



# Treating Addiction: A Guide for Professionals

By William R. Miller, Alyssa A. Forcehimes, Allen Zweben



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An indispensable practitioner reference and text, this engaging book focuses on how to provide effective help to clients with substance use disorders. The authors, leading authorities on addiction treatment, present a state-of-the-art framework for assessment and treatment (updated for DSM-5). They describe and illustrate evidence-based treatment methods, including cognitive-behavioral, 12-step, motivational, pharmacological, and family approaches. Also addressed are such crucial clinical issues as resistance, maintenance of change, treating co-occurring disorders, and spirituality. Reproducible clinical tools can be photocopied from the book or downloaded and printed in a convenient 8 1/2" x 11" size. Of special utility, the companion website features more than 25 widely used, ready-to-download assessment tools, assembled in one place for the first time, together with the authors' guidance for using them throughout the process of treatment.

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## **Editorial Review**

### Review

"Written by well-respected addiction researchers and skilled clinicians, this book is a one-stop shop for those interested in learning about the latest evidence-based treatments. Students and practicing clinicians will find both basic scientific information and an arsenal of evidence-based practices that can improve client outcomes. The book provides helpful how-to examples, resources, and tools, emphasizing ways to plan individualized treatment that incorporates motivational factors. This comprehensive book will appeal to a broad audience."--Carrie Randall, PhD, Distinguished University Professor and Director, Alcohol Research Center, Medical University of South Carolina

"This book gives particular emphasis to the practical things clinicians need to know and do to treat addiction successfully. The authors are world leaders in treatment who describe an approach that is comprehensive, evidence based, multidisciplinary, holistic, and collaborative. A terrific text for courses that train professionals to deal with addiction problems, this book is destined to become a classic. I highly recommend it!"--Timothy J. O'Farrell, PhD, ABPP, Department of Psychiatry, Harvard Medical School

"The authors have blended superb clinical acumen with an exceptional grasp of cutting-edge research to produce this practical, scholarly, and client-centered book. The book captures the complexities of addiction treatment in an engaging manner. A major strength is the way the authors move beyond their strong presentation of evidence-based practices to thoroughly discuss the process and context of treatment, ably addressing the necessary conditions for therapeutic change. Addiction treatment specialists and other clinicians will be well served by this book. It can be used as a primary text in graduate-level courses on addiction treatment or as a supplemental text in virtually any advanced clinical practice course."--Meredith Hanson, DSW, Graduate School of Social Service, Fordham University

"This is an excellent integrative guide from authors who include the originator of motivational interviewing, one of the most useful innovations in the care of patients with addictive behavior problems. Clearly written, the book will enhance the knowledge, skills, and attitudes of any student or teacher of addiction treatment. More experienced addiction therapists also will find many nuggets of wisdom well worth the read."--Richard J. Frances, MD, Department of Psychiatry, New York University School of Medicine

"A wide spectrum of professionals--both specialists and nonspecialists--are increasingly treating people with substance use disorders. This book succeeds admirably in the important aim of encouraging and assisting frontline workers to better understand and effectively help people with addictive disorders. Written in clear and accessible language, this is a comprehensive and authoritative guide for anyone wishing to enter this demanding but highly rewarding field of work."--Nick Heather, PhD, FBPsS, Emeritus Professor of Alcohol and Other Drug Studies, Northumbria University, United Kingdom

"This work is a must read for any professional who wants to treat or support the treatment of patients who struggle with addictions. The research-based, comprehensive handbook offers practical guidance to understand, identify, assess, and treat addictions....To date, this is the best resource applying current theory and research to relevant, useful, and accessible clinical practice. Essential. Upper-division undergraduates through professionals/practitioners."

*(Choice 2012-09-03)*

"The authors...have packed this book with unique insights and a thoughtful distillation of what research has taught us about the nature of addiction and its treatment....I was most impressed by their inclusion of a lengthy chapter on the importance of individualizing treatment plans, and selecting the most appropriate treatments for clients based on research and evidence....Eminently practical and authoritative, this book provides real-world, practical information for improving addiction treatment and for increasing the adoption of evidence-based practices among clinicians. Moreover, it identifies and illustrates the issues that arise in addiction treatment, including topics such as responding to resistance, enhancing adherence, promoting maintenance, working with groups, and addressing the spiritual side of addiction treatment....An excellent integrative guide that empowers readers with a wealth of information, understanding, and advice....I highly recommend adding this book to your library or collection."

*(Metapsychology Online Reviews 2013-04-23)*

"In their preface to the book, the esteemed authors note they have had nearly a century of experience in the field of addiction, in clinical psychology and social work, and it shows!...The authors have provided an excellent foundation for the understanding of addiction and its context and recommendations for intervention. New and experienced practitioners will be interested in this book and will make reference to it throughout their working lives."

*(Drug and Alcohol Review 2013-07-01)*

#### About the Author

William R. Miller, PhD, is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. Throughout his career he has developed and evaluated various methods for addiction treatment, including motivational interviewing, behavior therapies, and pharmacotherapies. More generally interested in the psychology of change, Dr. Miller has also focused on the interface of spirituality and psychotherapy. Having authored more than 40 books and 400 professional and scientific articles and chapters, Dr. Miller is listed by the Institute for Scientific Information as one of the world's most cited scientists.

Alyssa A. Forcehimes, PhD, is a clinical psychologist on the faculty of Psychiatry at the University of New Mexico Health Sciences Center. She coordinates the Southwest Node of the National Institute on Drug Abuse Clinical Trials Network, which is located at the University's Center on Alcoholism, Substance Abuse, and Addictions. Dr. Forcehimes's research focuses on processes of motivation for change and on effective methods for disseminating and teaching evidence-based behavioral treatments for addiction to mental health, substance abuse, and health care providers.

Allen Zweben, PhD, is Professor and Associate Dean for Research and Academic Affairs at the Columbia University School of Social Work. Dr. Zweben has been a principal investigator on numerous federally and privately funded behavioral and medication trials, including two landmark studies funded by the National Institute on Alcohol Abuse and Alcoholism: Project MATCH, a patient-treatment matching study, and the COMBINE study, a project examining the efficacy of combining pharmacotherapy and psychotherapy interventions for alcohol problems.

#### **Users Review**

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People live in this new morning of lifestyle always attempt to and must have the time or they will get great

deal of stress from both daily life and work. So , if we ask do people have extra time, we will say absolutely yes. People is human not a robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the actual book you have read will be *Treating Addiction: A Guide for Professionals*.

**Raymond Bailey:**

Reading can called head hangout, why? Because when you find yourself reading a book mainly book entitled *Treating Addiction: A Guide for Professionals* your brain will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely will end up your mind friends. Imaging every single word written in a book then become one web form conclusion and explanation that maybe you never get prior to. The *Treating Addiction: A Guide for Professionals* giving you another experience more than blown away your head but also giving you useful facts for your better life on this era. So now let us show you the relaxing pattern is your body and mind will be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

**George McDaniel:**

This *Treating Addiction: A Guide for Professionals* is great guide for you because the content which is full of information for you who always deal with world and still have to make decision every minute. That book reveal it information accurately using great arrange word or we can say no rambling sentences inside. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but tough core information with wonderful delivering sentences. Having *Treating Addiction: A Guide for Professionals* in your hand like keeping the world in your arm, data in it is not ridiculous just one. We can say that no publication that offer you world throughout ten or fifteen small right but this reserve already do that. So , it is good reading book. Hey there Mr. and Mrs. occupied do you still doubt which?

**Ricky Bradley:**

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