CHANGING ADDICTIVE BEHAVIOR

Bridging Clinical and Public Health Strategies

edited by

Jalie A. Tucker Dennis M. Donovan G. Alan Marlatt

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Changing Addictive Behavior Jalie A. Tucker, Dennis M. Donovan, G. Alan Marlatt, 2001-02-15 This volume proposes that prevailing clinical approaches to treating addictive behaviors are actually best suited to a minority of the population with problems in the case of substance abusers those with substantial functional impairment and physical dependence But what about persons with mild to moderate addictive behavior problems for whom intensive treatment may prove unnecessarily costly disruptive and stigmatizing Or those substance abusers who are unable or unmotivated to abstain but want to reduce the harm associated with drug use Contributors draw upon cutting edge theory and research to examine ways that traditional therapeutic treatments can be supplemented by public health interventions that extend the reach and effectiveness of care Timely and pragmatic the book points the way toward necessary evolutions in the roles of behavior change specialists in today s challenging health care environment **Promoting Self-Change From Addictive Behaviors** Harald Klingemann, Linda Carter-Sobell, 2007-08-09 Many are addicted Few are treated Yet many who are not treated recover Promoting Self Change from Addictive Behaviors examines natural recovery as a clinical phenomenon a field of inquiry and a vital component of therapy It also brings clinicians and counselors to a new understanding of addiction and recovery One of the few books on the topic this updated edition offers alternatives to disease models of addiction by exploring personal pathways to recovery Focusing on alcohol and drug problems it provides a literature review of 40 years of studies on self change with particular emphasis on the current decade and methodological issues starting with how much or how little treatment constitutes treatment The 24 experts keep the coverage consistently readable and dozens of brief narratives from individuals who have successfully recovered from an addictive behavior without formal help lend valuable personal perspectives More of the book s key features Core factors in self change from cognitive processes to social issues Case examples of natural recovery from smoking binge eating problem gambling and criminal behavior Redefining the role of treatment in changing addictive behaviors Cross cultural community and prevention perspectives on promoting self change Self change toolbox chapter offering assessment tools recovery strategies web links and other online resources With Promoting Self Change from Addictive Behaviors health care professionals and researchers from psychologists and social workers to nurses sociologists and physicians can find more effective methods to fit client needs and develop new insights into the recovery process Public health workers and policymakers will also find informative strategies for tapping this rich therapeutic resource The Oxford Handbook of Health Communication, Behavior Change, and Treatment Adherence Leslie R. Martin, M. Robin DiMatteo, 2014 This edited volume brings together top notch scientists and practitioners to illustrate intersections between health communication behavior change and treatment adherence Choice, Behavioral Economics, and Addiction Rudolph Eugene Vuchinich, Nick Heather, 2003-11-13 Choice Behavioural Economics and Addiction is about the theory data and applied implications of choice based models of substance use and addiction The distinction between

substance use and addiction is important because many individuals use substances but are not also addicted to them The behavioural economic perspective has made contributions to the analysis of both of these phenomena and while the major focus of the book is on theories of addiction it is necessary also to consider the behavioural economic account of substance use in order to place the theories in their proper context and provide full coverage of the contribution of behavioural economics to this field of study The book discusses the four major theories of addiction that have been developed in the area of economic science behavioural economics They are hyperbolic discounting melioration relative addiction rational addiction The main objective of the book is to popularise these ideas among addiction researchers academics and practitioners The specific aims are to articulate the shared and distinctive elements of these four theories to present and discuss the latest empirical work on substance abuse and addiction that is being conducted in this area and to articulate a range of applied implications of this body of work for clinical public health and public policy initiatives. The book is based on an invitation only conference entitled Choice Behavioural Economics and Addiction Theory Evidence and Applications held at the University of Alabama at Birmingham March 30 April 1 2001 The conference was attended by prominent scientists and scholars representing a range of disciplines concerned with theories of addiction and their consequences for policy and practice The papers in the book are based on the papers given at the above conference together with commentaries by distinguished experts and in many cases replies to these comments by the presenters Addiction and Change Carlo C. DiClemente, 2017-12-04 Not everyone who experiments with substance use or risky behavior becomes addicted and many who are addicted have been able to recover This authoritative book now revised and updated has given tens of thousands of professionals and students a state of the art framework for understanding the journey both into and out of addiction From Carlo C DiClemente codeveloper of the transtheoretical model TTM the book identifies the stages and processes involved in initiating modifying maintaining or stopping any pattern of behavior Grounded in extensive research and illustrated with vivid case examples the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective New to This Edition Incorporates 15 years of research advances contemporary prevention and treatment approaches and the ongoing development of the TTM Chapter on current developments in intervention research Expanded discussions of neuroscience self regulation behavioral economics self help mutual help and spirituality motivational issues process addictions gambling and sex addiction and more Deeper coverage of risk and protective factors across adolescent and young adult development Addiction and Change, Second Edition Carlo C. DiClemente, 2018-01-18 Not everyone who experiments with substance use or risky behavior becomes addicted and many who are addicted have been able to recover This authoritative book now revised and updated has given tens of thousands of professionals and students a state of the art framework for understanding the journey both into and out of addiction From Carlo C DiClemente codeveloper of the transtheoretical model TTM the book identifies the stages and processes involved in initiating modifying

