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# **Overcoming Alcohol Problems**

*Workbook for Couples*

Barbara S. McCrady  
Elizabeth E. Epstein

# Overcoming Alcohol Problems A Couples Focused Program Treatments That Work

**Roxane Salyer Lulofs, Dudley D. Cahn**



## **Overcoming Alcohol Problems A Couples Focused Program Treatments That Work:**

*Overcoming Alcohol Problems* Barbara S. McCrady, 2008      *Overcoming Alcohol Problems* Barbara S.

McCrady, Elizabeth E. Epstein, 2008-12-02 This therapist guide outlines a treatment program for couples wherein one partner has an alcohol use disorder Based on the principles of CBT this 12 session couples focused program is designed not only to help the drinking partner stop drinking but also to help his or her partner change behaviors that may contribute to the drinker's problem Another aim of treatment is to enhance the couple's relationship *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](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      **Alcohol and Alcohol-related Diseases** Sebastian

Mueller, Markus Heilig, 2023-10-24 Alcohol is one of the major risk factors for negative health outcomes worldwide It accounts for more than 60 alcohol related diseases ranging from addiction through liver cirrhosis to cancer Collectively these conditions account for mortality and morbidity that make alcohol use one of the leading preventable causes of disability adjusted life years DALYs lost globally In this book an international faculty covers all aspects of alcohol related disorders ranging from addiction alcohol use disorders AUD to alcohol related diseases of other organs such as liver heart or cancer A special focus is to reach out to primary care physicians who are in the front line of this major health problem The book also provides an update for addiction specialists as well as specialists in internal medicine gastroenterology and hepatology The book is divided into sections that include epidemiology alcohol use disorders and addiction alcohol related liver disease alcoholic hepatitis primary care and interdisciplinary approaches and other alcohol related diseases Besides current diagnostic measures and treatment strategies the book deals with the many underlying molecular and genetic mechanisms of alcohol toxicity Novel insights include prospective data on all cause mortality and the emerging major role of alcohol mediated hemolysis and enhanced red blood cell turnover The book also aims at guiding policy makers to handle the topic of alcohol in our society more responsibly      *The Continuum of Care Treatment Planner* Chris E. Stout, Timothy J. Bruce, Arthur E. Jongsma, Jr., 2025-04-03 Create customized formal treatment plans with over 1 000 professional goal and intervention statements The Continuum of Care Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the process of planning treatments for adults and adolescents The authors provide a thorough

introduction to treatment planning along with the elements necessary to quickly and easily develop formal customizable treatment plans Treatment planning statements satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This planner provides treatment planning components for anxiety bipolar disorder depression eating disorders posttraumatic stress disorder substance use disorders and beyond Following the user friendly format that has made the Treatment Planners series so popular this book smooths the planning process so you can spend less time on paperwork and more time with clients Get definitions treatment goals and objectives therapeutic interventions and DSM 5 diagnoses for mental disorders in adults and adolescents Employ over 1 000 polished goals and intervention statements as components of provider approved treatment plans Use workbook space to record customized goals objectives and interventions Access a sample plan that meets all requirements of third party payers and accrediting agencies including the JCAHO This updated edition of The Continuum of Care Treatment Planner is a valuable resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals who work with adult and adolescent clients

**Clinical Handbook of Couple Therapy, Fifth Edition** Alan S. Gurman, Jay L. Lebow, Douglas K. Snyder, 2015-05-28 Regarded as the authoritative reference and text this handbook presents the most effective widely studied approaches to couple therapy The distinguished coeditors bring together other leading experts most of whom developed the approaches they describe Adhering closely to a uniform structure to facilitate study and comparison chapters cover the history theoretical and empirical underpinnings and techniques of each model The volume also describes cutting edge applications for particular relationship contexts such as blended families LGBT couples and separated couples and clinical problems such as partner aggression psychological disorders and medical issues New to This Edition Chapters on interpersonal neurobiology and intercultural relationships Chapters on couple therapy for PTSD functional analytic couple therapy and the integrative problem centered metaframeworks approach Many new authors Extensively revised with the latest theory and research See also Clinical Casebook of Couple Therapy edited by Alan S Gurman which presents in depth illustrations of treatment

