



Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies Therapist Guide, 2nd Edition (Treatments That Work)

By Dennis C. Daley, G. Alan Marlatt

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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.

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Editorial Review

Review

There are so many people suffering from drug and alcohol problems, this should be must reading for all practitioners. It is full of extremely useful information from renowned experts and can be adapted to a variety of treatment settings. The authors have used evidence-based interventions as the foundation for their approach. * Doody's Journal *

About the Author

Daley has over 240 publications, including clinician treatment manuals, family and client educational books, workbooks, and videotapes on recovery from alcohol and drug problems, recovery from psychiatric disorders, recovery from dual disorders, and relapse prevention. He was the first professional in the United States to publish interactive workbooks on co-occurring disorders, and one of the first to publish similar materials on recovery from addiction. Dr. Daley's treatment models and recovery materials are used in numerous substance abuse and dual diagnosis treatment programs throughout the United States and other countries. Marlatt is a Fellow of both the American Psychological Association and the American Psychological Society, and is a former president of the Association for Advancement of Behavior Therapy. He served as a member of the National Advisory Council on Drug Abuse at the National Institute on Drug Abuse from 1996 to 2002, and served on the National Advisory Council on Alcohol Abuse and Alcoholism Subcommittee on College Drinking from 1998 to 2001.

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