SUBJECT INDEX

AA. See Alcoholics Anonymous

Abstinence:
- brief therapy motivation toward, 285
- co-occurring disorders and, 59, 60, 64, 67, 68, 69, 70, 72
- dialectical, 174–175
- drug court focus on, 180
- family therapy baseline of, 126
- harm reduction vs., 91, 92–95, 131, 137, 155, 170, 171, 429
- medical/disease model of addiction on, 8, 92
- relapse as break in, prevention of (see Relapse prevention)
- self-help groups advocating, 70, 226–247, 393, 408–409
  (see also Self-help groups)
- stages-of-change model on, 276–277
- withdrawal prior to (see Withdrawal)

Acculturation, 307, 328–329, 332, 334, 335, 336, 385

Addiction:
- assessment and diagnosis of (see Assessment and diagnosis)
- behavioral, 80–84, 87–88, 89, 90
- behavior-learning model of, 8, 428
- biopsychosocial model of, 9–10, 93, 401, 428–429
- chronic pain and, 291, 379–397
- co-occurring disorders with (see Co-occurring disorders)
- counseling for (see Addiction counseling and treatment)
- counselors’ personal issues related to, 1, 18, 436–437
- cultural factors influencing (see Cultural factors)
- developmental factors influencing, 20, 202–203, 361
- disease model of, 3–4, 8–9, 399–401, 428–429
- enabling of (see Enabling behavior)
- environmental factors influencing, 7, 8, 59, 305–308
- gambling, 32, 76–77, 87, 88–90, 220
- genetic factors influencing, 9, 59
- harm reduction approach to, 91, 92–95, 131, 137, 155, 170, 171, 429
- HIV/AIDS co-occurring with, 92–93, 149–158, 184–185, 192–193, 327, 335
- homelessness co-occurring with, 59, 169–173, 194
- Internet/video game, 81–82
- interpersonal factors influencing (see Interpersonal factors)
- intimate partner violence co-occurring with, 158–169, 185–186, 189, 193, 217–218, 346
- intrapersonal factors influencing, 7–8
- medical model of, 8, 428–429
- models of, 3–4, 6–10, 93, 399–401, 428–429
- moral model of, 7, 399, 401, 428
- personality trait model of, 7–8
- process of, 428–429
- psychodynamic model of, 7, 428
- research on, 3, 4
- sexual (see also Evidence-based practices)
- sexual, 82–83, 89, 90
- sexual issues associated with (see Sexual issues)
- sociocultural model of, 8, 428
- spiritual factors associated with (see Spiritual factors)

Addiction counseling and treatment:
- addiction research approach to, 3, 4
- adolescent community reinforcement approach to, 361, 362, 363
- assertiveness training as, 26
- assessment and diagnosis determining appropriate, 52–53
  (see also Assessment and diagnosis)
- behavior therapy as, 25–26, 67, 291
- bibliotherapy as, 409
- case management as, 67, 156, 171, 361, 463
- case studies on (see Case studies)
- for chronic pain and addiction, 380–382, 386–387, 389–392, 397
- client resilience and, 267–269, 296, 300
- control theory/reality therapy as, 24–25
- coping skills training as, 67, 97–98, 127, 145, 203, 207–208, 210, 214, 269
- core treatment process, 91–137
- costs of and payment for, 2, 3, 4–6, 107, 284, 291
- counseling theories applied to, 13–30, 464
- counselors in (see Counselors)
- covert sensitization as, 77
- credentialing in (see Credentialing, certification, and licensing)
- crisis intervention as, 97–103, 132, 463
- disease model of addiction influencing, 3–4, 8–9, 399–401, 428–429
- empty chair technique as, 24, 112, 123, 179, 209
- e-therapy as, 419
- existential therapy as, 23–24
- family therapy as, 67, 123–130, 133–134, 137, 290, 322, 361, 362–363, 389
- Gestalt techniques of, 14, 23–24
- guided imagery as, 209