maintaining or stopping any pattern of behavior Grounded in extensive research and illustrated with vivid case examples the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective Key words Subject Areas addictions alcoholism problem drinking substance abuse substance use disorders addictive behaviors chemical dependency drugs nicotine dependence treatments interventions prevention recovery stages of change processes transtheoretical model TTM addiction research motivational interviewing behavior change behavioural change texts Audience Practitioners and graduate students in clinical psychology clinical social work psychiatric nursing substance abuse counseling and psychiatry Treating Addiction William R. Miller, Alyssa A. Forcehimes, Allen Zweben, 2011-11-11 This book has been replaced by Treating Addiction Second Edition ISBN 978 1 4625 4044 0 **Principles and Practice of Group Work in Addictions** Robert Hill, Jennifer Harris, 2011-04-20 How can the group setting be used to treat those with drug and alcohol problems Many professionals working across a variety of addictions settings find themselves working in groups and tackling complex issues however there is often very little initial training or on the job support to help them in this challenging task Principles and Practice of Group Work in Addictions has been written with the aim of addressing the key areas in working with drug and alcohol misuse while providing practical solutions to the more common problems that emerge in group work Drawing on the expertise of clinicians who work in the field of addictions this book offers readers practical advice for everyday practice Divided into three sections it covers core group work in addictions practical issues and solutions to common problems specific issues within the field of addictions Principles and Practice of Group Work in Addictions is illustrated throughout with practical case examples providing the reader with an insight into group work in this area The book will supply guidance for mental health professionals including clinicians psychologists nurses and medical staff who encounter group work in addictions for the first time as well as providing further knowledge and support to those who already work in the field Dynamic Pathways to Recovery from Alcohol Use Disorder Jalie A. Tucker, Katie Witkiewitz, 2022-01-06 Alcohol use disorder is by far the most prevalent substance use disorder in the general population and is a major contributor to disease worldwide Recovery from the disorder is a dynamic process of change and individuals take many different routes to resolve their alcohol problems and seek to achieve a life worth living Total abstention is not the only solution and robust recovery involves more than changing drinking practices This volume brings together multidisciplinary research on recovery processes contexts and outcomes as well as new ideas about the multiple pathways involved Experts chart the individual social contextual community economic regulatory policy and structural influences that are vital to understanding alcohol use disorder and recovery The book recommends new approaches to conceptualizing and assessing recovery alongside new avenues for research community engagement and policy that constitute a major shift in the practice and policy landscape Promoting Exercise and Behavior Change in Older Adults Patricia M. Burbank, DNSc, RN, Deborah Riebe, PhD,2001-11-26 Exercise in later life is important for health and well being yet motivating older adults to exercise can

be difficult This book addresses that need by tailoring The Transtheoretical Model of behavior change to the client's level of readiness for change The contributors show how TTM can be used to help older adults with varying needs and abilities to change their exercise behaviors This book is essential for health care professionals including nurses exercise specialists occupational therapists social workers and others interested in helping older adults incorporate exercise into their daily lives

Encyclopedia of Health and Behavior Norman B. Anderson, 2004-01-21 This encyclopedia comprehensively covers all aspects of what has become the dynamic domain of behavioral medicine It collects together the knowledge generated by this interdisciplinary field highlighting the links between science and practice Promoting Self-Change from Problem Substance Use Harald Klingemann, Linda C. Sobell, J. Barker, J. Blomgvist, W. Cloud, T. Ellinstad, D. Finfgeld, R. Granfield, D. Hodgings, G. Hunt, C. Junker, F. Moggi, S. Peele, R. Smart, M. Sobell, J. Tucker, 2012-12-06 For many years what has been known about recovery from addictive behaviors has come solely from treatment studies Only recently has the study of recoveries in the absence of formal treatment or self help groups provided an alternative source of information This book on the process of self change from addictive behaviors is the first of its kind as it presents more than research findings Rather it presents the process of self change from several different perspectives environmental cross cultural prevention and interventions at both societal and individual level It provides strategies for how health care practitioners and government policy makers alike can aid and foster self change Directions for future research priorities are also presented **Medication Treatments for Nicotine** Dependence Tony P. George, 2006-07-28 Despite the prevalence of both pharmaceutical and behavioral approaches to encourage cessation over a billion people still indulge in tobacco Even in the U S where tobacco use is considered a clearly treatable and socially regrettable condition a significant percentage of individuals remain resistant to treatment modalities It The Tobacco Dependence Treatment Handbook David B. Abrams, Raymond Niaura, 2003-02-12 This unique is believed tha clinical handbook offers the knowledge skills and materials needed to help all types of smokers even the most hard core successfully quit Provided are assessment tools treatment planning guidelines and a series of complete treatment packages ranging from ultra brief to more intensive options Designed for use in a variety of settings by a wide range of providers the volume is evidence based and consistent with the latest national guidelines on best practice. The authors leading scientist practitioners incorporate the latest pharmacotherapeutic approaches as well as proven motivational cognitive and behavioral techniques Strategies are presented for tailoring treatment to individual smokers and for preventing relapse Also included are session by session intervention guidelines helpful case examples and dozens of requisite handouts and forms ready to photocopy and use Key Features No other book presents the full range of empirically supported treatments Practical includes step by step guidelines cases reproducible patient forms Consistent with best practice recommendations issued by the Surgeon General the American Psychiatric Association and the British Thoracic Society Describes approaches with and without pharmacotherapy Photocopy Rights The Publisher grants individual book purchasers nonassignable permission to

