

Cognitive-Behavioral Approaches to Alcoholism Treatment

RONALD M. KADDEN, Ph.D.

Cognitive-behavioral theories explain alcoholism as a learned behavior that can be changed using the same behavior modification interventions employed to alter other learned behaviors. Treatment interventions teach clients the skills they need to confront or avoid everyday situations that may lead to drinking.

Understanding what motivates people to drink abusively involves knowing their drinking behaviors and patterns and their perceptions, or cognitions, about themselves and about alcohol. Cognitive-behavioral psychology incorporates all of these elements, expanding the basis of traditional behavior theory beyond an exclusive focus on observable behaviors to include thoughts and emotions. Although it has broadened the scope of behavior theory, this perspective still employs many behavioral techniques to help clients who have psychological problems to change. As applied to alcoholism,¹ the cognitive-behavioral approach (see box; Kadden 1982) views the etiology and persistence of pathological drinking as learned behavior (discussed below) and has led to the application of learning-based clinical methods to alcoholism treatment. These clinical techniques include coping skills training, relapse prevention, marital or family interventions, and development of broad-based social supports for clients.

¹Terms such as "alcoholism" and "alcohol dependence" are understood in this article as referring to criteria for alcohol dependence and abuse in the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*. Pathological drinking refers to the entire range of alcohol problems from mild to severe.

These and other related methods are described in this article, along with considerations of their effectiveness.

OVERVIEW OF THE COGNITIVE-BEHAVIORAL THEORY

Cognitive-behavioral theory views alcohol dependence as a maladaptive means of coping with problems (e.g., social problems) or meeting certain needs. From this point of view, alcoholic drinking is a sequence of learned behaviors acquired in the same manner as any other learned behaviors: through imitating role models, as a result of experiencing the positive effects of alcohol (e.g., reducing anxiety, relieving pain, or enhancing sociability), or based on expectations that alcohol will have one or more of these effects (Monti et al. 1989). After repeated positive experiences with alcohol, some individuals begin to rely on alcohol consumption as the preferred way of coping with problems or meeting needs, especially because alcohol's effects are felt fairly rapidly and require relatively little effort on the part of the drinker. According to cognitive-

behavioral theory, these learned drinking patterns can be altered through the application of combined cognitive and behavior modification interventions, which can help people with alcohol dependence achieve and maintain sobriety (Miller and Hester 1989).

In addition to the view of alcoholism as a learned phenomenon, other theories have been developed to account for its origins. One of these focuses on genetics as a factor in the development of alcohol dependence. Even from this perspective, however, the way in which a genetic vulnerability is expressed is dependent upon a person's psychosocial experiences (Tarter and Vanyukov 1994). As a result, whatever drinking patterns are acquired ought to be amenable to remediation by cognitive-behavioral interventions (Monti et al. 1989).

Antecedents of Drinking Alcohol

The cognitive-behavioral approach to alcoholism treatment focuses on the factors that precipitate and sustain drinking. Antecedents are the events that occur prior to drinking and either set the occasion for it or initiate a chain of behaviors that culminates in drinking. Different types of antecedent factors may lead to a person's drinking (Miller and Mastria 1977). They can be social, such as interpersonal

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Alcoholism The Total Treatment Approach

**Linda Carter Sobell, Mark B.
Sobell, Elliott Ward**



Alcoholism The Total Treatment Approach:

Evaluating Alcohol and Drug Abuse Treatment Effectiveness Linda Carter Sobell, Mark B. Sobell, Elliott Ward, 2013-10-22
Evaluating Alcohol and Drug Abuse Treatment Effectiveness Recent Advances is a collection of papers that covers the advancement in rehabilitation of individuals with a history of substance abuse The title aims to find ways in identifying the treatment that best fits a specific patient The text first provides a historical account of alcohol and drug treatment outcome research Next the selection considers the use of multiple measures of life health to assess alcohol treatment Chapter 3 deals with the behavioral assessment and treatment evaluation of narcotic addiction while Chapter 4 talks about the evaluation of behavioral and traditional treatment of alcoholics The fifth chapter tackles the contingency contracting with drug abusers and the sixth chapter covers the development of a prototype for the evaluation of alcohol treatment The text also details the problems in alcohol treatment along with the improvement of confidence in treatment of substance abuse The book will be of great use to behavioral scientists social workers and mental health specialists

