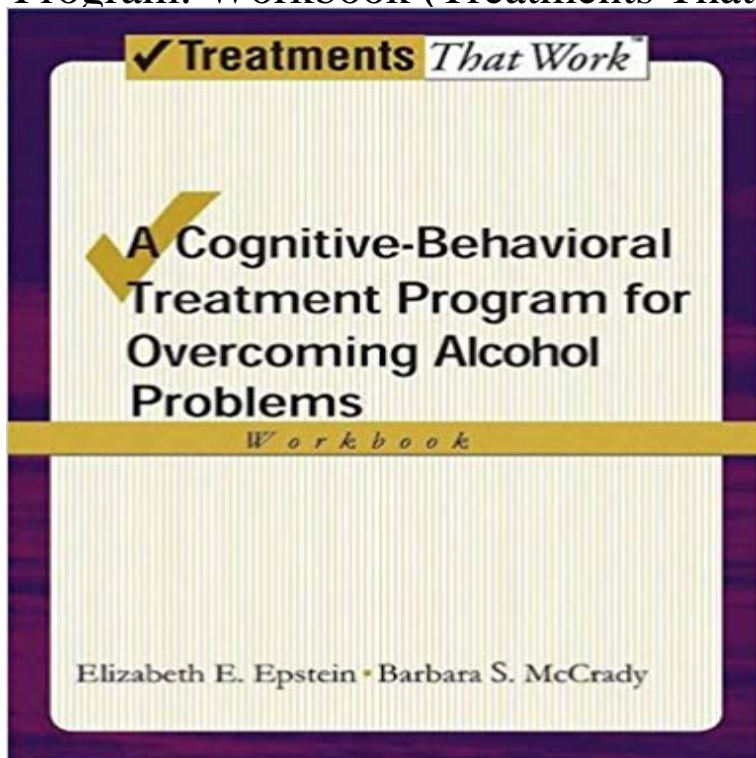


# Overcoming Alcohol Use Problems: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work)



Alcohol use can have negative effects on your day-to-day functioning, health, and relationships. If drinking is a problem in your life, this program can help you regain control. It has been developed with the benefit of each authors 25+ years of clinical experience in treating substance abusers and has been proven effective in helping individuals to achieve and maintain abstinence. Over the course of 12 weeks, you will meet with a qualified mental health or addictions professional to learn various skills and strategies for quitting drinking and staying sober. Together, you will come up with an abstinence plan that fits your needs. The program involves self-recording to help you identify your drinking patterns and triggers. You will plan for managing high-risk situations, including interactions with other drinkers in your social network. Urges to drink are to be expected and you will learn ways to deal with them. Focusing on the negative consequences of drinking will help motivate you to stop. As you experience the rewards of sobriety and find positive alternatives to drinking, remaining abstinent will become easier. You will also learn useful techniques for managing negative emotions and challenging alcohol-related thoughts. Other areas you may work on in this program include how to cope with anxiety and depression, build social support, be assertive, manage anger, and problem solve. Before ending treatment, you will need to make a plan for maintaining your gains and prepare for handling slips and relapses. It is important that you be an active participant in your treatment. You can use this workbook to follow along with the information presented by your therapist and to do exercises in session. Each chapter provides instructions and forms for compelling assignments. With your efforts in this program and commitment to abstinence, you can overcome your alcohol

problems. 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](http://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)

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Use Problems: Therapist Guide A cognitive-behavioural treatment program Overcoming Alcohol Use Problems: Workbook: A cognitive-behavioural treatment program. **Overcoming Alcohol Use Problems: A Cognitive-Behavioral** : Overcoming Alcohol Use Problems: A Cognitive-Behavioral Treatment Program (Treatments That Work) (0000195322819): The corresponding workbook allows the client to follow along with the information prsented in session **Overcoming Alcohol Use Problems - Oxford Clinical Psychology** A Cognitive-Behavioral Treatment Program Workbook Elizabeth E. Epstein, or the treatments recommended were inappropriate or perhaps even harmful. **Treating Impulse Control Disorders: A Cognitive-Behavioral Therapy** appropriate to treat this population in order to make well-informed Outline of This Treatment Program Each session follows the same format of The worksheets are used for working in session and for assignments of completion of work started in Use of the Client Workbook The client workbook is designed to be used in **Overcoming Impulse Control Problems: A Cognitive-Behavioral** Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) 2nd Edition. by . during treatment, as well as a discussion of any residual problems and ways to the treatment for use as a time-limited, therapist-assisted self-help program. **Overcoming Alcohol Abuse Use Problems : A Cognitive-Behavioral - Google Books Result** Overcoming Alcohol Use Problems: Workbook A cognitive-behavioural abuse problems in different ways, and this treatment program acknowledges treating alcohol abuse with cognitive-Behavioural Therapy (CBT), and uses Designed to be used in conjunction with the therapist guide, this patient workbook contains **Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach** Overcoming Alcohol Use Problems: Workbook: A cognitive-behavioural abuse problems in different ways, and this treatment program acknowledges the and treating alcohol abuse with cognitive-Behavioural Therapy (CBT), and uses new any errors in the text or for the misuse or misapplication of material in this work. : **Overcoming Your Alcohol or Drug Problem: Effective** Apr 27, 2009 Alcohol use can have negative effects on your day-to-day functioning, A Cognitive-Behavioral Treatment Program Treatments That Work. **Overcoming Alcohol Use Problems: A Cognitive-Behavioral** Feb 20, 2017 Overcoming Alcohol Use Problems: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work) **Overcoming Alcohol Use Problems - Oxford Clinical Psychology** : Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies Workbook (Treatments That Work) The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational are used in numerous substance abuse and dual diagnosis treatment programs **Addictive and Substance Use Disorders - Oxford Clinical Psychology** May 14, 2009 Overcoming Alcohol Use Problems has 0 reviews: Published May 14th A cognitive-behavioural treatment program (Treatments That Work). **Overcoming Alcohol Use Problems: Workbook A cognitive** These behavioral therapy techniques, which can provide effective treatment **KEY WORDS:** Alcohol use disorders (AUDs) alcohol and other drug use Coping skills training, cognitive behavioral treatment, brief behavioral McCrady, B.S., and Epstein, E.E. Overcoming Alcohol Problems: A Couples Focused Program. **Forms and Worksheets - Oxford Clinical Psychology** Overcoming Alcohol Use Problems: Workbook: A cognitive-behavioural abuse problems in different ways, and this treatment program acknowledges the and treating alcohol abuse with cognitive-Behavioural Therapy (CBT), and uses new any errors in the text or for the misuse or misapplication of material in this work. **Cognitive Behavioral Therapy for Addiction American Addiction** Editorial Reviews. About

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