

# Addiction

From Cambridge University Press

## The Treatment of Drinking Problems

### A Guide for the Helping Professions

Fourth edition

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London, UK

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NHS Trust, UK

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The Treatment of Drinking Problems has become, over the past twenty years, the definitive text in its field. Internationally acclaimed and translated into six languages, it is the most authoritative source book for the treatment of alcohol problems for all professionals who encounter them.

Reviews from 3rd edition

**‘the best overview on the subject for practitioners who wish to understand and help people with alcohol problems ... a unique perspective ... elegant and succinct prose ... highly readable ... an absolute must to read.’**

THE LANCET

**‘... contains a wealth of readily accessible information ... essential reading for all workers in specialist drug and alcohol agencies.’**

DRUG NEWS

#### Features

- New chapters include an account of the historical development of treatment over the last 300 years, and the latest evidence on the psychiatric comorbidities which often go with drinking problems
- Modern trends in relation to psychological and pharmacological interventions are fully covered and the role of self-help groups reappraised

#### Contents

Part I. Background to Understanding: 1. The history of treatment for drinking problems; 2. Causes of drinking problems; 3. Alcohol as a drug; 4. The alcohol dependence syndrome; 5. Drinking problems and the family; 6. Social complications of excessive drinking; 7. Drinking problems as cause of neuropsychiatric disorder; 8. Alcohol problems and psychiatric comorbidity; 9. Alcohol and other drug problems; 10. Physical complications of excessive drinking; 11. Women with drinking problems; 12. Some special presentations; 13. Drinking problems and the life course; Part II. Screening, Assessment and Treatment: 14. Case identification and screening; 15. Assessment as the beginning of therapy; 16. Withdrawal states and treatment of withdrawal; 17. The basic work of treatment; 18. Alcoholics Anonymous; 19. Special techniques; 20. Working toward normal drinking; 21. When things go wrong and putting them right; 22. Treatment settings, professional roles, and the organisation of treatment services.

June 2003 400pp 46 illustrations  
0 521 01714 9 Paperback £29.95



## Drugs and Addictive Behaviour

### A Guide to Treatment

Third edition

Hamid Ghodse  
Saint George's Hospital Medical School, University of London, UK

Revised and updated this third edition of a classic text presents a comprehensive international overview of substance misuse and dependence. There is a particular emphasis on practical, evidence-based approaches to assessment and management, and an entirely new chapter on alcohol abuse and the appendix provides a series of clinical intervention tools.

#### Features

- Gives authoritative and clear practical guidance on how to manage real clinical problems
- Includes ICD10 and SAM-IV diagnostic criteria in a global account of drug problems and drug control mechanisms and policies
- Contains a comprehensive substance abuse assessment questionnaire
- Covers the different approaches to the management of drug-related problems

#### Contents

Preface; Introduction; 1. Drugs, addiction and behaviour; 2. Drug dependence; 3. Drugs of abuse and dependence; 4. Alcohol; 5. Assessment; 6. General measure of intervention; 7. Specific methods of treatment; 8. Complications of drug abuse and their treatment; 9. Special problems; 10. Follow-up and treatment outcome; 11. Prevention of drug abuse; 12. The law and drug-control policies; References and further reading; Appendices; Index.

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**NEW**



## Circles of Recovery Self-Help Organizations for Addictions

Keith Humphreys  
Stanford University, California, USA

Self-help organizations across the world have attracted tens of millions of individuals seeking to address addiction problems with drugs or alcohol. This book provides an integrative, international review of research on these organizations, focusing on efficacy, how they affect individual members and whether self-help groups and formal health care systems can work together to combat substance abuse. It provides practical strategies for how individual clinicians and treatment systems can interact with self-help organizations in a way that improves outcomes for patients.

### Features

- Integrates clinical and multidisciplinary literature about addiction self-help groups in the Pacific Rim, North America, and Europe
- Covers all alcohol addiction self-help groups, from Alcoholics Anonymous and beyond
- Covers organizations for substances other than alcohol, such as cocaine and nicotine

### Contents

1. Definitions, scope, and origin of the health-related self-help group movement; 2. An international tour of addiction-related mutual help organizations; 3. Does self-help group participation produce positive substance abuse, psychiatric, and medical outcomes?; 4. A different perspective on change in self-help organizations: spirituality, identity, life stories, friendship networks, and politicization; 5. Government, health care organization, and clinical interactions with self-help organizations; Epilogue: Summing up, moving forward; References; Index.

*International Research Monographs in the Addictions*

October 2003 176pp  
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## Treatment Matching in Alcoholism

Edited by Thomas F. Babor  
University of Connecticut, USA

and Frances K. Del Boca  
University of South Florida, USA

Edited by the principal investigators, this is the first comprehensive report of Project MATCH, the largest treatment study ever conducted with alcoholics. It describes the rationale, methods, results and implications of the study, and presents new findings about how treatment works, for whom it is most effective, and who does best in different kinds of treatment.

