



Substance Abuse Counseling: Theory and Practice (4th Edition)

By Patricia Stevens, Robert L. Smith

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Known for clarity, accessibility, and practicality, this widely-used book thoroughly examines substance abuse in the population, addressing both ways to measure the problem and how to treat individuals and families who seek assistance. It educates prospective clinicians and counselors by guiding them, step-by-step, through the process of working with substance-abuse clients. Chapter content builds in sequence; however, each chapter can be taken as a stand-alone source of valuable information. Individual chapters on special populations add substantial depth to the text's treatment of its subject.

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Editorial Review

From the Back Cover

This book provides information regarding the enormity of substance abuse problems in the population, how to assess the problems, and how to treat individuals and families who seek assistance. It educates beginning clinicians and counselors about substance abuse by guiding them through the process of working with substance-abuse clients. Written in an understandable, and easy-to-grasp manner, it covers the basics of substance use and abuse—Terminology, physiology, psychokinetics, and psychodynamics. Case histories are used in selected chapters to help readers integrate the various approaches by offering a sample of the types of issues presented when working with this population. An emphasis on special populations includes minority populations, women, elderly, special needs groups, and children/youth. For substance abuse counselors seeking information on the stages of counseling—from assessment and diagnosis through relapse prevention.

About the Author

Patricia W. Stevens, Ph.D., is Professor and Chair of the Leadership and Secondary Education Department at Morehead State University in Kentucky. As a Counselor Educator, she has more than 15 years of experience in training counselors for school and agency settings. She is the past president of the International Association of Marriage and Family Counselors and a Clinical Member and Approved Supervisor with the American Association for Marriage and Family Therapy. Dr. Stevens is a Licensed Professional Counselor and Supervisor, a Licensed Marriage and Family Therapist and Supervisor, and a National Certified Counselor. She is also a Fulbright Scholar and has received awards for teaching, research, and service as well as the IAMFC Mentoring Award. Dr. Stevens has written and presented extensively at the local, regional, national, and international levels in the areas of substance abuse, gender issues in training and learning, and ethical and legal issues in counseling.

Robert L. Smith, Ph.D., is Professor, Chair of the Counseling and Educational Psychology Department, and Doctoral Program Coordinator at Texas A&M University-Corpus Christi. He completed his Ph.D. at the University of Michigan. As a licensed psychologist, he has worked as a private practitioner in addition to serving as the chair of three counselor education programs. He is the author of several books and more than 60 professional articles. He serves as the Executive Director, and was one of the founders of, the International Association of Marriage and Family Counselors. He is also the founder of the National Credentialing Academy for Family Therapists. Dr. Smith authored the initial prospectus for this text and surveyed professionals concerning the need for this manuscript. His research interests include the efficacy of treatment modalities in individual psychotherapy, family therapy, and substance abuse counseling. He is a Diplomate-Fellow in Psychopharmacology with the International College of Prescribing Psychologists.

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Substance abuse ranks as one of the major public health issues in today's society. Whether directly or indirectly, abuse is responsible for increased risk of violence in the home, suicide, mental illness, work-related accidents, and approximately half of all fatal automobile crashes. The use and abuse of substances span gender, socioeconomic levels, ethnicity, age, religion, profession, geography, and most dimensions of human existence and background. All people during their lifetimes will be touched by substance abuse or addiction; therefore, clinicians should be adequately trained to recognize the enormity of this problem, how

to assess it, and ultimately how to treat individuals and families who come for assistance. Comprehensive programs at undergraduate and graduate levels are now in place in many settings, systematically studying substance abuse and subsequent treatment modalities.

This book was developed to be helpful for the general clinician as well as for students in beginning substance abuse classes and as an adjunct to, but not a replacement for, counseling theory and techniques books and coursework. Contributors to this edition have extensive backgrounds in substance abuse work as well as special knowledge in a particular segment of the field.

Space and time limitations prevent us from examining many of the issues in the field: public policy, working in a school setting, substance abuse in the workplace, HIV/AIDS and drug use, and a more in-depth study of the dual diagnosis issues of mental illness and substance abuse.

The book takes the reader through the process of working with substanceabusing clients. Chapters build on each other, yet can be used independently as resources for information. Because it is impossible to portray a "real" client, case histories were developed and are used to offer a sense of practical application in each chapter. These case discussions provide a sample of the types of issues presented when working with this population.

The authors believe that knowing about all aspects of the treatment process are essential to assisting clients toward recovery. We have endeavored to structure the book in a manner that reflects treatment from first contact to recovery. We hope that you find this book to be an enjoyable and practical read as well as helpful in your practice.

Users Review

From reader reviews:

Patrick Allen:

The book Substance Abuse Counseling: Theory and Practice (4th Edition) can give more knowledge and also the precise product information about everything you want. So just why must we leave the great thing like a book Substance Abuse Counseling: Theory and Practice (4th Edition)? Wide variety you have a different opinion about e-book. But one aim that will book can give many facts for us. It is absolutely suitable. Right now, try to closer with your book. Knowledge or facts that you take for that, you may give for each other; you can share all of these. Book Substance Abuse Counseling: Theory and Practice (4th Edition) has simple shape nevertheless, you know: it has great and large function for you. You can seem the enormous world by open and read a book. So it is very wonderful.

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