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Combining Medication and Psychosocial Treatments for Addictions: The BRENDA Approach

Joseph Volpicelli, Charles P. O'Brien, Helen M. Petinati

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Recent studies have shown a combination of psychosocial support and medications to lead to better addiction treatment outcomes than talk therapy alone. This practical manual provides an empirically supported framework for managing biopsychosocial treatment of alcohol and drug dependence. Fully compatible with cognitive-behavioral and 12-step models, BRENDA is a collaborative, case-management approach to treatment. It incorporates the use of newly developed medications that target the biological underpinnings of addiction, and maximizes treatment compliance through working with patients in a nonjudgmental manner and enhancing their motivation to change. Illustrated with extended case examples, the book describes how to conduct a thorough assessment, make recommendations for a variety of individualized interventions, and coordinate service delivery with other providers as needed. The approach has been demonstrated effective in more than 80% of alcohol-dependent referrals to the authors' treatment program.

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