



Brief Integrated Motivational Intervention: A Treatment Manual for Co-occurring Mental Health and Substance Use Problems

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DESCRIPTION

Brief Integrated Motivational Intervention provides clinicians and specialist practitioners with a brief, evidence-based treatment approach for motivating clients, who have comorbid mental health and alcohol and drug misuse.

- Combines CBT, motivational interviewing, and the authors' own cognitive-behavioural integrated treatment (C-BIT) to engage clients in meaningful dialogue for change
- Utilizes the short 'window of opportunity' when clients are admitted to psychiatric hospital or have recently relapsed, and helps clinicians to maximize the potential of this 'teachable moment'
- Helpful tools such as session-specific content, illustrative case material and easy-to-use worksheets facilitate implementation of the approach across a range of settings including inpatient, community, and residential
- Developed by an expert team with many years of experience in both research and practice in the fields of psychosis and addiction

ABOUT THE AUTHOR

Hermine L. Graham is a Consultant Clinical Psychologist and Lecturer at the University of Birmingham, UK. She has expertise in Cognitive Behavioural Therapy, and has led the development and research of service models and treatment approaches for

people with severe mental health and co-occurring alcohol and drug problems in Birmingham. This work has been highlighted as a model of 'good practice', and is referenced in national policy guidelines for the treatment of 'dual diagnosis' (DoH, 2002). She has published widely in academic peer reviewed journals and is co-author of *Cognitive-Behavioural Integrated Treatment (C-BIT): A Treatment Manual for Substance Misuse in People with Severe Mental Health Problems* (Wiley, 2004) and co-editor of *Substance Misuse in Psychosis: Approaches to Treatment and Service Delivery* (Wiley, 2003).

Max Birchwood is Professor of Youth Mental Health at the University of Warwick, UK. He pioneered the concept and practice of early intervention in psychosis and opened the UK's first Early Intervention in Psychosis service in 1994. He has published widely in the field of psychosis and is the author of many books, including *Early Intervention in Psychosis: A Guide to Concepts, Evidence and Interventions* (Wiley, 2000); *Cognitive Therapy for Delusions, Voices and Paranoia* (Wiley, 1996); *A Casebook of Cognitive Behaviour Therapy for Command Hallucinations: A Social Rank Theory Approach* (2005); *Cognitive-Behavioural Integrated Treatment (C-BIT): A Treatment Manual for Substance Misuse in People with Severe Mental Health Problems* (Wiley, 2004); and *Substance Misuse in Psychosis: Approaches to Treatment and Service Delivery* (Wiley, 2003).

Alex Copello is Professor of Addiction Research at the School of Psychology at the University of Birmingham, UK, and Consultant Clinical Psychologist with the Birmingham and Solihull NHS Foundation Trust. His career has combined clinical and academic work and his research has had a major impact on addiction treatment in the UK in recent years. He has been widely published in academic scientific journals and is the author or editor of many books, including *Social Behaviour and Network Therapy for Alcohol Problems* (2009); *Coping with Alcohol and Drug Problems* (2005); *Cognitive-Behavioural Integrated Treatment (C-BIT): A Treatment Manual for Substance Misuse in People with Severe Mental Health Problems* (Wiley, 2004); and *Substance Misuse in Psychosis: Approaches to Treatment and Service Delivery* (Wiley, 2003).

Emma Griffith is a Lecturer and Clinical Tutor for the Doctorate in Clinical Psychology at the University of Bath, UK, and also works as a Clinical Psychologist in Avon and Wiltshire Partnership Mental Health NHS Trust. She is accredited as a Behavioural and Cognitive Psychotherapist in CBT by the British Association for Behavioural & Cognitive Psychotherapies (BABCP). She has published a number of journal articles and is the co-author of a book chapter.

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