



# Substance Abuse and Addiction Treatment: Practical Application of Counseling Theory

By Todd F. Lewis

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## Substance Abuse and Addiction Treatment: Practical Application of Counseling Theory By Todd F. Lewis

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*Substance Abuse and Addiction Treatment* shows how to help clients struggling with addiction by looking through the lens of counseling theory. After tackling basic concepts of substance abuse and dependence counseling, it looks at different counseling theories and how each supports the client with substance abuse issues. Offering more how-to's than most books, the author provides concrete descriptions of counseling theory in action, so readers know how to intervene during a real counseling session. A consistent case study is used throughout the entire book to illustrate different treatment approaches and techniques. The Enhanced Pearson eText features embedded video.

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### Editorial Review

From the Back Cover

*Theory-based approaches to substance abuse counseling.*

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- **Looks at substance abuse counseling through the lens of counseling theories**—focusing on treatment techniques based on major counseling theories.
- **Emphasizes theoretically-grounded counseling interventions**—working on essential how-to's.
- **Provides concrete descriptions of counseling theory in action**—showing what it looks like to treat a client with substance abuse from different theoretical perspectives.
- **Follows a consistent chapter organization**—that introduces the theory, explains its major tenets, applies the theory to substance abuse counseling, includes multicultural considerations, illustrates with a case study, and then summarizes strengths, limitations, and ethical issues.
- **Uses a consistent case study**—to illustrate different approaches to substance abuse counseling.

### About the Author

Todd F. Lewis is an Associate Professor of Counseling and Counselor Education at North Dakota State University. He is a Licensed Professional Counselor and a National Certified Counselor. Dr. Lewis is past Treasurer and President of the International Association of Addictions and Offender Counselors (IAAOC), a subdivision of the American Counseling Association and previously served as the IAAOC representative on the Governing Council of the American Counseling Association.

Throughout his career, Dr. Lewis has taught graduate level students in motivational interviewing (MI), addictions and substance abuse, counseling theory, behavior change, assessment, diagnosis, and treatment planning. Dr. Lewis has presented on these topics at numerous local, state, national, and international venues. He has published numerous research articles related to behavior change, substance abuse, collegiate drinking, and theoretical approaches to addictions treatment and MI. He has twice received the Exemplary Research Award from IAAOC for his research. He has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2012 and regularly teaches and conducts courses and workshops teaching and modeling beginning and advanced MI. Dr. Lewis has been active on research teams that have secured both internal and external funding for his work. In addition to his full time faculty work, Dr. Lewis has garnered significant clinical experience where he has coordinated substance abuse clinical research and treatment services with clients struggling with a range of substance use problems.

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