

Preface

Alcohol abuse and alcohol dependence are problems that have baffled clinicians, researchers, and policy makers for hundreds of years. Because of the effects of alcohol use disorders (AUDs) on individuals and the societies in which they live, advances in knowledge about them and in ways to ameliorate them have been high research priorities. In the last several decades this international research activity has paid off in the development of different methods of intervention for the AUDs that are effective and available to clinicians.

The purpose of this book is to further the effort to make empirically supported methods of AUD interventions more accessible to clinicians, whose daily patient/client care responsibilities may hinder their keeping up-to-date with the latest developments in clinical research and practice. The assessment and intervention procedures discussed in this book all have undergone extensive scrutiny and evaluation, both in a formal research sense and in actual clinical practice. They have been judged to be the best methods that the field has to offer clinicians in their attempts to improve the lives of those who come to them for help in reducing or stopping their consumption of alcohol. We hope that this book helps to make these methods the standard of clinical practice.

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