



# **Reducing Benzodiazepine Consumption: Psychological Contributions to General Practice (Recent Research in Psychology)**

*Margaret A. Cormack, Richard Glynn Owens, Michael Dewey*

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Spurred by reports in 1980 detailing the ineffectiveness of long-term treatment with benzodiazepines, the authors of this volume began a study to investigate the reasons behind the addiction, quickly adopting a psychological approach to treatment. In testing the efficacy of anxiety management techniques as an alternative to benzodiazepine use, Drs. Cormack, Owen and Dewey strongly emphasize the importance of the working relationship between the general practitioner and the psychologist. *Reducing Benzodiazepine Consumption* offers management solutions for the clinician in treating patients suffering from addiction to these drugs.

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