**Counselling for Alcohol Problems** Richard Velleman, 2011-01-18 Counselling for Alcohol Problems third edition is a practical and bestselling guide to working with people who have problems with their use of alcohol It is the key book recommended by most alcohol counselling courses in the UK including the Scottish national alcohol counsellors training scheme The author provides clear guidance for counsellors and demonstrates the need to treat every client as an individual attempting to understand and therefore enable the client to understand what they are doing and why This new edition includes New content on the current political social and counselling context surrounding alcohol use A wider range of case studies New ideas that help students and trainees develop the skills and strategies they need for working with their clients Further guidance for generic or non alcohol counsellors who face alcohol problems with their clients This third edition is an invaluable resource for practitioners both those specialising in work with alcohol misusers and those who encounter problem

drinkers in the context of a more general counselling practice      *Alcohol Health and Research World* ,1990

**Sociological Abstracts** Leo P. Chall,2000 CSA Sociological Abstracts abstracts and indexes the international literature in sociology and related disciplines in the social and behavioral sciences The database provides abstracts of journal articles and citations to book reviews drawn from over 1 800 serials publications and also provides abstracts of books book chapters dissertations and conference papers      Developing Research in Nursing and Health Carol Noll Hoskins,1998 This book was designed to present the elements of conducting and understanding nursing research in a quick reference format Although it was originally created for doctoral students the material can be used by students at the BSN and masters levels and by practicing nurses      Conflict Roxane Salyer Lulofs,Dudley D. Cahn,2000 Providing the most complete coverage of conflict available this book represents a total approach to the study of conflict Solid research and theory help readers better understand the nature of conflict while practical material helps them make better communication choices In addition to considering what people bring into a conflict in terms of their attitudes beliefs values and personal characteristics the book offers new ideas and attitudes to help readers approach conflict more effectively The extensive use of suggestions applications narratives and case studies makes this volume an accessible and useful resource The book deals with conflict from beginning to end from perception of the problem to agreement that it has been resolved or managed It introduces the idea that conflict is inevitable explores its consequences then looks at conflict in the context of values attitudes and beliefs followed by gender and culture Next the book describes types of conflict its phases and cycles and conflict styles strategies and tactics with special attention to collaboration as the preferred strategy The last half of the book covers social psychological and communication perspectives research on conflict and intimacy choosing among the communication options available effectively confronting others cooperative negotiation in win lose situations the escalation of conflict into anger and stress and impression management The book ends with a discussion of conflict forgiveness and reconciliation For anyone interested in understanding and dealing with conflict more effectively      **The Young Women's Handbook** Institute for Women's Policy Research,1991      *Overcoming Alcohol Problems* Barbara S. McCrady,2009 Cognitive behavioural therapy has been proven extremely effective in treating alcohol abuse problems Since both members of a couple are affected when one partner abuses alcohol this CBT based programme is designed to treat them together to help the drinker overcome his or her problem      *The Stanford Magazine* ,1982      **Quaker Life** ,1997      **Papers Presented at the ... International Institute on the Prevention and Treatment of Alcoholism** ,1994      The Resource Guide for Christian Counselors Douglas R. Flather,1995 This referral directory gives the user immediate access to essential up to date Christian counseling resources It is organized alphabetically under 46 general topics that encompass counseling issues professional issues and educational issues      Alcohol and Human Behavior P. Clayton Rivers,1994 Surveys the critical issues discussed in the field pointing out how each issue has been approached from several theoretical perspectives      **Field Guide to Child Welfare:**

**Case planning and family-centered casework** Judith S. Rycus, Ronald C. Hughes, 1998      *Subject Guide to Children's Books in Print 1997* Bowker Editorial Staff, R R Bowker Publishing, 1996-09      **Empowering Families, Helping Adolescents**, 1996

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