Alcoholism Treatment Marketing
Donald Self, 2014-04-04 The annual economic burden of alcohol abuse in the United States is staggering yet the alcoholism treatment industry has been historically plagued by governmental regulations moral crusades advocacy of specific treatment approaches and a lack of marketing knowledge Here is the first focused set of research on the marketing of alcoholism treatment services The authors of this much needed volume reputable marketing and research scholars greatly expand the current base of knowledge concerning the alcohol treatment marketing subdiscipline including the referral system analyses of market potentials for providers promotional effort consultation for new providers and the evolving nature of medical services distribution systems Through in depth interviews with treatment providers referral sources and former clients of treatment facilities and in major reviews of literature on the subject Alcoholism Treatment Marketing presents primary research and general research findings to provide practical marketing implications

Alcoholism Treatment and Rehabilitaiton National Institute of Mental Health (U.S.), 1973 Alcoholism Treatment and Rehabilitation National Institute of Mental Health (U.S.), 1972 438 references to worldwide literature published from 1960 to Sept 1971 but mostly from 1964 Materials selected to show broad range of treatment modalities treatment and rehabilitation programs and innovative techniques and methods Classified arrangement Foreign language titles also given in original Author index Subject index

Alcoholism treatment & rehabilitation ; selected abstracts Information Planning Associates, 1972

Cross-Cultural Approaches to the Study of Alcohol Michael W. Everett, Jack O. Waddell, Dwight B. Heath, 2011-06-03 No detailed description available for Cross Cultural Approaches to the Study of Alcohol *The Biology of Alcoholism* Benjamin Kissin, Henri Begleiter, 2013-03-09 In this volume the third of our series the emphasis has shifted from the theoretical and experimental to the more clinical and practical aspects of alcoholism Where in the earlier volumes more attention was directed to animal than human studies in this volume almost all material deals with the human condition The clinical

manifestations of alcoholism may be divided into two major aspects that of the disease itself and that of its complications This separation is to some extent artificial since in a sense the natural history of the disease is a function of the development of certain complicating mechanisms These mechanisms in turn either become part and parcel of the underlying condition alcoholism or give rise to a new set of clinical variables characterized as medical complications At this point the dichotomy becomes real The disease alcoholism tends to be seen as a distinct psychosocial entity and to be treated with psychosocial techniques The medical complications are more clearly envisioned as being within the legitimate domain of medical practice and are treated by physicians who often tend to ignore the underlying alcoholism The patient is sometimes lost in between The major thrust of this volume is an attempt to describe the mechanisms of alcoholism as they are now known in such a way as to establish a continuum between the disease alcoholism and its medical complications

Alcoholism and Substance Abuse Gary G. Forrest,1985 Proceedings of the Third Annual Alcoholism Conference of the National Institute on Alcohol Abuse and Alcoholism, June 20-22, 1973, Washington, D.C. Morris E. Chafetz,1974 Alcoholism and Other Drug Problems

James E. Royce,1996 **Treatment and Rehabilitation of the Chronic Alcoholic** Benjamin Kissin,2012-12-06 The present volume contains a large variety of treatment approaches to the long term rehabilitation of the alcoholic ranging from the biological to the physiological to the psychological to the social The multiplicity of proposed therapies each of which has its strong proponents suggests that alcoholism is either a complex medical social disease syndrome requiring a multipronged treatment approach or a very simple illness for which we have not yet discovered the remedy The latter may indeed be true but we cannot use what we do not know and must use what we do know We do however have the obligation to be responsible in our treatment to provide the best that is known at this time and to be discriminating in our prescription of appropriate treatment for individual patients If there is one conclusion we would like to offer in our preface it is that alcoholics constitute a markedly heterogeneous population with widely disparate needs for whom at least at our present level of knowledge a broad spectrum of treatment modalities is necessary If this is true then probably most of this book has validity With this volume on the treatment and rehabilitation of the chronic alcoholic we bring to completion our five volume series The Biology of Alcoholism As the title of the present volume indicates we have departed from our original intention to deal solely with biological aspects of the syndrome and have attempted rather to produce a more comprehensive work

