Psychotherapy and Substance Abuse: A Practitioner's Handbook

Arnold Washton; Heather Gotham;

Abstract
Originally published in Contemporary Psychology: APA Review of Books, 1996, Vol 41(9), 945. The reviewer notes that this is indeed a practitioner's handbook (see record 1995-98747-000), as Washton has assembled chapters on a broad range of issues, theoretical orientations, and psychotherapeutic techniques currently used in the treatment of substance abuse. The main strength of the book is a recognition by almost all of the authors of a paradigm shift in substance abuse treatment, away from traditional, confrontational approaches aimed at breaking denial and unlocking resistance and toward more empathic, collaborative approaches aimed at working through ambivalence regarding substance use and guiding clients toward self-change. This volume is a resource that describes relevant client characteristics to be considered when choosing from the menu of available treatments. (PsycINFO Database Record (c) 2006 APA, all rights reserved)

