



## Treating Alcohol Dependence: A Coping Skills Training Guide

*By Peter M. Monti PhD, Ronald M. Kadden PhD, Damaris J. Rohsenow, Ned L. Cooney PhD, David B. Abrams PhD*



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This book presents a straightforward, multi-session coping skills training program that has been proven effective in helping alcohol-dependent individuals. The volume provides everything needed to implement the program, including a clear theoretical and empirical rationale, step-by-step session guidelines, helpful clinical pointers, and more than 40 reproducible client handouts, assessment instruments, and therapist forms. Sessions focus on developing key interpersonal and intrapersonal skills to help participants learn positive strategies for coping with the everyday demands of life and resisting the urge to drink.

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## Editorial Review

### Review

"The alcohol treatment landscape has changed dramatically since the first edition of this influential resource for practitioners. Now in an updated second edition, the volume continues to be relevant and useful. The coping skills training approach described here is not only well supported by evidence from clinical trials, but also nicely matches the contingencies of managed care. A relatively brief therapy, it is optimally offered in groups and is entirely compatible with outpatient treatment. The interpersonal life skills are also likely to be useful well beyond coping with addictions, making this an attractive method for working with clients with multiple problems."--William R. Miller, PhD, Department of Psychology, The University of New Mexico

"I highly recommend this book. A state-of-the art guide to scientifically sound behavioral techniques, with added information on psychopharmacology and dual diagnosis, it's both a textbook and a training manual in one volume."--David Lewis, MD, Center for Alcohol and Addiction Studies, Brown University

"Highly recommended to all practitioners in health settings and to clinicians supervising and teaching others."

*(Drug and Alcohol Review 2002-08-14)*

### About the Author

Peter M. Monti, PhD, is Professor of Medical Science and Director of the Center for Alcohol and Addiction Studies and the Clinical Psychology Internship Consortium at Brown University, Providence, Rhode Island. He is coeditor of *Adolescents, Alcohol, and Substance Abuse* and coauthor (with David B. Abrams et al.) of a forthcoming book on nicotine dependence.

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1. Introduction, Theoretical Rationale, and Evidence Base

2. General Treatment Considerations: Setting the Stage and Treatment Setting
3. Coping Skills Training, Part I: Interpersonal Skills
4. Coping Skills Training, Part II: Intrapersonal Skills
5. Cue Exposure Treatment with Urge Coping Training
6. Dual Diagnosis Issues

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