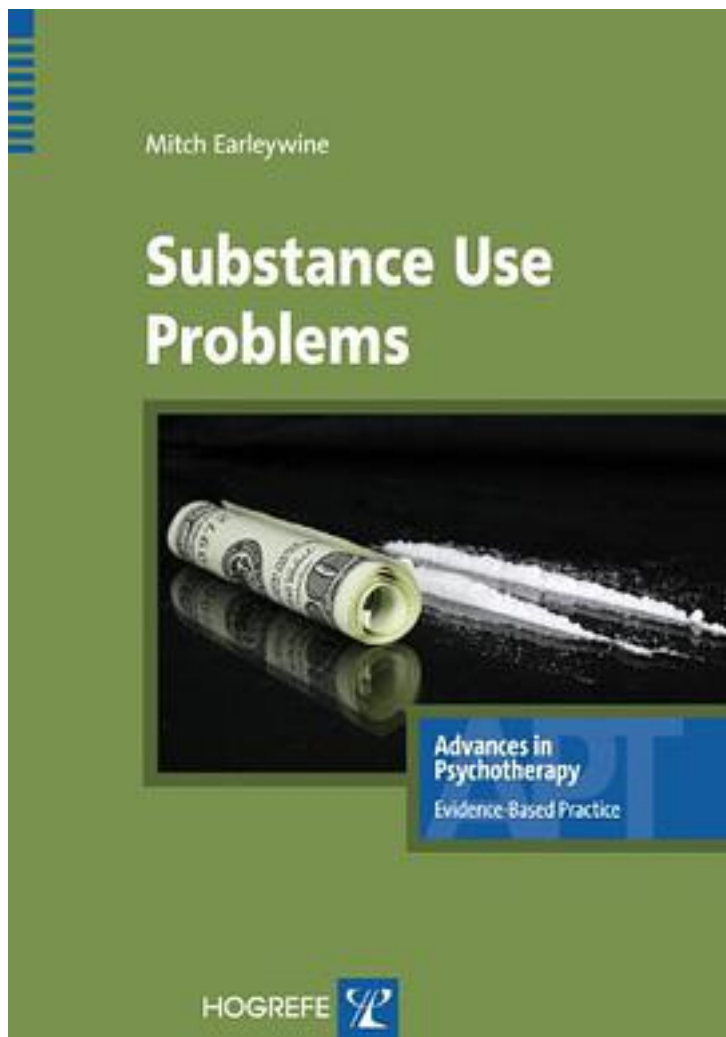


# Substance Use Problems



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Health professionals in a range of settings are bound to meet clients with troubles

related to drugs. The literature on their diagnosis and treatment is filled with successful, empirically based approaches, but also with controversy and hearsay. Separating the myths from the facts can be difficult. This text does so, providing trainees and professionals with a handy, concise guide for helping problem drug users build enjoyable, multifaceted lives using approaches based on decades of research. Readers will be able to improve their intuitions and clinical skills by adding an overarching understanding of drug use and the development of problems that translates into appropriate techniques for encouraging clients to change behavior themselves. Each strategy and process rests on maintaining a genuine, empathic, therapeutic relationship. The highly readable text explains not only what to do, but when and how to do it. Seasoned experts and those new to the field will welcome the chance to review the latest developments in guiding self-change for this intriguing, prevalent set of problems.

作者介绍:

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