### Features

- Detailed account of the largest ever treatment study in alcoholism, by the principal investigators
- Shows the efficacy of main treatment approach
- Presents first scientific evidence on the effectiveness of Alcoholics Anonymous

### Contents

1. Matching alcoholism treatment to client heterogeneity: the genesis of project MATCH; 2. Planning a multisite matching trial: organizational structure and research design; 3. Clinical assessment: measuring matching characteristics and treatment outcomes; 4. Therapies for matching: selection, development, implementation, and costs; 5. Client characteristics and implementation of the research protocol; 6. The matching hypotheses: rationale and predictions; 7. Primary treatment outcomes and matching effects: outpatient arm; 8. Primary treatment outcomes and matching effects: aftercare arm; 9. Treatment effects across multiple dimensions of outcome; 10. A look inside treatment: therapist effects, the therapeutic alliance, and the process of intentional behavior change; 11. Participation and involvement in Alcoholics Anonymous; 12. Summary and conclusions; 13. Clinical and scientific implications of project MATCH.

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## Alcohol and the Community A Systems Approach to Prevention

Harold D. Holder  
Prevention Research Center, Berkeley,  
California, USA

Challenges the current implicit models used in alcohol problem prevention and demonstrates an ecological perspective of the community as a complex adaptive system, an appreciation and understanding of which offers a new approach to the prevention of alcohol dependence and alcohol-related problems.

**‘Anyone with an interest in alcohol policy of prevention will be enriched by reading this monograph.’**

ADDICTION BIOLOGY

*International Research Monographs in the Addictions*

1998 197pp 56 illustrations  
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## Community Treatment of Drug Misuse

More than Methadone

Nicholas Seivewright  
*Community Health Sheffield NHS Trust, UK*

Treatment for drug misuse has been dominated in recent years by the use of methadone as a substitution agent in heroin dependency, to the extent that other treatment options have been neglected. Drawing on the author's direct clinical experience it makes use of international research findings to provide a comprehensive and highly practical guide to service provision and treatment for drug misuse, with an emphasis on social aspects.

**‘... a well-written and stimulating book by an author whose opinions are informed by evidence and considerable experience in treating drug users. It is honest in acknowledging the difficult issues faced by practitioners and these are well illustrated in the case histories that show the mixed results often achieved in the treatment of substance misuse.’**

THE LANCET

1999 259pp 22 illustrations  
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0 521 66562 0 Paperback £25.95



## A Community Reinforcement Approach to Addiction Treatment

Edited by Robert J. Meyers  
and William R. Miller

*Both from Center on Alcoholism, University of New Mexico*

The community reinforcement approach (CRA) to treating alcohol and other drug problems is designed to make changes in the client's daily environment, to reduce substance abuse and promote a healthier lifestyle. It includes the original study comparing CRA with traditional treatments of alcohol dependence, and summarizes other trials with alcohol, cocaine and heroin users. Combining practical advice on such matters with a scientific survey of CRA in use, it offers a new treatment approach to all involved with the support and treatment of those with alcohol and drug problems.

### Features

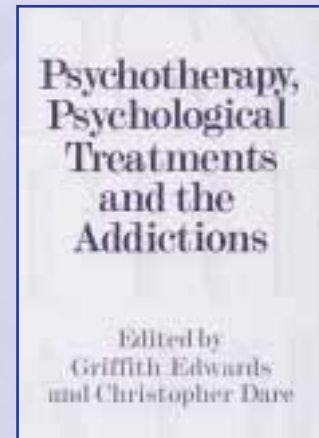
- *Presents the evidence for community reinforcement in treating addictions*
- *Contributions from those who have developed the approach*
- *Practical guidelines for clinicians, backed by research evidence*

### Contents

1. Developing the community reinforcement approach; 2. Practice and promise – the Azrin studies; 3. The treatment; 4. A comparison of community reinforcement approach and traditional approaches; 5. Community reinforcement and traditional approaches; 6. Community reinforcement approaches with the homeless; 7. Community reinforcement approach to the treatment of cocaine and opioid dependence; 8. Community reinforcement and family training (CRAFT); 9. Summary and reflections.

*International Research Monographs in the Addictions*

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## Psychotherapy, Psychological Treatments and the Addictions

Edited by Griffith Edwards

and Christopher Dare  
*Both from Institute of Psychiatry, London, UK*

A timely review of psychological treatments in the addictions field. Through coverage of contextual ideas which are basic to the choice of therapy, and an exploration of particular treatment strategies, it provides both authoritative statements and stimulus for lively debate.

**‘... always thought-provoking ... reads well, thanks to the skill and experience of the editors.’**

JOURNAL OF  
THE ROYAL SOCIETY OF MEDICINE

### Contents

Part I. Backgrounds to Therapeutic Understanding; Part II. Treatments.

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## Cannabis and Cognitive Functioning

Nadia Solowij  
*National Drug and Alcohol Research Centre, University of New South Wales, Australia*

Reviews the cognitive effects of cannabis and presents new findings on the consequences of long-term use.

*International Research Monographs in the Addictions*

1998 306pp 35 illustrations  
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## Essential Psychopharmacology Neuroscientific Basis and Practical Applications

Second edition

Stephen M. Stahl  
*University of California, San Diego, USA*

Illustrated by Nancy Muntner

This much expanded second edition enlists advances in neurobiology, and recent clinical developments, to explain with renewed clarity the concepts underlying drug treatment of psychiatric disorders. It is abundantly illustrated with colour illustrations making it instructive and entertaining.

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