## **Contents**

1: Introduction	1
2: The Problem with Alcohol	11
3: A Rational-Emotive Theory of Addiction	22
4: General Treatment Considerations	38
5: Changing Addictive Thinking	52
6: Specific RET Cognitive Techniques to be Used with Addicts	72
7: Special Emotive Techniques to be Used with Addicts	83
8: Specific RET Behavioral Techniques for Use with Addicts	93
9: The Process of RET with Alcoholics and Substance Abusers	98
10: Working with the Enabler	108
11: RET in a Therapeutic Community	118
12: Therapist Survival Skills	139
References	149
Author Index	155

viii	Contents	
Subject Index		157
About the Authors		159
Series List		160

: