

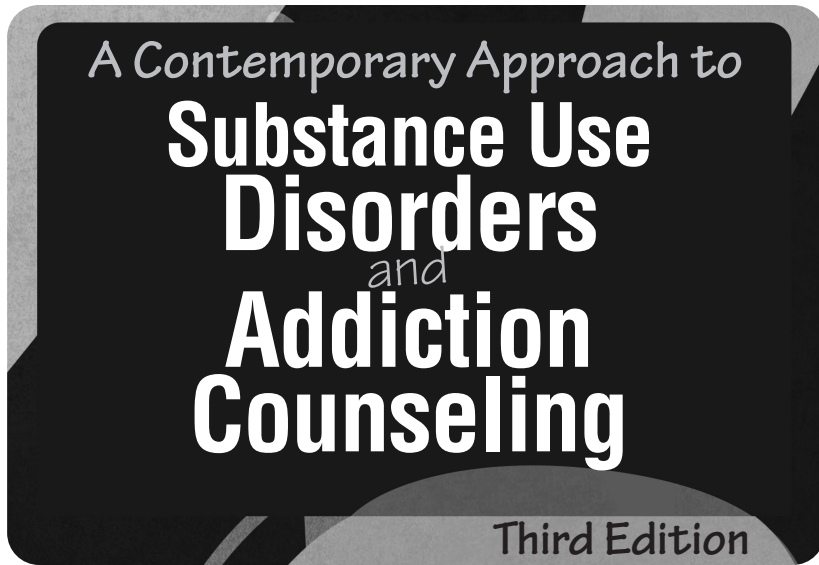
*A Contemporary Approach to*  
**Substance Use  
Disorders  
*and*  
Addiction  
Counseling**

Third Edition

**Ford Brooks *and* Bill McHenry**

 American Counseling Association

2461 Eisenhower Avenue, Suite 300 • Alexandria, VA 22314  
counseling.org



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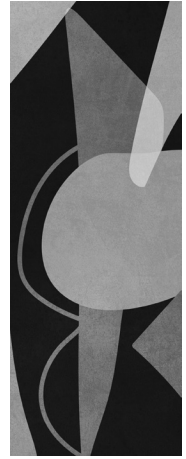
## Dedication

Sarah Journey and Parker Tripp  
May you never know the horrors of addiction

*In Memory*  
Clifford W. Brooks and Alberta L. Brooks  
God rest their souls

For Brady





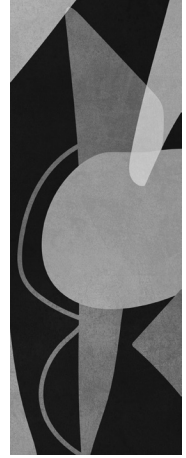
# Table of Contents

	Preface	vii
	About the Authors	ix
	Acknowledgments	xi
Chapter 1	Substance Use Counseling: An Introduction	1
Chapter 2	Diversity Issues in Substance Use Treatment	13
Chapter 3	Types of Drugs and Their Effects	45
Chapter 4	Assessment, Diagnosis, and Interview Techniques	83
Chapter 5	Continuum of Nonuse to Addiction: A Biopsychosocial Understanding	121
Chapter 6	Treatment and Treatment Settings	143
Chapter 7	Developmental Approaches in Treating Addiction	161
Chapter 8	Family and Addiction	181

*Table of Contents*

Chapter 9	Grief and Loss in Addiction	195
Chapter 10	Group Counseling and Addiction	205
Chapter 11	Relapse Prevention and Recovery	239
Chapter 12	Spirituality and Support Groups in Recovery	263
Chapter 13	Addictions Training, Certification, and Ethics	277
Chapter 14	The Importance of Counselor Self-Care	297
	References	305
	Selected Resources	347
	Index	351

## Preface



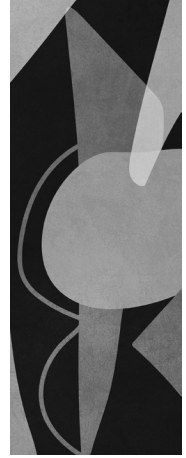
Since our last edition, much has changed in our world. We've lived through and continue to negotiate the consequences of a pandemic, the impact of significant political polarization, racial unrest, gun violence, and an increase in drug overdoses. These are significant changes in our society that have forced us to examine our approach to clients in need of mental health and addiction services. The use of telemental health therapy significantly increased during the peak years of the pandemic and continues to be a viable option for clients. The increase in overdoses during the pandemic necessitated the utilization of telemental health therapy. Access to addiction treatment was limited, and face-to-face attendance at support meetings moved to a virtual platform. The need for mental health and addiction services has significantly increased since our last edition, and it is our hope that this revised text will contribute to the education and training of counselors in order to meet those needs.

This edition provides the needed information to help counselors work more effectively with substance use disorders and utilize what we've learned with respect to medication-assisted therapy (MAT), telemental health therapy, and environmental impacts. Additions in this revision include a section on the use of harm reduction strategies, MAT, the use of telemental health therapy in treatment, the use of drug courts and peer recovery specialists, and an update on neurobiology.

As in previous editions, we provide real case examples, when possible, to make the information relatable and applicable. The final chapter focuses on self-care, and we include how counselors, during the pandemic, were able to provide services and what they've learned to move forward as clinicians in a post-pandemic world.







## About the Authors

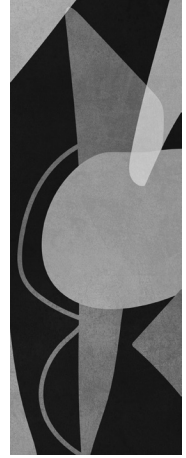
**Ford Brooks, EdD, LPC, NCC, CADC**, is a professor in the Department of Counselor Education at Shippensburg University of Pennsylvania where he is the senior faculty department member and director of the Growing Edges Community Clinic. Brooks provides counseling, supervision, and training services to clients, supervisees, agencies, and schools in the south-central region of Pennsylvania.

Brooks received his doctorate and education specialist degrees in counseling from the College of William and Mary, his master of science degree in rehabilitation from Virginia Commonwealth University/Medical College of Virginia (with specialization in alcohol and drug rehabilitation counseling), and a bachelor of arts degree from the University of Richmond in psychology. Brooks has been a counselor for 38 years, working primarily with clients who struggle with addiction and co-occurring mental health disorders. He has worked in hospital, inpatient and outpatient clinics, private practice, and university student affairs settings. Much of his clinical work and writing has focused on relapse prevention, spirituality issues, and surrender in addiction.



**Bill McHenry, PhD, LPC-S**, is associate professor of counseling at St. Edward's University. His doctorate is in counselor education from the University of South Dakota. McHenry has been a professional counselor for 27 years. His professional experiences include working with clients (individuals, groups, couples, and families) with substance use and addiction issues in schools, universities, rehabilitation programs, mental health agencies, and college counseling centers.





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Thanks once again to Bill for his contribution to this third edition. I appreciate your willingness to work again on this project.



I (Bill) thank our editorial team, especially Carolyn Baker, for believing in this project, supporting our work, and making the process smooth and professional through every turn. To the reviewers of our work, thank you for your insightful suggestions, clear direction, and respectful frames. You made our book better in many ways.

Thank you to my family for your support, guidance, and the peace you continue to provide in my life. Finally, I want to thank Ford for the opportunity to create this meaningful and important book. Throughout the process, I was in constant awe of your patience, skill, knowledge, and respect for both our readers and the clients we serve.

