

Demonstrating that traditional approaches to addictions fall short for many substance abusers with psychological problems, this book shows how effective therapeutic work can be conducted with clients still using alcohol or other drugs. For the first time, the goals and methods of harm reduction are incorporated into a comprehensive psychotherapeutic approach--one that can be initiated without waiting for, or insisting on, abstinence. Clinicians learn concrete strategies for assessing the clients personality, behaviors, and resources; enhancing motivation for change; making collaborative treatment decisions; and implementing a range of different interventions.

Practicing Harm Reduction Psychotherapy: An Alternative Approach to Addictions. This acclaimed clinical guide, now substantially revised and updated, has helped thousands of clinicians put the proven principles of harm reduction into practice with therapy clients who have substance use problems.

Practicing Harm Reduction Psychotherapy: An Alternative Approach to the safest goal for people with addictions, many clients do not choose to stop using. Practicing Harm Reduction Psychotherapy. An Alternative Approach to Addictions. Patt Denning and Jeannie Little. 2nd Edition. The Guilford. Practicing Harm Reduction Psychotherapy: An Alternative Approach to Addictions. Publication cover image. Volume46, Issue2. January

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Denning, P. Practicing harm reduction psychotherapy: An alternative approach to addictions.

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