



Couple Therapy for Alcoholism: A Cognitive-Behavioral Treatment Manual

Phylis Wakefield, Rebecca Williams, Elizabeth B. Yost, Kathleen Patterson

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Recent research in the treatment of alcoholism has shown that the involvement of a spouse or partner improves outcome for the client. This hands-on guide presents a time-limited, cognitive-behavioral treatment in the context of couple therapy. The volume demonstrates how to engage the alcoholic's partner as an active participant in the treatment process. Using this state-of-the-art approach, the practitioner can respond to the needs of both the alcoholic and the partner, which may motivate the couple to remain in treatment and learn the skills they need to overcome the many struggles inherent in a relationship affected by alcoholism. Organized so that each chapter and the suggested interventions may stand alone or be integrated with a variety of therapeutic approaches, the book includes numerous illustrative case examples and a wealth of reproducible handouts in the form of exercises, charts, and sample dialogues.

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