COPYRIGHTED MATERIAL
Addiction counseling and treatment (Continued)
harm reduction approach to, 91, 92–95, 131, 137, 155, 170, 171, 429
homework assignments in, 16, 24, 26, 27, 287–288, 298
individual therapy as, 103–110, 132, 322, 389
(see also specific therapies)
influences on, 3–10 (see also specific influencing factors)
interpersonal therapy as, 75
managed care approach to, 3, 4–6
mindfulness-based treatments as, 75, 209, 410–411, 415, 434
Minnesota model of, 4, 8–9, 401
modeling as, 26, 62, 117–118, 119, 229, 251–253
models of addiction influencing, 3–4, 6–10, 93, 399–401, 429
motivational interviewing/therapy in, 67, 69, 72, 75, 105, 111, 199, 278–284, 295, 297–298, 299, 361, 369
multidimensional family therapy as, 361, 362
multisystemic therapy as, 362, 363
overview of, 1–3, 91–92, 266–267, 292–293
patient treatment placement in appropriate, 53, 104, 106
personal reflections on, 1, 91, 266
person-centered therapy as, 15–16, 23–24
philosophical approaches to, 92–96
positive psychology as, 270–273, 292, 295–296, 298, 299–300
psychoeducation as, 126, 214, 322, 327, 463
public policy impacting, 2, 92–93, 95, 150
(see also Laws and regulations)
rational emotive behavior therapy as, 26–27, 242, 245, 246, 287–288, 409
recovery movement/model of, 62, 95–96, 131–132
referrals for, 464
reinforcement as, 8, 26, 128–129, 275, 361, 362, 363
relaxation training as, 8, 25, 26, 77, 210, 389, 434
residential treatment as, 67
role playing as, 14, 24, 27, 209, 275
Seeking Safety as, 74, 176–177, 187, 190, 194, 363
self-help groups for (see Self-help groups)
Self-Soothing the Five Senses as, 174–175
Seven Challenges Program as, 363
social skills training as, 26
spirituality in (see Spiritual factors)
Stopping Overshopping Group Treatment Plan as, 83
stress management skills in, 210
therapeutic alliances in (see Therapeutic alliances)
transference/countertransference in (see Transference and countermovement)
treatment plans for, 107–110, 462–463
treatment-related issues, 138–195, 217–219
Wise Mind ACCEP TSKS SKILLS as, 174–175
Addiction-Free Pain Management (APM), 392
Addiction Technology Transfer Center (ATTC), 283, 299, 466
Addictive voice recognition training (AVRT®), 242–243, 409
Adjustment disorders, 296, 383
Adolescents:
adolescent community reinforcement approach to, 361, 362, 363
Al-Anon for, 129
Alateen for, 260
assessment and diagnosis for, 47–48, 50–51, 355–360
broad screening instruments for, 47–48, 356
case studies on, 364–365, 422
confidentiality issues with, 357–358, 422
cocurring disorders in, 362
culturally sensitive addiction counseling for, 354–365, 374, 377, 407
development factors for, 361
family therapy for, 127, 361, 362–363
GLBT, 343
juvenile drug court for, 181
juvenile justice system involvement of, 363
motivational interviewing for, 361
neurocognitive function in, 354–355
prevalence of substance use among, 355–356
racial and ethnic minority, 355
relapse prevention for, 361
resources on counseling, 359, 360, 363, 374, 375, 377
Seeking Safety for, 363
self-help groups for, 129, 232, 260, 361, 407
specific screening instruments for, 50–51
spirituality among, 407
Adult Children of Alcoholics World Service Organization, Inc. (A.C.A.), 258
Adults. See also Elderly adults
adult children of alcoholics, 129, 130, 258
broad screening instruments for, 43–47
specific screening instruments for, 49–50
Adult Survivors of Child Abuse (ASCA), 188
Advocates for the Integration of Recovery and Methadone, Inc. (A.F.I.R.M.), 94–95, 134
African Americans:
acculturation of, 328–329
assessment and diagnosis for, 327–328
case study on, 330–331
criminal justice system involvement of, 326, 328
culturally sensitive addiction counseling for, 319, 325–326, 326–331, 407
discrimination and prejudice against, 326–327
HIV/AIDS among, 149–150
intimate partner violence among, 168, 193
poverty among, 327, 328
prevalence of substance use among, 325–326
single parenting among, 328
spirituality among, 329–330, 407
treatment and aftercare for, 328–330
women, specifically, 150, 319
Aftercare. See Treatments and aftercare
After Silence, 192
Age. See also Adolescents; Adults; Children; Elderly adults
assessment and diagnosis consideration of, 35, 47–48, 50–51, 355–360
chronic pain impacted by, 385
confidentiality issues based on, 357–358, 422
culturally sensitive addiction counseling consideration of, 354–369, 374–375, 377–378, 407
discrimination and prejudice based on, 369
spiritual factors associated with, 407
suicide and suicide ideation impacted by, 100
vulnerability theory of aging, 367
Agency, 433–435
AIDS, See HIV/AIDS
AIDSinfo, 192
Al-Anon:
  contact information for, 258
  counselor participation in, 437
  family therapy support for, 129
  resources available through, 257, 260
  stories of recovery from, 260
Alateen, 260
Alcoholics Anonymous (AA):
  accessibility and familiarity of, 236
  Adlerian theory underlying, 23
  applicability of, 237–238
  contact information for, 258
  co-occurring disorder treatment including, 70
  counseling integration with, 104, 234–235
  court referrals to, 429–430
  cultural factors reflected in, 236
  disease model of addiction and, 4, 8–9, 399–401
  fellowship of, 230, 231, 405
  grassroots professionals evolving from, 61
  group therapy ties to and distinctions from, 110, 117
  history of, 229–230
  individual therapy integration with, 104
  “isms” (biases/discrimination) in, 238
  limitations of, 236–238
  medallions in, 234
  meeting structure in, 234
  membership in, 236, 237
  negative experiences with, 237
  overview of, 229–232
  people with disabilities in, 350, 351
  positive psychology in, 271
  program of, 230
  resources available through, 134, 234, 257, 260, 395
  rigidity of, 237
  spiritual focus of, 9, 70, 236, 237, 238, 346, 398, 400–401, 404, 405–406, 407
  stories of recovery from, 260
  strengths of, 235–236
  12 steps of, 231
  12 traditions of, 231–232, 405
  types of meetings, 233–234
Alcohol use/abuse. See also Addiction; Drug use/abuse;
  Substance use/abuse adolescent, 355–356
  assessment and diagnosis of (see Assessment and diagnosis) binge drinking as, 1, 323
  children/adult children of alcoholics, 129, 130, 258
  co-occurring disorders with (see Co-occurring disorders) fetal alcohol spectrum disorders due to, 322–323
  models of addiction on, 3–4, 6–10, 93, 399–401, 428–429
  prevalence of, 1, 355–356
  rape associated with, 140
  treatment for (see Addiction counseling and treatment) withdrawal from, 34, 36, 72, 73
American Academy of Pediatrics (AAP), 47
American Association for Marriage and Family Therapy, 137, 299, 416, 452
American Association of Suicidology (AAS), 137
American Chronic Pain Association, 397
American Counseling Association:
  Association for Spiritual, Ethical, and Religious Values in Counseling division of, 399, 416
  on confidentiality and privilege, 420
  on culturally sensitive addiction counseling, 340
  on ethical issues, 420, 432
  on spirituality, 399, 416
  website of, 299, 452
American Disability Association, 377
American Foundation for AIDS Research, 192
American Hospice Foundation, 194
American Indian Health Resources, 376
American Indians and Alaskan Natives:
  assessment and diagnosis for, 337–338
  case study on, 339
  culturally sensitive addiction counseling for, 325–326, 336–339, 407
  prevalence of substance use among, 325–326, 337
  spirituality among, 336, 339, 407
  treatment and aftercare for, 338–339
American Medical Association (AMA), 4, 400
American Psychiatric Association (APA):
  on culturally sensitive addiction counseling, 341
  Diagnostic and Statistical Manual of Mental Disorders-5 by, 32–33, 52, 55–56, 81–82
American Psychological Association:
  Certificate of Proficiency in the Treatment of Alcohol and Other Psychoactive Substance Use Disorders, 455
  on culturally sensitive addiction counseling, 310
  on ethical issues, 452
  on HIV/AIDS, 150, 192
  on motivational interviewing, 298
  Office on Aging, 378
  Office on AIDS, 192
  on positive psychology, 299
  on resilience, 269, 300
  on spirituality, 399, 416
  website of, 299, 452
American Society of Addiction Medicine (ASAM):
  contact information for, 397
  patient placement criteria, 53, 104, 106
  Americans with Disabilities Act, 348
  Anorexia nervosa, 74–75
Assessment and diagnosis:

- Addiction co-occurring with, 59, 73, 77, 320, 367
- Assessment and diagnosis of, 73
- Chronic pain association with, 382, 383
- Cognitive-behavioral therapy for, 291
- Elderly adult, 367
- Sexual abuse associated with, 143
- Treatments and aftercare for, 73, 291

Asian Americans and Pacific Islanders:

- Assessment and diagnosis for, 332–333
  - Case study on, 333–334
  - Culturally sensitive addiction counseling for, 319–320, 325–326, 331–334
  - Intimate partner violence among, 168
  - Prevalence of substance use among, 325–326, 331–332
  - Treatment and aftercare for, 332–333
- Women, specifically, 319–320

Assessment and diagnosis:

  - For adolescents, 47–48, 50–51, 355–360
  - For adults, 43–47, 49–50
  - For African Americans, 327–328
  - Age as consideration in, 35, 47–48, 50–51, 355–360
  - For American Indians and Alaskan Natives, 337–338
  - Of anxiety and anxiety disorders, 73
  - For Asian Americans and Pacific Islanders, 332–333
  - Of behavioral addictions, 81–82, 83
  - Behavioral observations in, 40
  - Broad screening assessments for, 34, 43–49, 64–66, 356
    - Case studies on, 31, 54–55
    - Of chronic pain, 386–388
    - Consequences of drug use considered in, 36, 38, 52
    - Of co-occurring disorders, 17–18, 63–66, 69–70, 72, 73, 74–75, 76, 77, 78, 320
    - Court testimony on, 428–429
    - Credentialing evaluation of, 462
    - Defense mechanisms impacting, 33, 41
    - Of depression and depressive disorders, 72
    - Diagnosis, specifically, 52–53
    - Drug impacts on body considered in, 36
    - Drugs of choice considered in, 34–35
    - DSM-5 use in, 32–33, 52, 55–56, 81–82
    - DWI/DUI/OUI/OUI requirements for, 38, 39, 45, 49
    - Of eating disorders, 74–75
    - For elderly adults, 48–49, 366–368
    - Of gambling disorders, 32, 77
    - For GLBT individuals, 341–342
    - For Hispanic Americans, 335
    - Of HIV/AIDS, 151–152
    - Of homicidal tendencies, 102
    - Interviews for, 33–40, 65, 357
  - Of intimate partner violence, 159–162
  - Of mental health issues (non-addiction), 17–18
  - Mental status examination in, 38–39, 64
  - Models of addiction impacting, 428–429
  - Overview of, 31–33
  - Of personality disorders, 78
  - Personal reflections on, 31
  - Physiological instruments for, 41, 69–70, 429
  - Of posttraumatic stress disorder, 73
  - Prior treatment considered in, 36
  - Provisional or flexible, 64
  - Psychometric instruments for, 34, 41–51, 64–66, 356
    - (see also Assessment and diagnostic tools)
  - For racial and ethnic minorities, 327–328, 332–333, 335, 337–338
  - Of relapses, 207
  - Reliability of, 42
  - Resources on, 33, 34, 36, 37, 39, 41, 42, 43, 47, 49, 52–53, 55–57, 356
  - Respect for client expressed in, 53
  - Routes of drug administration considered in, 35–36
  - Sensitivity of, 43
  - Of sexual abuse, 144
  - Of sexual addictions, 82
  - Of shopping addictions, 83
  - Significant others providing information for, 39–40
  - Sobriety time impacting, 64, 72, 73
  - Specificity of, 43
  - Specific screening instruments for, 49–51
  - Stages-of-change model used in, 33, 53–54, 388
  - Of suicidal tendencies, 100–101
  - Training and education in, 31, 42, 356
  - Treatment placements based on, 52–53
  - Validity of, 42–43
  - Of violence causes, 76
  - Withdrawal considered in, 34, 36
  - For women, 317–320, 322

