



Treatment Strategies for Substance and Process Addictions

Robert L. Smith

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"This unique and timely text examines the most prevalent substance and process addictions and focuses on current research and evidence-based treatment strategies. Dr. Smith and his contributing authors, all with substantial clinical experience in working with addictions, highlight the models and methods used to treat addictions. Major substance addictions examined include alcohol, tobacco, marijuana, methamphetamines, and prescription drugs. Complete chapters are also devoted to the most frequently cited process addictions, making this text unique. Behavioral addictions covered in this text include pathological gambling, sex disorders, disordered eating, work, exercise, shopping, and Internet/gaming. With its emphasis on treatment strategies, this book can be used by practitioners, as well as by professors in the classroom in introductory courses in addictions or in subsequent courses that focus on treatment strategies.

Features

Each chapter contains student learning outcomes, a case study with reflective questions, techniques for assessment and diagnosis, inpatient and outpatient treatment approaches, and resources for further study

Coverage of cooccurring disorders, neuroscience research findings, and addictions treatment programs"

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