

Table of Contents

Preface.....	v
Acknowledgements.....	v
Dedication.....	vi
1 Description of Alcohol Use Disorders.....	1
1.1 Terminology.....	2
1.2 Definition.....	2
1.2.1 Implications for Clinical Practice.....	4
1.3 Epidemiology.....	5
1.4 Course and Prognosis.....	6
1.5 Differential Diagnosis.....	7
1.6 Comorbidities.....	8
1.7 Diagnostic Procedures and Documentation.....	8
2 Theories and Models of Alcohol Use Disorders.....	10
2.1 Traditional Theories of AUDs.....	10
2.2 Biopsychosocial Model of AUDs.....	11
3 Diagnosis and Treatment Indications.....	15
3.1 Introduction.....	15
3.2 General Guidelines and Considerations.....	15
3.3 Drinking History.....	15
3.3.1 Alcohol Consumption.....	15
3.3.2 Alcohol-Related Consequences.....	17
3.3.3 Other Drug Use.....	18
3.3.4 Pros and Cons of Drinking.....	18
3.3.5 Motivational Readiness to Change.....	20
3.3.6 Self-Efficacy.....	20
3.3.7 Coping Skills.....	22
3.3.8 High-Risk for Drinking Situations.....	22
3.3.9 Spirituality and Religiosity.....	24
3.3.10 Previous Treatment Experiences.....	24
3.3.11 Previous Self-Help Group Involvement.....	25
3.3.12 Barriers to Treatment Participation.....	25
3.4 Life-Functioning.....	25
3.5 Prioritizing Problems and Needs.....	26
3.5.1 Developing the Treatment Plan.....	27
3.5.2 Treatment Indications.....	27
3.6 Referral Issues.....	27
4 Treatment.....	28
4.1 Introduction and Overview.....	28
4.1.1 Meaning of Empirically Supported.....	28
4.1.2 Self-Help/Mutual-Help Groups.....	29

4.2	Behavioral and Psychological Methods	29
4.2.1	Brief Interventions (BIs)	29
4.2.2	Motivational Interviewing (MI)/Motivational Enhancement (ME)	37
4.2.3	Cognitive Behavioral Approaches	44
4.3	Extensions of Basic CBT	51
4.3.1	Behavioral Couples Therapy	51
4.3.2	Contingency Management and Community Reinforcement	55
4.3.3	Relapse Prevention	60
4.4	Psychopharmacological Methods	64
4.5	Mutual (Peer) Self-Help Groups	66
4.6	Efficacy and Prognosis	67
4.7	Combination of Treatment Methods	68
4.8	Problems in Carrying Out Treatment	69
4.9	Multicultural Considerations	69
5	Further Reading	72
6	References	74
7	Appendix: Tools and Resources	80
7.1	Overview	80
7.2	Short Inventory of Problems (SIP)	80
7.3	Decisional Balance – The Pros and Cons of Drinking and of Quitting	80
7.4	Readiness Ruler	80
7.5	Alcohol Abstinence Self-Efficacy Scale (AASE)	81
7.6	Daily Drinking Diary	81
7.7	Worksheet for Functional Analysis of Drinking Behavior	81
7.8	Alcohol Use Disorders Identification Test (AUDIT)	81
7.9	Past Month Alcohol Use	82
7.10	High-Risk for Drinking Situations – Identification and Coping Strategies	82
7.11	What To Do if a Relapse Occurs	82