



Cognitive Behavioural Therapy for Problem Drinking: A Practitioner's Guide

Marcantonio Spada

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This book serves as a concise and practical guide on the application of Cognitive Behavioural Therapy (CBT) to problem drinking. Divided into five chapters it provides:

- a detailed account of the cognitive and behavioural processes involved in the development and maintenance of problem drinking
- in-depth coverage of assessment and case formulation and their role in planning and sequencing CBT interventions
- concise and practical illustrations of the application of CBT interventions in preparing, implementing and maintaining change
- diaries and worksheets for use with the client.

Cognitive Behavioural Therapy for Problem Drinking is essential reading for all mental health practitioners in the field of alcohol misuse, as well as being a useful resource for those in training.

The appendices of this book contain worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website www.cbtarena.com to find out more about this facility.

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