Assessment and diagnostic tools:

- Addiction Severity Index (ASI), 49, 320
- Addiction Severity Index-Multimedia Version (ASI-MV), 49
- Alcohol, Smoking, and Substance Involvement Screening Test (ASSIST), 43, 47
- Alcohol Use Disorders Identification Test (AUDIT), 43–44, 48, 353, 368
- Alcohol Use Disorders Identification Test-Consumption (AUDIT-C), 44, 47, 353, 368
- Alcohol Use Inventory (AUI), 49, 50
- Behaviors and Attitudes Drinking and Driving Scale (BADDS), 39, 45
- Broad screening instruments, 34, 43–49, 64–66, 356
- CAGE, 45, 47, 48, 353, 363
- Cannabis Use Disorders Identification Test (CUDIT), 44
- CRAFFT, 48
- Cultural Humility Scale, 311
- Current Opioid Misuse Measure (COMM), 386
- DIRE (diagnosis, intractability, risk, efficacy), 386
- Driver Risk Inventory (DRI), 49
- Driver Risk Inventory-II (DRI-II), 39
Global Appraisal of Individual Needs (GAIN), 49–50, 356
Global Appraisal of Individual Needs-Initial (GAIN-I), 50
Global Appraisal of Individual Needs-Monitoring 90-Day (GAIN-M90), 50
Global Appraisal of Individual Needs-Quick (GAIN-Q), 50
Global Appraisal of Individual Needs-Quick Monitoring (GAIN-QM), 50
Global Appraisal of Individual Needs-Short Screener (GAIN-SS), 50
Global Appraisal of Individual Needs-Treatment Satisfaction Index (GAIN-TxSI), 50
Juvenile Automated Substance Abuse Evaluation (JASAE), 51
MacAndrew Alcoholism Scale (MAC), 46
MacAndrew Alcoholism Scale-Revised (MAC-R), 46
Michigan Alcohol Screening Test (MAST), 46–47, 48–49, 368
Michigan Alcohol Screening Test-Geriatric (MAST-G), 49, 368
Online Cognition Scale (OCS), 81
Opioid Risk Tool (ORT), 386
Pain Assessment and Documentation Tool, 386
Pain Stages of Change Questionnaire (PSOCQ), 388
Personal Experience Screen Questionnaire (PESQ), 51
physiological, 41, 69–70, 429
psychometric, 34, 41–51, 64–66, 356
Rapid Alcohol Problems Screen (RAPS), 353
Readiness to Change Questionnaire (RCQ), 54
reliability of, 42
Rutger’s Alcohol Problem Index (RAPI), 48
SAD PERSONS Scale, 100–101
Screener and Opioid Assessment for Patients with Pain-Revised (SOAPP-R), 386
sensitivity of, 43
Short Michigan Alcohol Screening Test (SMAST), 46, 47, 49, 353
Short Michigan Alcohol Screening Test-Geriatric (SMaST-G), 368
specificity of, 43
specific screening instruments, 49–51
Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES), 54
Substance Abuse Life Circumstances Evaluation (SALCE), 50
Substance Abuse Screener in American Sign Language (SAS_ASL), 350
Substance Abuse Subtle Screening Inventory (SASSI), 50, 51, 353
T-ACE, 45
TWEAK, 45–46, 322, 353
University of Rhode Island Change Assessment Scale (URICA), 54
validity of, 42–43
Women’s Experiences Battering Scale (WEB), 160
Association for Death Education and Counseling, 194
Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling, 340
Association for Specialists in Group Work, 137

Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC), 399, 416
Association of Multicultural Counseling and Development, 310
Barbiturates, 34
BASIC personality profile, 99
Bath salts, 359
Batterers. See also Domestic violence
child abuse by, 75, 142–148, 160, 184, 188–189, 192, 420
counseling approaches for treating, 161, 165–166, 167
intimate partner violence by, 158–169, 185–186, 189, 193,
217–218, 346
self-help groups or group therapy for, 161, 165–166
types of, 161–162
Batterers Anonymous, 161
Bayor, Courtenay, 3, 399
Behavioral addictions: assessment and diagnosis of, 81–82, 83
case studies on, 84
Internet/video game addictions as, 81–82
overview of, 80–81
resources on, 87–88, 89, 90
sexual addictions as, 82–83, 89, 90
shopping addictions as, 83, 89
treatments and aftercare for, 82, 83, 89
Behavioral Tech, 194
Behavior-learning model of addiction, 8, 428
Behavior therapy, 25–26, 67, 291. See also Cognitive-behavioral therapy; Dialectical behavior therapy
Benzodiazepines, 34, 367
Bibliotherapy, 409
Binge drinking, 1, 323
Binge eating, 75
Biopsychosocial model of addiction, 9
Biopsychosocial model of chronic pain, 386
Bipolar disorder, 291
Bisexuality and bisexual individuals, 340, 341, 343.
Binge eating, 75
Blindness or visual impairments, 115, 352, 373
Blending Initiative, 283
Blood analysis, 41, 429
Brain injury association of America, 377
Brain function. See Neurocognitive function
Brain Injury Association of America, 377
Breathalyzers, 41, 69
Brief therapy/interventions: addiction counseling including, 43, 47, 284–290, 362–363
brief strategic family therapy as, 290, 362–363
case studies on, 290
cognitive-behavioral approach to, 287–288
crisis intervention through, 98–99
cultural factors in, 289–290
FRAMES approach to, 286
goals and focus in, 284, 285, 286
history of, 284
homework assignments in, 287–288, 298
motivational interviewing in, 282
psychodynamic approach to, 287
540 SUBJECT INDEX

Brief therapy/interventions (Continued)
relapse prevention addressed in, 287, 288
resources on, 294, 296–297, 298, 299
Screening for Substance Use, Brief Intervention and/or
Referral to Treatment including, 43, 47
single-session therapy guidelines, 286–287
solution-based brief therapy as, 288–289, 296, 299
strategic and systemic approaches to, 288–289
techniques of, 285–290
therapeutic alliances in, 284
Broad screening assessments. See also Assessment and
diagnostic tools
for adolescents, 47–48, 356
for adults, 43–47
Alcohol, Smoking, and Substance Involvement Screening
Test (ASSIST), 43, 47
Alcohol Use Disorders Identification Test (AUDIT),
43–44, 48
Alcohol Use Disorders Identification Test–Consumption
(AUDIT–C), 44, 47
for assessment and diagnosis, 34, 43–49, 64–66
Behaviors and Attitudes Drinking and Driving Scale
(BADDs), 45
CAGE, 45, 47, 48
Cannabis Use Disorders Identification Test (CUDIT), 44
client history in, 64–65
for co-occurring disorders, 64–66
CRAFFT, 48
for elderly adults, 48–49
flexible diagnosing in, 64
MacAndrew Alcoholism Scale (MAC), 46
MacAndrew Alcoholism Scale–Revised (MAC–R), 46
Michigan Alcohol Screening Test (MAST), 46–47,
48–49
Michigan Alcohol Screening Test–G (MAST–G), 49
Rutger’s Alcohol Problem Index (RAPI), 48
Short Michigan Alcohol Screening Test (SMAST),
46, 47, 49
sobriety time and, 64
T–ACE, 45
treatment settings and, 65–66
TWEAK, 45–46
typical client response in, 65
Bulimia nervosa, 74–75, 219