Short-term Rehabilitation for Persons Convicted of Driving While Intoxicated Richard E. Boyatzis,1976 **God and Alcoholism** Dick B.,2002 This book traces A A s real Bible based pioneer program It highlights the early view that relief from alcoholism and addictions can be obtained and a cure received by turning to God The author discloses his own recovery and deliverance within the rooms of A A and applauds the great and unique role of the society during the 20th Century

Practical Approaches to Alcoholism Psychotherapy Sheldon Zimberg,2013-06-29 Societal attitudes toward alcoholism are characterized by several types of denial with disastrous personal and social consequences Refusal to admit the

extent of alcoholism as a major national health problem leads to a public policy which allocates relatively few resources to research prevention treatment or rehabilitation On an individual basis the combination of socially approved drinking and the stigma assigned to the chronic alcoholic results in individuals blinding themselves to the existence of the problem in family friend and self until it has reached such an advanced or obvious degree that denial is no longer possible There is the third kind of denial exemplified by therapeutic despair which proclaims that gaps in knowledge of the cause of alcoholism are so great and failures to treat alcoholics successfully so dramatic that there is no assurance that efforts will lead to a positive outcome This denial is perhaps the most troublesome because it reflects an attitude of therapeutic helplessness It discourages families from seeking help and it reinforces the tendency of physicians and other human services workers to overlook the presence of alcoholism as they treat its physical social and economic consequences Denial frequently surrounds those who treat alcoholics with an aura of hopelessness which itself is a negative therapeutic force

Subject Area
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Bibliography on Occupational Alcoholism Programs National Institute of Mental Health (U.S.), 1973

Evaluating the Federal Effort to Control Drug Abuse United States. Congress. House. Committee on Government Operations. Special Studies Subcommittee, 1973

The Community Health Nurse and Alcohol-related Problems: Instructor's curriculum planning guide, 1978 Alcohol Health and Research World, 1977

The Collected Ernie Kurtz Ernest Kurtz, 2008 Ernest Kurtz has been the outstanding thinker of the AA tradition's second generation the one who played a constant leadership role in pushing the movement towards the highest professional standards of history writing and supplied some of its most influential interpretive concepts His ideas are vitally important for anyone who wishes to understand AA history during the period following Bill Wilson's death in 1971 As a Ph D student at Harvard University in the 1970's he was the first researcher to be granted full access to the archives of Alcoholics Anonymous The book that resulted *Not God A History of Alcoholics Anonymous* 1979 is still the classic work on early AA history His book on the spiritual life Ernest Kurtz and Katherine Ketcham *The Spirituality of Imperfection Modern Wisdom from Classic Stories* 1992 is equally well known and has also been an enduring best seller through the years since it appeared His work on Shame Guilt orig pub 1981 rev ed 2007 has given a whole new depth to the discussion of those two vital recovery issues This present book containing twelve key articles written by Kurtz between 1982 and 1996 gives us a fourth volume from his hand displaying the impressive range and breadth of his thought on alcoholism addiction and spirituality Here under one cover is Kurtz at his best historian gadfly teacher interpreter and master storyteller This is must reading for any student of Alcoholics Anonymous and the evolution of spirituality in America William L White author of *Slaying the Dragon The History of Addiction Treatment and Recovery in America*

The Top Books of the Year Alcoholism The Total Treatment Approach The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have enthralled audiences this year. Alcoholism The Total Treatment Approach : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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