

Contents

I. An Invitation to Addiction Treatment	1
1. Why Treat Addiction?	3
2. What Is Addiction?	12
3. How Do Drugs Work?	31
II. A Context for Addiction Treatment	51
4. Engaging	53
5. Screening, Evaluation, and Diagnosis	71
6. Withdrawal Management and Health Care Needs	92
7. Individualizing Treatment	116
8. Case Management	139
III. A Menu of Evidence-Based Options in Treating Addiction	153
9. Brief Interventions	155
10. Motivational Interviewing	168

11. Behavioral Coping Skills	177
12. Meditation and Mindfulness	191
13. Contingency Management	197
14. A Community Reinforcement Approach	207
15. Working with Significant Others	221
16. Strengthening Relationships	228
17. Mutual Help Groups	251
18. Medications in Treatment	271
IV. Professional Issues	293
19. Stuff That Comes Up	295
20. Treating Co-Occurring Conditions	311
21. Facilitating Maintenance	331
22. Working with Groups	342
23. Addressing the Spiritual Side	363
24. Professional Ethics	380
25. Implementing Evidence-Based Practice	403
References	423
Index	505