

The First Session with Substance Abusers

A Step-By-Step Guide

Nicholas A. Cummings
Janet L. Cummings

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Psychotherapy for the Treatment of Substance Abuse Marc Galanter, Herbert D. Kleber, 2011 In Psychotherapy for the Treatment of Substance Abuse leading authorities on substance abuse treatment techniques review and illustrate the most common interventions for opioid related and alcohol related substance abuse disorders as well as crucial methodologies for testing and patient placement Methods reviewed include self help fellowships such as Alcoholics Anonymous cognitive behavioral and psychodynamic treatments motivational enhancement group and family therapy contingency management and the multimodal approach called Network Therapy which recruits the support of friends and family to prompt abstinence and prevent relapse Each chapter includes vivid case studies to illustrate the approach described as well as a review of the key clinical concepts and a list of essential readings Adapting a new clinically focused manual from their popular American Psychiatric Publishing Textbook of Substance Abuse Treatment now in its fourth edition Dr Galanter and Dr Kleber have designed Psychotherapy for the Treatment of Substance Abuse to be of practical application to both experienced clinicians and those new to the field The accompanying DVD demonstrates Network Therapy in practice and includes enlightening commentary on key issues that are relevant across the many modalities of substance abuse treatment discussed in the book

Behavioral Integrative Care William T. O'Donohue, Michelle R. Byrd, Nicholas A. Cummings, Deborah A. Henderson, 2005-07-05 Integrated care is arguably one of the most important developments in the delivery of health care over the last few years This new approach to health care roughly defined as the provision of behavioral or mental health care in a way that is more coordinated with the primary medical healthcare setting has the focused goal of providing a more complete care for the patient This book focuses on three main content areas Firstly the treatment of psychological problems in the context of primary medical care will be addressed in several chapters Secondly several chapters address co morbid psychological factors that play a key role in the effective medical management of physical diseases either acute or chronic Finally several chapters address issues relevant to the overall practice of integrated care This book is intended to extend and bridge the existing literatures of integrated care behavioral medicine consultation liaison psychiatry medical cost offset and healthcare economics by providing a comprehensive and current handbook of the clinical protocols that might be applied to the practice of integrated care

The Behavioral Health Specialist in Primary Care Mary Ann Burg, Oliver Oyama, 2015-09-10 Patients with chronic conditions often need psychosocial support and brief counseling to help them make the lifestyle and behavioral changes required to prevent disease complications This innovative text with contributions from respected clinicians and researchers in all arenas of behavioral health provides comprehensive training for all health professionals including those in medicine nursing social work mental health and clinical and health psychology who desire targeted evidence based training in Behavioral Health skills Rich case examples drawn from typical patient presentations demonstrate the relationship between physical and psychological health and the complexity of behavior change in chronic

illness This text is a timely relevant and practical resource for all members of the primary care team It prepares team members to work in the model of patient centered integrated care in accordance with the recommendations of the Affordable Health Care Act ACA and the National Committee for Quality Assurance NCQA medical home standards for identifying patient needs and providing coordinated and comprehensive patient care It focuses on knowledge and skills needed for working with the most common chronic conditions such as diabetes obesity chronic pain cardiovascular conditions sleep disorders geriatric conditions cancer related conditions and substance abuse It includes chapters on epidemiological trends in chronic illness and systems medicine Theories of health behavior and behavior change and evidence based interventions provide a foundation for skill development followed by detailed coverage of the requirements for behavioral management of specific chronic conditions Sample referrals and consultation notes provide concrete examples of how the behavioral health specialist might respond to a referral Key Features Provides comprehensive graduate level training for the role of Behavioral Health Specialist Describes the health promotion and counseling skills needed to function as part of an integrated health team Focuses on proficiencies needed for working with common chronic conditions Addresses the psychosocial components of primary care disorders Includes case examples demonstrating the relationship between physical and psychological health and the complexity of behavior change in chronic illness

Trauma Dr. Muriel Warren, 2004-01-07 In this post 9 11 world therapists need to expand their toolboxes to deal with trauma and its effects This book provides a new way of dealing with the devastating emotional residue of a traumatic event It centers on the innovative application of hypnotherapy to help trauma victims self actualize regain their lives and move forward again This book outlines the effects of trauma on mind and body and provides comprehensive systems and treatment plans for the mental disorders caused or exacerbated by trauma Many people are familiar with the famous fight or flight responses to trauma but few now about the freeze response Freeze is the most dangerous of the trio since it inhibits any reaction and leaves the victim immobile It can lead directly to Post traumatic Stress Disorder Also included is a brief survey of brain research and its implications Dr Warren takes readers on a brief journey of self discovery to unlock their full self potential and raise it to a new level

