DESCRIPTION

This new book offers professionals a practical guide to the psychological treatment of all substance abuse, including tobacco, alcohol, stimulant drugs, cannabis and opiates. It focuses on CBT interventions, which have the strongest evidence base for effectiveness in treating addictive disorders.

Written by an author team highly experienced in the treatment of addiction, *Applied Cognitive and Behavioural Approaches to the Treatment of Addiction* will be accessible to a wide range of professionals, such as specialist nurses, drug counsellors and mental health graduate workers.

The author team are all at the South London and Maudsley NHS Trust, UK.

ABOUT THE AUTHOR

Luke Mitcheson, Jenny Maslin, Tim Meynen, Tamara Morrison, Robert Hill, and Shamil Wanigaratne – Clinical Psychologists at South London and Maudsley NHS Foundation Trust
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