reproduce selected materials in this book for professional use For details and limitations see copyright page The Essential Handbook of Treatment and Prevention of Alcohol Problems Nick Heather, Tim Stockwell, 2004-02-06 The last three decades have seen an explosion of social psychological and clinical research to identify effective strategies to prevent and treat alcohol related problems This Essential Handbook contains an updated selection of reviews of what works drawn from the critically acclaimed International Handbook of Alcohol Dependence and Problems Selected specifically for health and other professionals who need to provide effective responses in their work these authoritative science based reviews are a distillation of the more practical elements designed to save time for the busy practitioner Mandated Addiction Treatment Work Barbara C. Wallace, 2019-04-15 The second edition of Making Mandated Addiction Treatment Work integrates cutting edge research with evidence based addiction treatments to create a unified and effective treatment model for mental health professionals and those in training Because the largest and fastest growing segment of the community based addiction treatment population includes those who are mandated Barbara C Wallace provides insightful best practices for tailoring addiction treatment to diverse and challenging clients including those who may have a history of trauma or mental disorders different levels of motivation and a high risk of relapse Applicable in a variety of treatment settings in both urban and rural communities this text weaves together new research and vivid case studies into a concise and practical resource This book is ideal for practitioners and students of public health criminal justice and social welfare Research on Alcoholism Treatment Marc Galanter, 2006-04-11 From the President of the Research Society on services Alcoholism The sixteenth volume of Recent Developments in Alcoholism contains the latest information on the field of alcoholism treatment research This scholarly volume includes comprehensive reviews of the methodologies available to evaluate treatment outcome state of the art psychosocial interventions and recent advances in pharmacological adjuncts to treatment that are currently available and those on the brink of application Other sections of the book address special issues in the treatment of alcohol dependence including the treatment of the adolescents and other unique populations the management of tobacco dependence and the role of spirituality in recovery among others. The clinician will find these reviews an important resource for learning about e dence based treatments for alcoholism and the researcher will find the synt sis of recent developments informative and forward looking The research agenda for the future rests soundly on the progress to date and additional advances in the treatment of alcoholism can be predicted in the near future Stephanie O Malley Ph D President Research Society on Alcoholism xi Preface From the President of the American Society of Addiction Medicine This excellent volume presents investigations covering a wide spectrum of scientific issues It is also evident that many of these articles have clinical s nificance ranging from assessments of disorder monitoring clinical progress and behavioral and pharmacological interventions **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 Innovations in Adolescent Substance Abuse Interventions Eric Wagner, Holly Waldron, 2001-09-14 Innovations in Adolescent Substance Abuse Interventions focuses on developmentally appropriate approaches to the assessment prevention or treatment of substance use problems among adolescents Organized into 16 chapters this book begins with an assessment of adolescent substance use theory methods and effectiveness of a drug abuse prevention approach and problem behavior prevention programming for schools and community groups Some chapters follow on the community family and school based interventions for adolescents with substance use problems Other chapters explain psychopharmacological therapy the assertive aftercare protocol for adolescent substance abusers and twelve step based interventions for adolescents Addiction Treatment Sandra Rasmussen, 2000-06-21 American Journal of Nursing 2001 Book of the Year Award in Psychiatric Mental Health Nursing Developed by a highly experienced author working in both nursing and psychology environments Addiction Treatment presents the caregiver with a brief global perspective of different types of addictions techniques for identifying and assessing the addicted client and strategies for effective change The book utilizes assessment planning and intervention summaries to enable the reader to scan for immediate recall and application Chapter objectives enable readers to use the book as a continuing education tool and the appendix provides an overview of perspectives on addiction and its treatment by a variety of organizations heavily invested in the care of the addicted client Illustrative cases with both successful and unsuccessful outcomes are included throughout

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