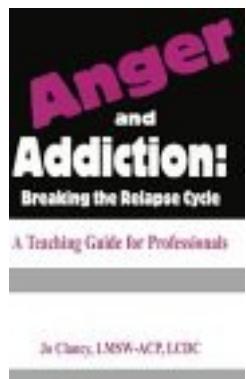


Anger and Addiction



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出版者:

出版时间:

装帧:

isbn:9781887841023

A step-by-step guide for helping clients target the anger that underlies their substance abuse behaviors "In working with persons recovering from alcoholism, the author noted that relapse appeared to correlate with the client's difficulty expressing feelings of anger and hostility. This volume describes the dynamics of the anger-relapse connection, as well as the intervention strategies the author developed to address it. Combining psycho-educational, rational-emotive, and cognitive-behavioral models, she outlines a 12-session plan involving clients in three stages: (1) identifying the determinants of anger and addiction and the impact of past experience on their current response choices, (2) intervention strategies (e.g., time-out, self-talk, personalizing responses, problem solving, stress management), and (3) ongoing application, evaluation, and modification of emotions, cognitions, behaviors, and the interventions." -- Bulletin of the Menninger Clinic

作者介绍:

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