CONTENTS

1

George S. Howard and Peter E. Nathan

Introduction

WHY WON'T THEY LET US HELP THEM?	
Unanswered Questions about Distressed Faculty, Staff, and Students: Why Won't They Let Us Help Them? Peter E. Nathan	15
Relevant Biological Factors in the Etiology and Treatment of Alcohol Misuse and Abuse James W. Smith	25
De Loco Magistri: The University's Role in Moral Education Kevin McDonnell	41
CHARACTERISTICS OF EFFECTIVE HELPING PROGRAMS	
Motivating Young Adults for Treatment and Lifestyle Change William R. Miller and Victoria C. Sanchez	55

Secondary Prevention of Alcohol Abuse with College Student Populations:	
A Skills Training Approach	
John S. Baer, Daniel R. Kiblahan,	
Kim Fromme, and G. Alan Marlatt	83
Spirituality in Treatment and Recovery	
John E. Keller	109
EXAMPLES OF EFFECTIVE COLLEGE PRO	OGRAMS
A Model Comprehensive Alcohol Program for Universities	
Jean Kinney	135
College Programming: The Full Sweep	
Bruce E. Donovan	165
Family Issues in Collegiate Alcohol Use,	
Misuse, and Treatment	
Barbara S. McCrady	170