



Treating Adult Substance Abuse Using Family Behavior Therapy: A Step-by-Step Approach

Brad Donohue, Daniel N. Allen

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Praise for *Treating Adult Substance Abuse Using Family Behavior Therapy*

"*Treating Adult Substance Abuse Using Family Behavior Therapy* is a welcome addition to the evidence-based substance use disorder treatment literature. This volume provides a large amount of helpful information, materials, and step-by-step instructions for implementing and troubleshooting family-based behavioral treatment for substance use problems."

—**Mark B. Sobell**, PhD, ABPP, Professor, and **Linda Sobell**, PhD, ABPP, Professor and Associate Director of Clinical Training, Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale–Davie, FL

"I strongly recommend *Treating Adult Substance Abuse Using Family Behavior Therapy*. Donohue and Allen give readers a step-by-step approach using empirical strategies, client–therapist dialogues, checklists, and handouts that make the therapy process clear and concrete. This book is a must-read for all who want to use FBT in their practice."

—**Robert J. Meyers**, PhD, Emeritus Associate Research Professor of Psychology, University of New Mexico

"I am delighted with the book *Treating Adult Substance Abuse Using Family Behavior Therapy*. As a relatively new therapist, I used the FBT protocols in a practice setting and the highly structured interventions provided me a sense of confidence while developing professional competence in working with very challenging populations. Although simple in theory, families are empowered by these absolutely positive techniques."

—**Amy S. Bizjak**, Staff Development Training Coordinator, Bethesda Children's Home, Meadville, PA

Practical, step-by-step guidance for using Family Behavior Therapy (FBT) in the treatment of adults dealing with substance abuse

Treating Adult Substance Abuse Using Family Behavior Therapy clearly explains how this evidence-supported treatment can be implemented in a flexible, straightforward manner and covers:

- The underlying framework and infrastructure necessary for treatment providers to effectively implement FBT
- Strategies for establishing effective consumer-driven treatment plans with clients prior to each session
- Skills training and exercises that teach conflict management and how to build healthy relationships
- Standardized methods for managing problems that coexist with substance abuse, such as unemployment, depression, and incarceration

With an accompanying CD-ROM containing worksheets, handouts, and other practical materials, this hands-on behavioral approach to therapy equips all mental health professionals with effective strategies to help adult substance abusers and their families through the recovery process.

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