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Treatment Approaches for Alcohol and Drug Dependence: An Introductory Guide

Tracey J. Jarvis, Jenny Tebbutt, Richard P. Mattick

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This guide originated from a major national project conducted in Australia to improve the treatment of drug and alcohol abusers. Designed to help the therapist tailor-make the therapy according to the aims, the setting and the client's needs, it provides a step-by-step guide to applying specific techniques that have been found to be effective in the treatment of the misuse of alcohol and other drugs. With the emphasis on practical guidelines, the book discusses common problems that may be encountered during therapy, and provides information sheets where appropriate for therapists to use with their clients. Vignettes of hypothetical clients are included in the final chapter to show how various techniques may be combined.

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