CONTENTS

Preface	XV
Chapter 1: Conceptual Foundations: Defining Alcohol Problems	
Alcohol Problems: What Are They, Who's Got Them, Who Hasn't, Who Might?	1
Defining Alcohol Problems	2
Drinking Definitions	5
Diagnosis Definitions	7
ASAM Definition of Alcoholism	8
Abusing "Abuse"	9
How the DSM Works	10
Alcohol Abuse	11
Alcohol Dependence	12
Once a Drunk, Always a Drunk? The Course of	
Alcohol Problems	14
Treat Me or Lose Me: Is Treatment Necessary to Resolve	
Alcohol Problems?	16
To Quit or Not? How Do Most People Resolve Alcohol	
Problems?	17
Different Strokes for Different Folks: Recovery, Relapse, and	
the Future of Treatment	19
Key Terms	20
Recommended Reading	21

Chapter 2: Identifying Alcohol Problems: "I Know It When I See It! Or Do I?"	
Signs and Symptoms: Fleshing Out the DSM	24
The Case of Mary	25
The Case of Tom	26
Recognizing More than One Problem: Is It Just a Drinking Problem?	28
How Likely Is the Problem Drinker to Have Other Problems?	29
•	2)
"Denial" May Be Just Another River in Egypt: Where Does Denial Come From?	29
What Should I Do as a Professional? Roles and Responsibilities	31
How Drinking Affects Family, Work, and Other Areas of the	
Client's Life	33
Family and Social Problems	33
Work Problems	34
Health and Medical Consequences	34
"So What's In It For Me?" Answering Questions from Clients	
about Treatment	35
To Refer or Not to Refer: Advantages and Disadvantages of	
Referring a Client to Specialized Treatment	37
Summing Up	38
Key Terms	38
Chapter 2. Finding and Cetting the Best	
Chapter 3: Finding and Getting the Best	
Out of Professional Resources	
Developing a Professional Referral Network	39
The "Match" Game: How to Select the Right Professional	41
The Role of Medical Personnel	41
The Client with Mental Health and Alcohol Use Problems	41
Finding Out about the Professional's Style and Method of Practice	42
Referrals for Adolescents	43
Referrals for Older Persons	44

Diversity and Referrals	45
Spirituality and Religion in the Referral Process	46
Clients' Sexual Orientation and the Referral Process	46
The Suicidal or Homicidal Client: Protection and Duty to Warn	47
Helping the Client to Consider Treatment or Motivation, Motivation, Motivation	49
Crises	51
When a Crisis is in Progress	53
The Dangerous Situation	54
Involving Friends and Family	54
Risk Management Strategies	56
Risk Management: Protection for You and Your Client	56
Referral Follow-Up	57
Key Terms	57
Recommended Reading	58
Chapter 4: Assessment and Treatment Planning	
Treatment Plan as the Map to Success	59
The Beginning of It All: The Intake	60
The Big Picture: The Genogram	61
Insurance	63
Screening Evaluation or Assessment Battery?	63
Family, Friends, and Concerned Others in the Treatment	67
Planning Process	67
Self-Harm and Harm to Others: Initial and Ongoing	68
Assessment	69
Summing Up	
Key Terms	69
Recommended Reading	69

Chapter 5: Treatment Tools, Programs, and Theories: Helping Clients Overcome Problem Drinking

Change Tools: What's Available to Help People	
Overcome Drinking Problems and How Effective	
are Various Approaches?	72
Readiness for Change as the Therapeutic "Wild Card"	73
What's the Best Approach?	77
Twelve-Step Approaches	80
Cognitive Behavioral Treatments (CBT)	82
Motivational Interviewing (MI)	85
Inpatient or Outpatient: Which is Best?	88
Medication	90
The Role of Support Groups in Helping Clients Overcome	
Alcohol Problems	92
Self-Selection and Choice	92
Drinking Goal	93
Belief or Disbelief in Disease Model Accounts of Alcohol Problems	94
Comorbid Psychopathology	94
Availability	94
Summing Up	95
Key Terms	95
Recommended Reading	96
Chapter 6: When and How Should Clients Be Discharged to Aftercare?	
What is Aftercare?	97
How Do You Know If the Client Should be Discharged to Aftercare?	98
Types of Aftercare	102
Halfway Houses	102
Partial Hospitalization or Intensive Outpatient Treatment	102
Outpatient Aftercare	103
Discharge from Aftercare	103

Aftercare for the Client with Dual Diagnosis	103
Assessing Community Resources	104
Family and Friends in the Aftercare Setting	106
Key Terms	107
Recommended Reading	107
Chapter 7: How to Increase Recovery Success,	
Minimize "Slips," and Avoid Chronic Relapse	
The Problem of the "Failure" Label	109
Lapse and Relapse	110
Assessing Relapse Potential	111
What Is Relapse Prevention?	111
Fostering Hope and Self-Efficacy	112
Relapse Prevention 101	112
How the "Thinking" Factor Works	114
Enhancing Self-Efficacy: The Power of Accurate Thinking	115
Triggers: People, Places, Things, and More	115
Developing a Relapse Prevention Plan	118
Dealing with Cravings and Urges	120
Steps in Creating a Relapse Prevention Plan	121
Monitoring Progress	122
Working the Relapse Prevention Plan	123
Key Terms	124
Recommended Reading	124
Chapter 8: Culture, Coaching, and Change: Moving Beyond Alcohol Problems	
Culture and Ethnicity in Changing Alcohol Problems: Different Strokes for Different Folks	125
Defining and Maintaining a Healthy Lifestyle	128
Summing Up	132
Key Terms	133
Recommended Reading	133

xii CONTENTS

Appendix A: Locating and Selecting Treatment Programs for Referrals	135
Appendix B: Biological Monitoring and Effective Treatment	139
References	141
Index	145