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this book is a treatment manual providing guidance for therapists treating clients with gambling addictions in this book the authors use a cognitive behavioural approach and provide a session by session guide for overcoming problem gambling essential topics covered include assessment and psychoeducation cognitive behavioural strategies to stabilize gambling identifying and challenging thinking errors relaxation and imaginal exposure problem solving and goal setting managing negative emotions relapse prevention maintaining a balanced lifestyle and coping with high risk situations a cognitive behavioural therapy programme for problem gambling supplies detailed information to help the therapist and client understand gambling behaviours as well as practical advice on techniques that can be used with the client to change these behaviours this practical guide will provide helpful guidance for addiction counsellors and therapists worldwide

the authors present a parallel integrated treatment program for children with sexually abusive behavior problems and their parents

this book presents effective cognitive behavioral treatment approaches for changing the behaviors of individuals who have both problems of substance abuse and criminal behavior the book unveils a state of the art approach for effectively preventing criminal recidivism and substance abuse relapse within community based and correctional settings

as we move into the twenty first century protecting our children against sexual predators becomes more vital than ever before not only must we recognize the signs of sexual abuse more importantly we must learn how we can prevent it sexual abuse is not only a social problem it s also a legal one megan s law became nationwide legislation in 1996 requiring sex offenders to register some states also have civil commitment that admits repeat sex offenders to mental institutions indefinitely but the abuse still continues in this must read book author janet nekooasl smith brings over ten years experience treating victims sex offenders and their families impact will help you explore your beliefs about victims and sex offenders help you recognize the techniques that sex offenders use to choose their victims teach you what to look for to prevent sexual abuse enable you to make society safer with compelling true accounts nekooasl smith will provide you with the tools you need to decipher warning signs of possible sexual misconduct

think better be happier

this text is written to give teachers and students a critical thinking text one that presents an interdisciplinary systematic and practical approach to thinking an important skill which can enlarge the students ability to think through life

these who guidelines are designed to assist staff of closed settings to provide safe and effective withdrawal management and treatment services for people who use drugs in the western pacific region it provides information about drugs and drug dependence the management of drug withdrawal and approaches to treatment for drug dependence for the purposes of this document closed settings refers to prisons work camps compulsory drug treatment centers and any other institution in which people are detained the guidelines take a public health approach to drug use and dependence this approach recognizes that the health of one individual affects the health of the community

part of the new treating addictions series treating drug problems is full of practical information on assessing diagnosing and treating drug problems and represents an invaluable tool for anyone who works with clients experiencing drug dependence or addiction the popular series format includes assessment scales tables checklists and diagrams features such as dos and don ts and important things to remember problem solving scenarios self improvement techniques and suggested resources including an annotated bibliography and lists of contacts such as self help groups residential and outpatient treatment programs support groups and websites

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