Cannabis Youth Treatment study, The (CYT), 361
Case management, 67, 156, 171, 361, 463
Case presentations, 19, 464–465
Case studies:
on addiction counseling and treatment, 95, 96, 102, 110,
121, 130, 273, 278, 283–284, 290, 292
on adolescents, 364–365, 422
on assessment and diagnosis, 51, 54–55
on behavioral addictions, 84
on brief therapy, 290
on chronic pain, 388, 392, 393
on co-occurring disorders, 66, 71, 78–79, 84, 177,
219–220, 221
on counseling theories, 18–19, 22, 24, 25, 27, 28
on court testimony, 431
on credentialing, certification, and licensing, 456, 458,
460
on culturally sensitive addiction counseling, 324–325,
on dialectical behavior therapy, 175
on drug courts, 182
on dual relationships, 426
on elderly adults, 369
on family therapy, 130
on GLBT individuals, 347
on grief and bereavement, 179
on group therapy, 121
on harm reduction, 95
on HIV/AIDS, 157–158
on homeless population, 172–173
on individual therapy, 110
on intimate partner violence, 169, 217–218
on managed care approach, 6
on models of addiction, 11
on people with disabilities, 354
on personal and professional development of counselors,
422, 426, 427, 431, 433, 439–440, 441, 448–449
on personality disorders, 175
on positive psychology, 273
on posttraumatic stress disorder, 177
on racial and ethnic minorities, 330–331, 333–334, 336,
339
on recovery movement/model, 96
on relapse prevention, 216–220, 221
on self-help groups, 247–248, 254
on sexual issues, 141–142, 147–148, 218–219
on spirituality, 412–413
on stages-of-change transtheoretical model, 278
on suicide and suicide ideation, 102
on treatment-related issues, 141
on women, 324–325
Center for Substance Abuse Treatment (CSAT):
on co-occurring disorders, 59, 66, 85, 87, 88
on culturally sensitive addiction counseling, 327, 330, 331,
332, 334, 339, 351, 372
on motivational interviewing, 283
Centers for Disease Control and Prevention:
on HIV/AIDS, 149, 151, 192–193
on prescription drug use/abuse, 2
Certification. See Credentialing, certification, and licensing
Charting, 390. See also Documentation and record keeping
Children. See also Adolescents
child custody hearings/testimony, 430
children/adult children of alcoholics, 129, 130, 258
child/sexual abuse of, 75, 142–148, 160, 184, 188–189,
192, 420
family therapy involvement of, 126, 130
HIV/AIDS transmission to, 150, 152, 157
interviews with children of addicts, 39–40
prenatal impact of substance use on, 322–323
Chronic pain:
Addiction–Free Pain Management system for, 392
assessment and diagnosis of, 386–388
case studies on, 388, 392, 393
charting of, 390

