

ROBERT L. SMITH

Treatment
Strategies
for Substance
and Process
ADDICTIONS



AMERICAN COUNSELING
ASSOCIATION

6101 Stevenson Avenue, Suite 600 ■ Alexandria, VA 22304

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Treatment Strategies for Substance and Process ADDICTIONS

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This text is dedicated to the individuals and families who have experienced substance and process addictions and to the courageous mental health professionals devoted to working and conducting research in treating addictions.

—Robert L. Smith



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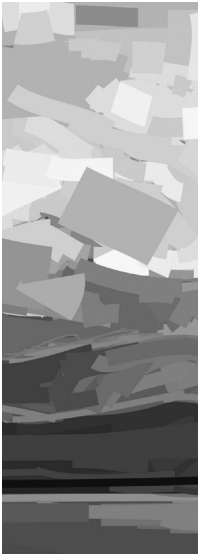
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PREFACE

This text describes treatment strategies for working with substance and process addictions. The content of this text goes beyond an introduction to the field of addictions by examining treatment approaches, many of which are evidence based. The contributors, each of whom has clinical experience working with addictions, have thoroughly researched the most current treatment strategies. Readers will find this text a viable option for introductory courses on addictions or for the second course in a sequence of classes in addictions counseling. Students and practitioners will find this book useful in understanding the link between substance and process addictions as well as identifying recommended evidence-based treatment practices.

This book addresses strategies and treatment programs often used with addictions to alcohol, tobacco, cannabis, amphetamines, and prescription drugs. Although a large number of substances are misused, these five represent some of the most prevalent substance addictions. Yet many of the interventions covered in this text can also be successfully applied to other substance addictions. An overview of additional drug addictions treatments is available in a number of textbooks (Capuzzi & Stauffer, 2008; Doweiko, 2012; Stevens & Smith, 2013).

A unique and significant feature of this book is its inclusion of full chapters devoted to the major process addictions, often referred to as *behavioral addictions*. The process addictions covered include gambling, sex, food, work, exercise, shopping, and Internet use. Strategies and treatment programs used with these process addictions are emphasized. This focus on process addictions is timely, as recently researchers, professional groups, and government agencies (e.g., the American Society of Addiction Medicine, National Institute on Drug Abuse, American Psychiatric Association, and Substance Abuse and Mental Health Services Administration) have recognized similarities between process addictions and substance addictions, especially as related to mechanisms in the brain. This recognition has led experts to consider both substance and process addictions as a type of brain disease. This text aims to provide clinicians at all skill levels with a reference for understanding the evolving field of substance and process addic-

tions. In addition, the contributors provide readers with links to supplemental Web-based materials to further enhance comprehension of substance and process treatment, addiction, and supports.

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Special thanks go out to the contributors for their expertise and patience. Their clinical experience, research savvy, and writing skills are what make this a state-of-the-art text that emphasizes treatment strategies for both substance and process addictions.

