Applied Cognitive and Behavioural Approaches to the Treatment of Addiction: A Practical Treatment Guide

Offers professionals a practical guide to the psychological treatment of all substance abuse, including tobacco, alcohol, stimulant drugs, cannabis and opiates.

This book focuses on CBT interventions, which have the strongest evidence base for effectiveness in treating addictive disorders.

Written by an author team highly experienced in the treatment of addiction, Applied Cognitive and Behavioural Approaches to the Treatment of Addiction will be accessible to a wide range of professionals, such as specialist nurses, drug counsellors and mental health graduate workers.

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