3GBSUINDEX 08/08/2014 15:32:13 Page 540
cognitive-behavioral therapy for, 291, 389
countertransference issues with, 382
cultural genogram on, 391
cultural influences on, 385–386, 391
enabling behavior and, 382
family genogram on, 391
family therapy for, 389
group therapy for, 389
history of pain documentation for, 390
individual therapy for, 389
medical system sociogram on, 391
naming the pain in, 391
nonpharmacological treatment for, 386–387, 389–393
overview of, 380–382
pain, defined, 380, 382–383
personal reflections on, 379
pharmacological treatment for, 380–382, 387, 392
prevalence of, 380
questions related to, 391
relapse prevention strategies for, 390
relaxation training for, 389
resources on, 385, 395–397
self-help groups for, 392–393, 397
sober living issues with, 383–385
social network system sociogram on, 391
treatments and aftercare for, 380–382, 386–387, 389–393, 397
visual analogue scale of, 391
Chronic Pain Anonymous (CPA), 393, 397
Cigarettes, 32, 356
Civil Rights Act of 1964, 304
Claremont Graduate University School of Behavioral & Organizational Sciences, 300
Clients:
addiction of (see Addiction)
assessment and diagnosis of (see Assessment and diagnosis)
client barriers to spirituality in counseling, 402–403
client history synopsis of, 64–65
cultural factors related to (see Cultural factors)
co-occurring disorders among (see Co-occurring disorders)
defense mechanisms of, 21, 33, 41, 116, 281
documentation and record keeping by, 27, 288, 390–391, 411
families of (see Families)
interviews with, 33–39, 248–249
referrals of, 464
resilience of, 267–269, 296, 300
self-care of, 144
self-efficacy of (see Self-efficacy)
self-esteem of (see Self-esteem)
strengths of, 270–273
terminology related to, 1, 59
therapeutic alliance with (see Therapeutic alliances)
treatment for (see Treatments and aftercare)
Co-Anon, 129
Cocaine use/abuse:
Cocaine Anonymous (CA) for, 232–233, 236, 237, 238, 258, 260
prenatal impacts of, 323
Codependency, 127–129, 163
Co-Dependants Anonymous (CoDA), 129, 130, 258–259
Cognitive-behavioral therapy. See also Behavior therapy for adolescent application of, 361
for anxiety and anxiety disorders, 291
for behavioral addictions, 82
brief CBT as, 287–288
for chronic pain, 291, 389
cognitive therapy as, 27
for co-occurring disorders, 67, 72, 73–74, 75, 77
counseling theories underlying, 16, 26–27
counselor application of, 434
cultural factors in, 291–292
for depression and depressive disorders, 288, 291
for eating disorders, 75
as evidence-based practice, 291–292
negative beliefs about, 292
for posttraumatic stress disorder, 73–74, 176–177, 187
principles of, 291, 292
rational emotive behavior therapy based on, 26–27, 287–288
relapse prevention models based on, 202–208, 288
Seeking Safety as, 74, 176–177, 187, 190, 194, 363
SMART Recovery® based on, 245, 409
Community-based programs:
adolescent community reinforcement approach to, 361, 362, 363
Community Reinforcement and Family Training (CRAFT) approach to, 128–129
drug court as, 180–181
self-help groups as (see Self-help groups)
Community Reinforcement and Family Training (CRAFT) approach, 128–129
Compassion:
compassionate accountability, 106, 146, 315
compassionate authority response, 433
counselors exhibiting, 6
self-compassion of counselors, 446–447
Compassionate Friends, The, 194
Computers:
addictive voice recognition training via, 242–243, 409
cultural factors in, 291
counselor application of, 434
counseling theories underlying, 16, 26
cognitive therapy as, 27
documentation and record keeping using, 108
e-therapy via, 419
e-mail via, 418
Internet/video game addictions via, 81–82
self-help group use of, 242–243, 244, 245, 254, 393
social media via, 418–419
Condoms, 150, 152
Conduct disorders, 76
Confidentiality:
adolescent issues of, 357–358, 422
counselor professional development and, 418–419
court testimony issues related to, 423
culturally sensitive addiction counseling consideration of, 349–350, 357–358
duty to report vs., 420
court cases cited, 357
Court testimony issues related to, 423
Cultural factors related to, 446, 447
Cultural genogram on, 391
Cultural influences on, 385–386, 391
delusional thinking, 173
Delusional thinking, 173
denial of, 388
Depression and depressive disorders, 288, 291
Deuteronomy, 124
Diagnosis of, 388
Duty to report, 420
Drug court as, 180
Drug use/abuse:
Drug Abuse, 232
Drug addiction, 232
Drug courthouses, 180
Drug courts, 180–181
Drugs:
adictive voice recognition training via, 242–243
Internet/video game addictions via, 81–82
self-help group use of, 242–243
social media via, 418–419
e-mail via, 418
e-therapy via, 419
Internet/video game addictions via, 81–82
self-help group use of, 242–243
social media via, 418–419
Community Reinforcement and Family Training (CRAFT) approach, 128–129
Court testimony issues related to, 423
Cultural factors related to, 446, 447
Cultural genogram on, 391
Cultural influences on, 385–386, 391
delusional thinking, 173
Delusional thinking, 173
denial of, 388
Depression and depressive disorders, 288, 291
Deuteronomy, 124
Diagnosis of, 388
Duty to report, 420
Drug court as, 180
Drug use/abuse:
Drug Abuse, 232
Drug addiction, 232
Drug courthouses, 180
Drug courts, 180–181
Drugs:
adictive voice recognition training via, 242–243
Internet/video game addictions via, 81–82
self-help group use of, 242–243
social media via, 418–419
e-mail via, 418
e-therapy via, 419
Internet/video game addictions via, 81–82
self-help group use of, 242–243, 244, 245, 254, 393
social media via, 418–419
Condoms, 150, 152
Conduct disorders, 76
Confidentiality:
adolescent issues of, 357–358, 422 computer communication impacting, 418–419 consent to disclose confidential information, 421–422 counselor professional development and, 418–419, 420–423 court testimony issues related to, 423 culturally sensitive addiction counseling consideration of, 349–350, 357–358 duty to report vs., 420
Confidentiality (Continued)
  duty to warn vs., 102, 420, 422
  group therapy issues of, 112, 113
  privilege vs., 420
  resources on, 420, 452
  self-help group anonymity and, 253, 254
  suicidal tendencies waiving, 101
Control theory/reality therapy, 24–25. See also Gate control
Co-occurring disorders:
in adolescents, 362
  anxiety and anxiety disorders as, 59, 73, 77, 320, 367
  assessment and diagnosis of, 17–18, 63–66, 69–70, 72, 73, 74–75, 76, 77, 78, 320
  behavior addictions as, 80–84, 87–88, 89, 90
  behavior therapy for, 67
  case management for, 67
  case studies on, 66, 71, 78–79, 84, 177, 219–220, 221
  characteristics of clients with, 60
  cognitive-behavioral therapy for, 67, 72, 73–74, 75, 77
  collaboration between mental health and substance abuse fields for, 60–63
  conduct disorders as, 76
  coping skills training for, 67
  covert sensitization for, 77
  culturally sensitive addiction counseling consideration of, 320, 321
  depression and depressive disorders as, 59, 72, 77, 87, 320, 367
  dialectical behavior therapy for, 67, 72, 78
  eating disorders as, 74–75, 87, 88, 219
  family therapy for, 67
  gambling as, 76–77, 87, 88–90, 220
  group therapy for, 67, 111
  intermittent explosive disorder as, 76
  interpersonal therapy for, 75
  mindfulness-based treatments for, 75
  motivational interviewing/therapy for, 67, 69, 72, 75
  oppositional defiant disorder as, 76
  overview of, 59–60
  personality disorders as, 76, 77–78, 173–175
  personal reflections on, 58
  pharmacological treatments and aftercare for, 61, 68, 70, 72, 220
  posttraumatic stress disorder as, 68, 73–74, 139, 145, 176–177
  relapse prevention for, 67, 77, 219–221
  relaxation training for, 77
  residential treatment for, 67
  resources on, 67, 72, 77, 85–90, 225
  schizophrenia as, 59
  screening for substance use in, 69–70
  self-help groups addressing, 70–71, 73, 75, 77, 78, 88–89, 225
  sleeplessness and sleep disorders as, 59
  terminology related to, 59
  therapeutic alliance with clients with, 69, 70
  treatments and aftercare for, 60, 61–63, 67–71, 72, 73–74, 75, 76, 77, 78, 88–89, 173–175, 220
  violence as, 75–76
  women with, 320, 321
Coping skills training:
  for co-occurring disorders, 67
  crisis intervention through, 97–98
  family therapy involving, 127
  relapse prevention including, 203, 207–210, 214
  resilience development through, 269
  for sexual abuse victims, 145
Costs of treatment:
  documentation impacting treatment funding, 107
  evidence-based practices containing, 291
  insurance coverage for, 2, 3, 4–6, 284, 291
  managed care approach to, 3, 4–6
  self-help groups as free alternative to (see Self-help groups)
Cough syrup, prescription, 359
Counseling:
  addiction-specific (see Addiction counseling and treatment)
  counselors providing (see Counselors)
  theories of, 13–30, 464 (see also Counseling theories for details)
Counseling for Loss and Life Changes, 194
Counseling theories:
  addiction treatment applications of, 19–28
  case presentations based on, 19, 464
  case studies on, 18–19, 22, 24, 25, 27, 28
  cognitive-behavioral theory as, 26–27
  control theory as, 24–25
  dangers in theoretical framework development, 16–19
  development of theoretical framework, 14–16
  existential/person-centered/Gestalt theories as, 23–24
  learning theory as, 25–26
  objective relations theory as, 21–22
  overview of, 13–14
  personal reflections on, 13
  psychoanalytic/Adlerian theory as, 20–23
  resources on, 30
  stages-of-change transtheoretical model based on, 27–28
Counselors:
  assessment and diagnosis by (see Assessment and diagnosis)
  burnout of, 442–443
  clients of (see Clients)
  collaboration among, 60–63
  compassionate approach to managed care professionals by, 6
  counseling theories applied by, 13–30, 464
  counselor barriers to spirituality in counseling, 402–403
  court testimony of, 423, 428–431
  credentialing, certification, and licensing of, 2, 6, 17, 19, 418, 420, 438, 439, 453–467
  danger spots for addicted counselors, 438–439
  danger spots for nonaddicted counselors, 440–441
  documentation and record keeping by, 2, 36, 107–110, 389, 421, 427, 464, 467
  dual relationships involving, 423–426, 439
  duty to report of, 420
  duty to warn of, 102, 420, 422
  emotional needs of, 445
  empathy of, 280, 286, 312
  enabling behavior concerns of, 2, 16, 17, 21, 69, 91, 93–94, 196, 199–200, 382
ethical issues of, 5, 401–402, 417–431, 451–452
(see also Confidentiality)
exercise by, 445
facilitation of discussion by, 198–199
forgiveness model for, 447
genuineness of, in therapy, 104–106, 312
knowledge of own limitations, 438
leaving vs. staying in workplace decisions by, 433–435
malpractice suits against, 389, 418, 427
mentors for, 18
mind development in, 444
personal and professional development of, 417–452
(see also Credentialing, certification, and licensing)
personal reflections of/for (see Personal reflections)
physical health of, 444–445
professional organizations of, 6, 418, 419, 424, 454
psychological needs of, 445
recognition of agency problems by, 433–435
referrals by/to, 464
relapse prevention approaches of/for, 197–201, 439
resilience of, 446
resources for (see Resources)
self-compassion of, 446–447
self-disclosure by, 425–426, 442
self-evaluation by, 1, 18, 436–437
self-help group participation by, 437, 441, 442
self-help group suggestions for, 227–229, 235, 251
spirituality of, 402–403, 445
sponsors of, shared with clients, 442
supervision of, 458–460, 467
therapeutic alliance with (see Therapeutic alliances)
training and education of, 17–18, 51, 42, 60–61, 67, 123–124, 270, 278, 310, 356, 443
transference to/coutertransference of (see Transference and countertransference)
treatment by (see Treatments and aftercare)
working in difficult systems by, 432–435
working with addicts by, 436–441 (see also Addiction counseling and treatment)
wounded health theoretical framework application to, 432–433
Countertransference. See Transference and countertransference
Couples counseling, 166, 296
Court testimony, 423, 428–431
Covet sensitization, 77
Credentialing, certification, and licensing:
assessment evaluation in, 462
case management evaluation in, 463
case presentations for, 19, 464–465
case studies on, 456, 458, 460
certification, specifically, 454
counselor education evaluation in, 463
counselor evaluation in, 463
counselors’ danger spots addressed in, 438, 439
credentialing, specifically, 454, 460–465
Crisis intervention evaluation in, 463
documentation of/in, 2, 464, 467
ethical codes associated with, 418, 420
information gathering on, 455–456
intake evaluation in, 462
licensure, specifically, 454
models of addiction impacting, 6
orientation evaluation in, 462
overview of, 453–455
personal reactions to, 456–457
personal reflections on, 453
public policy impacting, 2
referral evaluation in, 464
report and record keeping evaluation in, 464
requirements for, 454–455, 460–465
resources on, 454, 455, 461, 466–467
screening evaluation in, 462
self-care during, 455–458
supervision for, 458–460, 467
training programs approved under, 17
treatment planning evaluation in, 462–463
12 core functions evaluated in, 461–464
written exam for, 461
Crimes:
co-occurring disorders and, 59, 76
hate crimes as, 346
homicide as, 97, 100, 102, 327, 335, 337
intimate partner violence as, 167 (see also Intimate partner violence)
sexual offenders committing, 146–147 (see also Rape; Sexual abuse)
vioent, 76 (see also Violence)
Criminal justice system. See also Legal issues
batterers’ history in, 162, 167
co-occurring disorders in population in, 59, 76
court referrals to self-help groups, 429–430
detoxification centers as alternative to, 171
DWI/DUI addressed in, 39, 45, 428
homeless population in, 171, 172
juvenile, 363
prisoners in, 4, 59
racial and ethnic minorities in, 326, 328, 335
Crisis interventions:
common addiction recovery crisis necessitating, 99–100
credentialing evaluation of, 463
homicidal tendencies in, 97, 100, 102
overview of, 97–98
resources on, 132
short-term counseling as, 98–99
suicide or suicide ideation in, 97, 100–101
Crystal Meth Anonymous (CMA), 233, 259, 260
Cultural factors:
acculturation as, 307, 328–329, 332, 334, 335, 336, 385
American history of cultural diversity as, 308
biopsychosocial model of addiction on, 9–10
brief therapy impacted by, 289–290
chronic pain impacted by, 385–386, 391
Cultural factors (Continued)
cognitive-behavioral therapy including, 291–292
cultural genogram documenting, 391
culturally sensitive addiction counseling considering, 301–378, 385, 407, 411, 415
intimate partner violence impacted by, 166–167, 168
models of addiction including, 7, 8, 9, 10, 428
normative behavior as, 308
poverty as, 305–306, 327, 328, 334, 335
race and ethnicity as (see Racial and ethnic minorities)
relapse prevention consideration of, 214–215, 315
self-help groups reflecting, 236, 242
sociocultural model of addiction, 8, 428
Culturally sensitive addiction counseling:
acculturated considered in, 307, 328–329, 332, 334, 335, 336, 385
adolescents in, 354–365, 374, 377, 407
African Americans in, 319, 325–326, 326–331, 407
age as issue in, 354–369, 374–377, 378–407
American Indians and Alaskan Natives in, 325–326, 336–339, 407
Asian Americans and Pacific Islanders in, 319–320, 325–326, 331–334
broaching in, 311, 314
communication breakdown in, 308–309
co-occurring disorders considered in, 320, 321
counselor development in, 302
dialogue in, 311–313
depression and depressive disorders: elderly adults in, 365–369, 374–375, 377, 407
described in, 370
family therapy as, 322
gender as issue in, 316–325, 345, 371–372, 375, 376, 407
general counseling suggestions for, 314
group therapy as, 322
Hispanic Americans in, 319, 325–326, 333–336
individual therapy as, 322
multicultural, defined, 303–305
social-environmental aspects of, 305–308
spiritual factors considered in, 315, 329–330, 335, 336, 339, 346, 407, 411, 415
training and education in, 310
types of cultural influences in, 302, 315
Custody hearing testimony, 430
Deafness or hearing impairments, 115, 349–352, 354, 373, 439
Deaf Off Drugs and Alcohol (DODA), 351
Debtors Anonymous, 77, 83, 88–89
Decision matrix, 210–212
defense mechanisms, 21, 33, 41, 116, 281
deptartment of health and human services, U.S.:
on credentialing, certification, and licensing, 455
on culturally sensitive addiction counseling, 372
on HIV/AIDS, 193
on patient privacy and confidentiality, 421, 452
SAMHSA division of (see Substance Abuse and Mental Health Services Administration)
website of, 452
Depression and depressive disorders:
addiction co-occurring with, 59, 72, 77, 87, 320, 367
assessment and diagnosis of, 72
chronic pain association with, 383
cognitive-behavioral therapy for, 288, 291
eylerly adult, 367
HIV/AIDS co-occurring with, 149
homeless population with, 172
intimate partner violence associated with, 162, 165
positive psychology for, 272
resources on, 87
sexual abuse associated with, 143
suicide associated with, 100
 treatments and aftercare for, 72, 272
Designated drivers, 92
Detoxification centers, 171
developmental factors, 20, 202–203, 361. See also Age Diagnosis. See Assessment and diagnosis
Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5), 32–33, 52, 55–56, 81–82
Dialectical behavior therapy (DBT):
  case studies on, 175
  for co-occurring disorders, 67, 72, 78
  for personality disorders, 173–175, 186–187, 291
  resources on, 186–187, 189–190, 194
  for treatment-related issues, 173–175, 186–187, 189–190, 194
Disabilities, people with:
  assessment and diagnosis for, 350–351
  barriers to treatment for, 349–350
  blindness or visual impairments of, 115, 352, 373
  case study on, 334
  culturally sensitive addiction counseling for, 347–354, 373, 375, 377
  deafness or hearing impairments of, 115, 349–352, 354, 373, 439
Disabilities, people with (Continued)
discrimination and prejudice against, 315, 348
enabling behavior with, 350
group therapy inclusion of, 114–115
intimate partner violence among, 169, 193
poverty among, 305
prevalence of substance use among, 348
resources on counseling, 349, 373, 375, 377
self-help group participation by, 350, 351, 439
treatment and aftercare for, 114–115, 351–352
wheelchairs or physical impairments of, 115, 352–354

