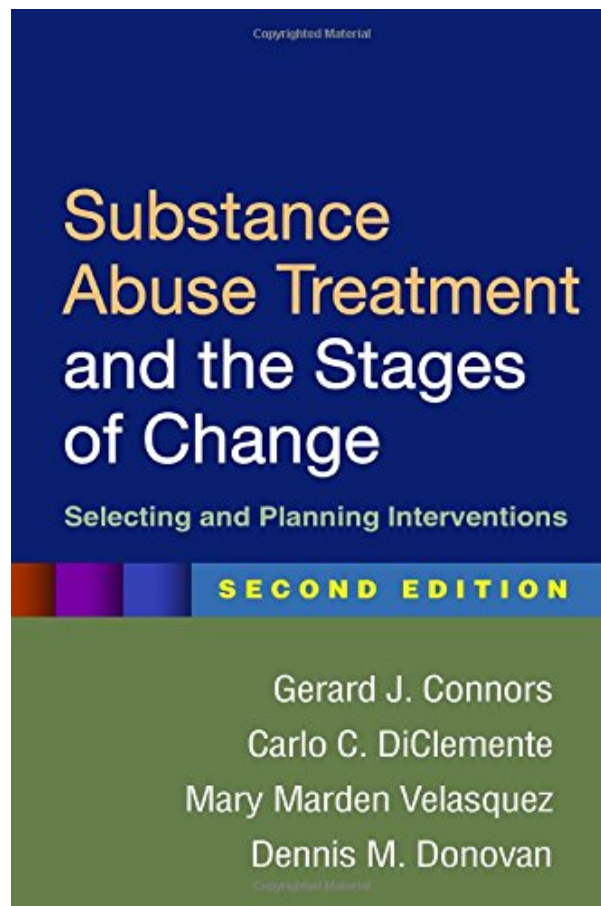


**SUBSTANCE ABUSE TREATMENT AND THE  
STAGES OF CHANGE, SECOND EDITION:  
SELECTING AND PLANNING  
INTERVENTIONS BY GERARD J. CONNORS  
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# Substance Abuse Treatment and the Stages of Change

Selecting and Planning Interventions

**SECOND EDITION**

Gerard J. Connors  
Carlo C. DiClemente  
Mary Marden Velasquez  
Dennis M. Donovan

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A widely adopted practitioner resource and course text, this book shows how to apply knowledge about behavior change in general -- and the stages-of-change model in particular -- to make substance abuse treatment more effective. The authors are leaders in the field who describe ways to tailor interventions for clients with varying levels of motivation or readiness to change. They draw on cutting-edge theory and research on the transtheoretical model to explain what works (and what doesn't work) at different stages of change. Rich clinical examples illustrate the "whats," "whys," and "how-tos" of using the stages-of-change model to inform treatment planning and intervention for individuals, groups, couples, and families.

## **New to This Edition**

- \*Reflects the ongoing development of the stages-of-change model and research advances over the past decade.
- \*Chapter on stage-based brief interventions in health care, social service, and community settings.
- \*Group treatment chapter has been significantly revised.
- \*Expanded coverage of the change processes relevant to each stage.

See also *Group Treatment for Substance Abuse, Second Edition*, by Mary Marden Velasquez et al., a manual for a group-based approach grounded in the transtheoretical model.

- Sales Rank: #82494 in Books
- Published on: 2015-09-28
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .90" w x 6.00" l, .0 pounds
- Binding: Paperback
- 356 pages

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6 of 7 people found the following review helpful.

Basic Information

By Richard J. Wargel

When I received this book I was somewhat disappointed because my expectation was a full size book (should have read the advertisement better) with patient exercise examples that are progressing in a motivational / stages of change therapy group. The text is good, but I miss the suggested handouts and exercises I could use with my patients. The First Edition provided examples and suggestions on how to proceed with the group process. Well written, but did not help me much in my busy clinic.

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Substance Abuse Treatment Revealed

By Anthony M Thompson

This is a great primer for many of us who don't get full instruction into post-modern approaches such as Stages of Change, especially as it pertains to treating clients who want to beat substance abuse.

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