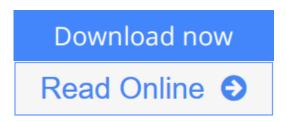# The Tobacco Dependence Treatment Handbook: A Guide to Best Practices

By David B. Abrams Phd, Raymond Niaura Phd, Richard A. Brown Phd, Karen M. Emmons Phd, Michael G. Goldstein MD, Peter M. Monti PhD

The Tobacco Dependence Treatment Handbook: A Guide to Best Practices
By David B. Abrams Phd, Raymond Niaura Phd, Richard A. Brown Phd, Karen M. Emmons Phd, Michael G. Goldstein MD, Peter M. Monti PhD

This unique clinical handbook offers the knowledge, skills, and materials needed to help all types of smokers, even the most hard-core, successfully quit. Provided are assessment tools, treatment planning guidelines, and a series of complete treatment packages, ranging from ultra-brief to more intensive options. Designed for use in a variety of settings by a wide range of providers, the volume is evidence-based and consistent with the latest national guidelines on best practice. The authors, leading scientist-practitioners, incorporate the latest pharmacotherapeutic approaches as well as proven motivational, cognitive, and behavioral techniques. Strategies are presented for tailoring treatment to individual smokers and for preventing relapse. Also included are session-by-session intervention guidelines, helpful case examples, and dozens of requisite handouts and forms, ready to photocopy and use.

Winner--American Journal of Nursing Book of the Year Award

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- Sales Rank: #440667 in Books
- Brand: Brand: The Guilford Press
- Published on: 2003-02-12
- Original language: English
- Number of items: 1
- Dimensions: 11.08" h x .78" w x 8.50" l, 1.92 pounds
- Binding: Paperback
- 365 pages

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Editorial Review

Review

"This volume touches all the bases that clinicians need to help their nicotine-dependent patients quit tobacco use. It is a theory-based, research-driven, and above all practical guidebook. The authors, all practicing clinicians and researchers, bring a wealth of experience and a unique perspective to the treatment of nicotine dependence."--Thomas Glynn, PhD, Cancer Science and Trends, The American Cancer Society, Washington, DC

"Finally, we have a comprehensive, high-quality book on how to treat tobacco dependence. Prior texts have either summarized research data without translating it to practice or presented overly simplistic treatment programs. This book is masterful at translating scientific results into real-world smoking cessation interventions. In addition, while many multiauthored books are uneven, this one is well integrated and reads like a single-authored text. If you can only purchase one book on how to treat smokers, this is the one. This is a landmark contribution for psychologists, chemical dependency and mental health counselors, and social workers, as well as doctors, nurses, health educators, and public health scientists."--John R Hughes, MD, Chair, Tobacco Evaluation and Review Board, State of Vermont; Co-founder, Society for Research on Nicotine and Tobacco; Department of Psychiatry, University of Vermont

"This book includes everything you need to know and all of the materials you need to have in order to set up and implement a comprehensive nicotine dependence treatment program....[The authors] have worked together as a team for over 20 years, developing, testing, and refining the book's treatment and assessment materials in a variety of settings for different providers and patient populations in the real world. This is an excellent, 'must-have' textbook and a definitive treatment handbook, appropriate for providers of smoking cessation interventions as well as for students, teachers, researchers, and policymakers in healthcare and public health. The information and materials it presents are necessary for us to be able to meet the challenge of treating tobacco addiction on all levels."--from the Foreword by Judith K. Ockene, PhD, MEd, Department of Preventive and Behavioral Medicine, University of Massachusetts Medical School

"A comprehensive resource to use when planning or implementing smoking cessation treatment....A valuable resource."--Substance Abuse
(*Substance Abuse* 2003-02-14)

About the Author

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Contents 1. Planning Evidence-Based Treatment of Tobacco Dependence David B. Abrams and Raymond Niaura 2. Assessment to Inform Smoking Cessation Treatment Raymond Niaura and William G. Shadel 3. Increasing Motivation to Stop Smoking Karen M. Emmons 4. Brief Behavioral Treatment William G. Shadel and Raymond Niaura 5. Intensive Behavioral Treatment Richard A. Brown 6. Comorbidity Treatment: Skills Training for Coping with Depression and Negative Moods Richard A. Brown 7. Pharmacotherapy for Smoking Cessation Michael G. Goldstein 8. Contextual and Systems Factors That Support Treatment Judith D. DePue and Laura A. Linnan 9. Ongoing Research and Future Directions Peter M. Monti, Raymond Niaura, and David B. Abrams Appendix: Reproducible Handouts References Index

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Anthony Harrison:

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