



# Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works

*Arnold M. Washton PhD, Joan E. Zweben PhD*

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**Treating Alcohol and Drug Problems in Psychotherapy Practice: Doing What Works** Arnold M. Washton PhD, Joan E. Zweben PhD

Written specifically for the office-based psychotherapist, this practical guide describes how to detect, assess, diagnose, and treat clients presenting with a range of alcohol and drug problems. Detailed is an integrated, flexible psychotherapeutic approach that emphasizes building a strong therapeutic relationship, engaging clients "where they are," and addressing substance use within the larger context of their lives. The authors describe in very pragmatic terms how to use a combination of motivational, cognitive-behavioral, 12-step, and psychodynamic techniques with clients in different stages of change. Techniques are brought to life with numerous case vignettes, and appendices include reproducible client forms and handouts.

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