Refocused Psychotherapy as the First Line Intervention in Behavioral Health Nicholas A. Cummings, Janet L. Cummings, 2012-07-18 Written by father daughter psychologists Nick and Janet Cummings this text provides proven patient responsive interventions by practitioners who together have nearly a century of hands on practice and innovation between them Refocused Psychotherapy responds directly to the recent decline of psychosocial services and helps to put psychotherapy back as the first line intervention in mental health The authors teach psychotherapists how to work side by side with primary care physicians to provide efficacy effectiveness and efficiency the standards psychotherapeutic intervention is held up to Detailed case studies are followed up by discussions of diagnosis personality type homework and therapeutic techniques that show readers how to form their own case conceptualizations The authors also teach readers how to treat their patients individually and to diagnose effectively

through their onion garlic conceptualization Finally they provide lists of common abbreviations that are helpful to know when reading prescriptions and lists of drugs drug interactions dosage and side effects that expand readers vocabulary and allow them to be more knowledgeable as they work with primary care physicians These innovative and revealing techniques will help readers develop the skills necessary for cost effective therapeutic results *The First Session with Substance Abusers*

Nicholas A. Cummings, Ph.D., Janet L. Cummings, Ph.D., 2000-06-06 Written in straightforward language and with a healthy dose of humor this resource is filled with the information illustrative examples and directions clinicians need to choose the most effective modality of treatment The authors also reveal how to deal with issues of transference and countertransference cope with crises establish mutual goals and make the necessary referrals crucial for the ongoing support of recovery BOOK JACKET *Interventions et thérapies brèves : 12 stratégies concrètes* Yves Doutrelugne, 2020-09-01 Si les thérapies brèves sont une méthode alternative aux approches traditionnelles et permettent une solution rapide pour un certain nombre de troubles psychologiques elles bouleversent toutefois la relation d'aide dans le domaine psychologique médical et psychiatrique mais aussi social C'est pourquoi il est nécessaire d'apporter au thérapeute un éclairage clinique approfondi lui permettant de mieux maîtriser toutes les dimensions de ces thérapies Par leur approche très pragmatique de ces différentes situations les auteurs répondent ainsi aux questions que se posent les thérapeutes sur des thèmes aussi variés que les troubles anxieux la dépression l'alcoolisme l'utilisation de la thérapie brève sous contrainte dans un service fermé ou avec des patients psychotiques Pour cette nouvelle édition entièrement mise à jour et augmentée deux nouveaux chapitres viennent enrichir l'ouvrage le premier s'attache à l'apport des thérapies brèves systématiques dans l'accompagnement des troubles du spectre autistique le second se concentre sur la contribution des thérapies brèves plurielles dans l'accompagnement et les soins en fin de vie Quant au chapitre auparavant dédié à l'alcoolisme il s'élargit et est désormais consacré à l'addictologie dans son aspect plus général Cet ouvrage s'adresse ainsi aux psychiatres psychologues psychothérapeutes qu'ils soient soignants et travailleurs sociaux

Therapist Stories of Inspiration, Passion, and Renewal Michael F. Hoyt, 2013 Why do you practice psychotherapy In this exciting volume some of the field's leading therapists tell true stories which evoke the pleasures joys and satisfactions that inspire passion for therapeutic work Rather than focusing on the stresses and strains of being a clinician these dramatic poignant wise sometimes humorous and always soulful stories will help you gain or regain hope and excitement and ultimately inspire a recommitment to a profession that at its heart and soul is about helping people Brief Therapy and Beyond Michael F. Hoyt, 2017-08-25 Brief Therapy and Beyond is a collection of new and selected papers by prominent psychologist Michael Hoyt Numerous clinical vignettes and informative discussions describe time sensitive treatments to relieve psychological distress and or promote growth Drawing from an encyclopedic knowledge of the professional literature as well as humor poetry sports and candid revelation Hoyt illustrates the importance of stories language love hope and time in shaping worldviews that inspire and empower clients and clinicians to make effective and efficient changes Clinical

Strategies for Becoming a Master Psychotherapist William O'Donohue, Nicholas A. Cummings, 2006-04-01 The best health practices are a synthesis of science and art Surgery is a case in point Although all competent surgeons follow scientific protocols the best surgeons are masters of the art of surgery and produce better outcomes e g smaller incisions lower mortality rates Psychotherapists are in exactly the same position Psychotherapy is both a science and an art There are excellent resources that convey information about empirically supported practices the science of psychotherapy However this scientific information is incomplete in two important ways It does not cover key matters that come up in psychotherapy e g building a therapeutic relationship resistance termination and it often does not fully cover the art of implementing these techniques the nuances the creative ways the problem solving strategies when difficulties arise This book is an attempt to have high profile expert master therapists discuss the art of handling these key issues *Substance Abuse Education*, 1992-10 *The American Psychiatric Publishing Textbook of Substance Abuse Treatment* Marc Galanter, Herbert D. Kleber, Kathleen T. Brady, 2015-04-01 No other text available today offers what The American Psychiatric Publishing Textbook of Substance Abuse Treatment can completely updated treatment information on a broad range of substance use disorders that is consistent with the new DSM 5 classification and thus reflective of how psychiatry is practiced today Designed for researchers and mental health professionals ranging from trainee to licensed practitioner the book is also appropriate for a diverse array of rehabilitation settings from inpatient to community based treatment Full coverage is provided on 12 step programs as well including the latest outcomes research Much of the material is new to this edition A chapter has been added on science in the treatment of substance abuse in which the authors discuss the history of scientific intervention in substance abuse and explore what happens to the brain when addicting drugs are consumed review animal models and imaging techniques and discuss current progress in the science of addiction Chapters have been added on screening and brief intervention reflecting the development of brief screening tools and research on the efficacy of interventions and the role of recovery in chronic care disease management specifically what the treatment models for alcohol dependence and for diabetes can effectively borrow from each other A new chapter focuses on the treatment of alcohol intoxication and withdrawal the first steps in treatment of alcohol use disorder Two chapters on marijuana one on the neurobiology and one addressing treatment have been added Given the accelerating trend toward decriminalization and legalization of this substance clinicians will find this information of increasing importance The section on substance use issues among gay men and lesbians has been expanded to include bisexual and transgender people in recognition of increased diversity among the population Well structured with topics that follow logically and many practical treatment oriented features such as quick reference tables and lists of recommended readings The American Psychiatric Publishing Textbook of Substance Abuse Treatment is a classic that will enhance the education and practice of clinicians **The Motivational Enhancement Therapy and Cognitive Behavioral Therapy Supplement: 7 Sessions of Cognitive Behavioral Therapy for**