Discrimination and prejudice:
relapse prevention consideration of, 315
stereotyping as, 33, 154, 309, 316–317, 385
12-step program “isms” as, 238

Disease model of addiction, 3–4, 8–9, 399–401, 428–429

Documentation and record keeping:
for chronic pain, 389, 390–391
by clients, 27, 288, 390–391, 411
cognitive-behavioral therapy including, 27
certification, computerized, 108
confidentiality of, 421
by counselors, 2, 36, 107–110, 389, 421, 427, 464, 467
credentialing, certification, and licensing documentation, 2, 464, 467
credentialing evaluation of, 464
legal issues related to, 389, 427
malpractice avoidance through, 389, 427
prior treatment detailed in, 36
progress notes in, 107, 427
SOAP format of, 107
of spiritual history, 411
treatment planning and, 107–110

Domestic Abuse Intervention Project, 162, 189, 193

Domestic violence:
child abuse as, 75, 142–148, 160, 184, 188–189, 192, 420
duty to report, 420
intimate partner violence as, 158–169, 185–186, 189, 193, 217–218, 346

Domestic Violence Initiative for Women with Disabilities, 193

Double Trouble in Recovery (DTR), 70, 71, 88

Driving while intoxicated. See DWI/DUI

Drug Enforcement Administration (DEA), U.S., 359, 380
Drug testing, 41, 429

Drug treatments. See Pharmacological treatments

Drug use/abuse. See also Addiction; Alcohol use/abuse;
Substance use/abuse; specific drugs
adolescent, 356, 358–360
assessment and diagnosis of (see Assessment and diagnosis)
club drugs, 358–359
cocurring disorders with (see Co-occurring disorders)
designer drugs, 358
drug testing for, 41, 429
HIV/AIDS co-occurring with, 149–158
needle exchange programs for, 92–93, 150
prenatal impacts of, 323
prescription, 2, 359–360, 367, 380–381, 384
prevalence of, 1–2, 380
treatment for (see Addiction counseling and treatment) withdrawal from, 34

DSM. See Diagnostic and Statistical Manual of Mental Disorders–5

Dual diagnosis. See Co-occurring disorders

Dual Diagnosis Anonymous (DDA), 70, 88

Dual relationships, 423–426, 439

Duty to report, 420
Duty to warn, 102, 420, 422

DWI/DUI (driving while intoxicated/under the influence):
assessment and diagnosis requirements due to, 38, 39, 45, 49
court testimony related to, 428

Eating disorders:
addiction co-occurring with, 74–75, 87, 88, 219
anorexia nervosa as, 74–75
assessment and diagnosis of, 74–75
binge eating as, 75
bulimia nervosa as, 74–75, 219
relapse prevention for, 219
resources on, 87, 88
treatments and aftercare for, 75, 88, 219

Education. See Psychoeducation; Training and education

Eldercare Locator, 378

Elderly adults:
assessment and diagnosis for, 48–49, 366–368
barriers to treatment for, 368
broad screening instruments for, 48–49
case study on, 369
cocurring disorders in, 367
culturally sensitive addiction counseling for, 365–369, 374–375, 377, 407
discrimination and prejudice against, 369
poverty among, 305
prevalence of substance use among, 365
resources on counseling, 374–375, 377
self-help group participation of, 368–369, 407
spirituality among, 407
treatment and aftercare for, 368–369
vulnerability theory of aging on, 367

Emotional sobriety, 260–265, 404, 411

Empathy, 280, 286, 312

Empty chair technique, 24, 112, 123, 179, 209

Empty self theory, 8, 432

Enabling behavior:
chronic pain management balance with, 382
counselor considerations of, 2, 16, 17, 21, 69, 91, 93–94, 196, 199–200, 382
family considerations of, 125, 127, 128, 129–130, 215, 350
family therapy addressing, 125, 127, 128, 129–130
harm reduction approach viewed as, 91, 93–94
people with disabilities impacted by, 350
relapse prevention impacted by, 196, 199–200, 215