Adolescent Cannabis Users - Cannabis Youth Treatment Series (Volume 2) U.S. Department of Health and Human Services, 2018-11-22 This manual a supplement to Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users 5 Sessions Cannabis Youth Treatment CYT Series Volume 1 presents a seven session cognitive behavioral treatment CBT7 approach designed especially for adolescent cannabis users It addresses the implementation and evaluation of cognitive behavioral treatment for adolescent marijuana users as part of the Cannabis Youth Treatment Project A Cooperative Agreement for Evaluating the Efficacy of Five Treatments for Adolescents With Self Reported Marijuana Use and Problems Associated With Its Use This volume provides instructions for sessions 6 through 12 of the cognitive behavioral therapy CBT for adolescent marijuana users The first five sessions two motivational enhancement therapy MET sessions and three CBT sessions are described in Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users 5 Sessions CYT Series Volume 1

The American Psychiatric Publishing Textbook of Psychiatry, Sixth Edition Robert E. Hales, M.D., M.B.A, Stuart C. Yudofsky, M.D., Laura Weiss Roberts, M.D., M.A., 2014-03-18 The new sixth edition the only comprehensive psychiatry textbook to integrate all the new DSM 5 R criteria provides the most up to date authoritative insightful foundational text in the field Its contributors include authors of the definitive texts in their areas of specialization

Promoting Treatment Adherence William T. O'Donohue, Eric R. Levensky, 2006-07-07 As every health care provider knows only too well poor patient adherence to treatment is an enormous barrier to effective health care delivery Promoting Treatment Adherence provides health care providers with a comprehensive set of information and strategies for understanding and promoting treatment adherence across a wide range of treatment types and clinical populations The information is presented in a practical how to manner and is intended as a resource that practitioners can draw from to improve skills in promoting treatment adherence To facilitate ease of use for the practitioner the volume is divided into five targeted sections In the first section the reader is provided with a general overview of the primary issues in treatment adherence relevant to practitioners The second presents specific guidelines for assessing rates of patient adherence as well as for assessing patient readiness to adhere to treatment and for identifying and understanding specific barriers to adherence in individual patients In the third section detailed guidelines for the implementation of each of effective strategies and techniques for facilitating patient adherence to treatment are presented including motivational interviewing patient education skills training increasing resources and support problems solving and relapse prevention The fourth and fifth sections provide guidelines for the application of the information and strategies discussed in the previous sections to promoting adherence to a variety of specific treatments and with a variety of specific patient populations with an emphasis is discussing considerations and issues specific to each treatment and patient population Where applicable each of the chapters presents a case example as well as suggestions for further reading

Library Journal , 2000-04

African American Psychology Faye Z. Belgrave, Kevin Wendell Allison, Camilla W. Nonterah, 2025-08-18 African American Psychology From

Africa to America provides a comprehensive and integrated introduction to the field The Fifth Edition presents recent advances and developments in African American psychology including new coverage of systematic and institutional racism Black empowerment COVID 19 s impact on Black communities and increased attention to heterogeneity within the Black community *The Spectrum of Addiction* Laura J. Veach, Regina R. Moro, 2017-10-20 This book presents a comprehensive overview of addictive behaviors and habits from early use through risky use severe risk use and addiction *Criminal Conduct and Substance Abuse Treatment - The Provider's Guide* Kenneth W. Wanberg, Harvey B. Milkman, 2008 This book presents effective cognitive behavioral treatment approaches for changing the behaviors of individuals who have both problems of substance abuse and criminal behavior The book unveils a state of the art approach for effectively preventing criminal recidivism and substance abuse relapse within community based and correctional settings **Handbook of Clinical Psychology Competencies** Jay C Thomas, 2010 This three volume handbook describes the core competency areas in providing psychological services relevant to practitioners as well as clinical researchers It covers assessment and conceptualization of cases the application of evidence based methods supervision consultation cross cultural factors and ethics

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