Environmental factors, 7, 8, 305–308
E-therapy, 419
Ethical issues:
countertransference as (see Confidentiality), 127–129, 163
counselors’ personal and professional development
impact on, 417–431, 451–452
court testimony as, 423, 428–431
guidelines on, 419
legal issues intertwined with, 417–418, 420–423, 426–431
managed care approach balanced with, 5
resources on, 420, 451–452
self-disclosure as, 425–426
spirituality in addiction counseling and, 401–402
Eudaimonia, 270
Evidence-Based Behavioral Practice, 299
Evidence-based practices (EBPs), 290–292, 294–295, 297, 299, 363
Exercise, 445
Existential therapy, 23–24
Facebook, 418
False memory syndrome, 143
Families. See also Children; Intimate partners; Parents;
Significant others
codependency in, 127–129, 163
culturally sensitive addiction counseling involving, 344–345, 349, 361, 362–363
development stages of, 124–125
domestic violence in (see Domestic violence)
Xenodermy in, 125, 127, 128, 129–130, 215, 350
family genogram of, 391
interviews with, 40
relapse prevention impacted by, 215
resources on, 260
self-help groups as surrogates for, 229
single-parent, 328
type of addictive families, 124
Families Anonymous, 129, 259
Family Acceptance Project (FAP), 345
Family therapy:
adolescent application of, 127, 361, 362–363
adolescent community reinforcement approach to, 361, 362, 363
basic concepts of, 125–126
brief strategic family therapy as, 290, 362–363
case study on, 130
for chronic pain, 389
codependency addressed in, 127–129
Community Reinforcement and Family Training
(CRAFT) approach to, 128–129
for co-occurring disorders, 67
culturally sensitive, 322
development stages of families in, 124–125
enabling behavior addressed in, 125, 127, 128, 129–130
family support network as, 361
multidimensional family therapy as, 361, 362
multisystemic therapy as, 362, 363
overview of, 123–124
recovery process in, 129–130
resources on, 127, 133–134, 137
techniques in, 126–127
type of addictive families in, 124
women in, 322
Federal government:
adolescent confidentiality constraints by, 357–358
criminal justice system of (see Criminal justice system)
privilege and duty issues under laws of, 420–421
public policy of, 2, 92–93, 95, 150 (see also Laws and regulations)
Federation of State Medical Boards, 380
Fetal alcohol spectrum disorders (FASD), 322–323
Forgiveness model, 447
FRAMES (feedback, responsibility, advice, menu, empathy, and self-efficacy) approach, 286
Freud, Sigmund, 406, 425
Gables Recovery Home, 345
Gam-Anon, 77, 89
Gamblers Anonymous, 77, 89
Gambling disorders:
assessment and diagnosis of, 32, 77
coccurring disorders with, 76–77, 87, 88–90, 220
relapse prevention for, 220
resources on, 77, 87, 88–89, 89–90
treatments and aftercare for, 76, 88–89, 220
treatment of, 390
Gate control theory, 386
Gender differences. See also Men; Women
in addiction disorders, 73
assessment and diagnosis consideration of, 317–320, 322
in chronic pain, 385
in culturally sensitive addiction counseling consideration of, 316–325, 345, 371–372, 375, 376, 407
in eating disorders, 74–75
in gambling, 76–77
in HIV/AIDS, 149–150, 152, 157
in relapse prevention, 214–215
in self-help group participation, 230, 238, 239–242, 408
in sexual addictions, 82
in suicide and suicide ideation, 100, 318
Genetic factors, 9, 59
Gestalt treatment techniques, 14, 23–24
GHB, 359
GLBT individuals:
assessment and diagnosis for, 341–342
barriers to treatment for, 344
case study on, 347
coming-out process for, 342–343
discrimination and prejudice against, 238, 308, 315, 340–342, 344, 345, 346
dual relationships with, 424, 439
gay bars for, 344
gaydar of, 344
HIV/AIDS among, 149, 154–155
intimate partner violence among, 168, 346
prevalence of substance use among, 341
racial and ethnic minority, 344
resources on counseling, 340, 345, 372–373, 375, 376–377, 407
self-help group participation by, 236, 241, 346, 407
spirituality among, 346, 403, 407, 411
suicide or suicide ideation among, 346
terminology related to, 340
treatment and aftercare for, 342–347
Gorski’s Center for Applied Sciences Relapse Prevention Model, 202–203, 225
Government. See Federal government; State government
Grief and bereavement: case study on, 179
drug loss causing, 407
grief counseling for, 176–180, 187, 190–191, 194
manifestations of, 178
mourning tasks associated with, 178
resources on, 187, 194
Grief Recovery Institute, The, 194
Griefshare, 194
Group therapy: brief therapy as, 296
case study on, 121
for chronic pain, 389
for co-occurring disorders, 67, 111
culturally sensitive, 322
group leader power forms in, 114
group leader techniques in, 120–121
group setup and maintenance, 111–115
for intimate partner violence, 165–166
mistrust of others impacting, 115–116
overview of, 110–111
people with disabilities in, 114–115
relapses impacting, 115, 120
resources on, 111, 113–114, 132–133, 135–137, 296, 415
self-help group ties to and distinctions from, 110, 112, 115, 117 (see also Self-help groups)
specific addiction group issues, 115–116
spirituality discussed in, 411, 415
stages-of-change model in, 296
stages of group development, 116–120
stage-specific leader skills in, 118–120
transference and countertransference in, 115, 118
women in, 322
Guided imagery, 209
Hair analysis, 41, 429
HALT (hungry, angry, lonely, tired) approach, 215–216, 444–445
Harm reduction approach, 91, 92–95, 131, 137, 155, 170, 171, 429
Harm Reduction Coalition (HRC), 93, 137, 193
Harvard Medical School Special Health Report, 80, 87
Hate crimes, 346
Health Insurance Portability and Accountability Act (HIPAA), 421
Health maintenance organizations, 4–5, 291
Hepatitis C, 92, 150
Herald House/Independence Press, 397
Heroin use/abuse: adolescent, 359
Heroin Anonymous (HA) for, 233, 259
pregnatal impacts of, 323
Higher Power: drug seen as, 407
prayer and meditation focus on, 410
self-help group focus on, 9, 70, 236, 237, 400, 405–406, 407
Hispanic Americans: acculturation of, 334, 335
assessment and diagnosis for, 335
brief strategic family therapy for, 290
case study on, 336
criminal justice system involvement of, 335
culturally sensitive addiction counseling for, 319, 325–326, 333–336
HIV/AIDS among, 149–150
intimate partner violence among, 168, 193
poverty among, 334, 335
prevalence of substance use among, 325–326
spirituality among, 335
treatment and aftercare for, 335–336
women, specifically, 150, 319
HIV/AIDS: addiction co-occurring with, 149–158
antiretroviral therapy for, 149, 150, 157
case studies on, 157–158
classification of, 151–152
counseling approaches to, 153–157
gender differences in, 149–150, 152, 157
GLBT individuals with, 149, 154–155
history and development of, 151
needle exchange program reducing, 92–93
prevalence of, 149
racial and ethnic minorities with, 149–150, 327, 335
ramifications of, 152–153
resources on, 150, 153, 184–185, 192–193
transmission of, 152
HMO Act, 5
HMOs (health maintenance organizations), 4–5, 291
Homeless Assistance Hotline, 194
Homeless population, 59, 169–173, 194
Homeless Resource Center, 194
Homework assignments:
brief therapies including, 287–288, 298
counseling theories underlying, 16, 24, 26, 27
Homicide:
crisis interventions for, 97, 100, 102
racial and ethnic minorities involvement in, 327, 335, 337
Homosexuality. See also GLBT individuals
definition of, 340
HIV/AIDS relationship to, 149, 154–155
not as psychiatric disorder, 341
“Housing First” approach, 170
Hughes Act (Uniform Alcoholism and Intoxication Treatment Act), 2, 171
Illicit drug use. See Drug use/abuse
Incest Survivors Anonymous (ISA), 188
Individual therapy. See also specific therapies
case study on, 110
for chronic pain, 389
culturally sensitive, 322
genuineness of counselor in, 104–106
overview of, 103–104
resources on, 132
treatment plans for, 107–110
women in, 322
Inhalants, 360
Instagram, 419
Institute on Domestic Violence in the African-American Community, The, 193
Insurance coverage:
for addiction counseling and treatment, 2, 3, 4–6, 284, 291
evidence-based practices promoted for, 291
HMOs providing, 4–5, 291
for malpractice, 418
managed care approach to, 3, 4–6
Intermittent explosive disorder, 76
International Certification & Reciprocity Consortium/Alcohol and Other Drug Abuse (IC & RC), 455, 460–465, 466
Internet:
addictive voice recognition training via, 242–243, 409
confidentiality issues with, 418–419
culturally sensitive addiction counseling via, 351–352
e-mail via, 418
e-therapy via, 419
ethical technology concerns associated with, 418–419
Internet/video game addictions, 81–82
self-help group use of, 242–243, 244, 245, 254, 259, 269–269
social media via, 418–419
Interpersonal factors:
brief therapy addressing, 287
group therapy addressing, 111, 115–116
HIV/AIDS impacting, 153
intimate partner violence impacting, 166
models of addiction including, 7, 8, 10
resilience impacted by, 268–269
social network system sociogram on, 391
suicide and suicide ideation impacted by, 100
Interpersonal therapy, 75
Interviews:
for assessment and diagnosis, 33–40, 65, 357
with clients, 33–39, 248–249
motivational (see Motivational interviewing/therapy) for self-help group selection, 248–249
with significant others, 39–40, 65
Intimate partners. See also Significant others
codependency of, 128
couples counseling for, 166, 296
interviews with, 39–40
violence among, 158–169, 185–186, 189, 193, 217–218, 346
Intimate partner violence (IPV):
addiction co-occurring with, 158–169, 217–218
assessment and diagnosis of, 159–162
case studies on, 169, 217–218
counseling approaches to, 161, 162–166, 167
cultural factors impacting, 166–167, 168
cycle of violence in, 162
geographic setting of, 168–169
GLBT individuals experiencing, 168, 346
legal issues related to, 167–168
overview of, 158–159
relapse prevention impacted by, 217–218
resources on, 164, 165, 185–186, 189, 193
spiritual or religious factors impacting, 166–167
Intrapersonal factors, 7–8
 Isa, 188
Incest Survivors Anonymous (ISA), 188
Intimate partner violence (IPV):
violence among, 158–169, 185–186, 189, 193, 217–218, 346
models of addiction including, 7, 8, 10
resilience impacted by, 268–269
social network system sociogram on, 391
intimate partner violence impacting, 166
HIV/AIDS impacting, 153
brief therapy addressing, 287
Internet:
addictive voice recognition training via, 242–243, 409
confidentiality issues with, 418–419
culturally sensitive addiction counseling via, 351–352
e-mail via, 418
e-therapy via, 419
ethical technology concerns associated with, 418–419
Internet/video game addictions, 81–82
self-help group use of, 242–243, 244, 245, 254, 259, 269–269
social media via, 418–419
Interpersonal factors:
brief therapy addressing, 287
group therapy addressing, 111, 115–116
HIV/AIDS impacting, 153
intimate partner violence impacting, 166
models of addiction including, 7, 8, 10
resilience impacted by, 268–269
social network system sociogram on, 391
suicide and suicide ideation impacted by, 100
Interpersonal therapy, 75
Interviews:
for assessment and diagnosis, 33–40, 65, 357
with clients, 33–39, 248–249
motivational (see Motivational interviewing/therapy) for self-help group selection, 248–249
with significant others, 39–40, 65
Intimate partners. See also Significant others
codependency of, 128
couples counseling for, 166, 296
interviews with, 39–40
violence among, 158–169, 185–186, 189, 193, 217–218, 346
Intimate partner violence (IPV):
addiction co-occurring with, 158–169, 217–218
assessment and diagnosis of, 159–162
case studies on, 169, 217–218
counseling approaches to, 161, 162–166, 167
cultural factors impacting, 166–167, 168
cycle of violence in, 162
gеographic setting of, 168–169
GLBT individuals experiencing, 168, 346
legal issues related to, 167–168
overview of, 158–159
relapse prevention impacted by, 217–218
resources on, 164, 165, 185–186, 189, 193
spiritual or religious factors impacting, 166–167
Intrapersonal factors, 7–8
Isms. See Discrimination and prejudice
Jewish Women International, 193
K-2, 359
“Keepin’ it R.E.A.L.” program, 303
Latino Link, 376
Latinos/Latinas. See Hispanic Americans
Laws and regulations. See also Legal issues; Public policy
American with Disabilities Act, 348
Civil Rights Act of 1964, 304
Health Insurance Portability and Accountability Act, 421
HMO Act, 5
Hughes Act, 2, 171
Learning theory:
addiction counseling application of, 25–26
behavior-learning model of addiction, 8, 428
relapse prevention model based on, 203–204
Legal Action Center, 452
Legal issues. See also Criminal justice system; Laws and regulations
assessment and diagnosis consideration of, 38, 39
confidentiality and privilege as, 420–423
counselors’ personal and professional development impacted by, 417–418, 420–423, 426–431, 451–452
court testimony as, 423, 428–431
drug court addressing, 180–182
DUI/DWI as, 38, 39, 45, 49, 428
ethical issues intertwined with, 417–418, 420–423, 426–431
intimate partner violence and related, 167–168
malpractice suits as, 389, 418, 427
resources on, 451–452
sexual offenders facing, 146–147
Lesbians and gays. See GLBT individuals
 Licensing. See Credentialing, certification, and licensing
Malpractice suits, 389, 418, 427
Managed care approach, 3, 4–6
Mapping, 212–214
Marijuana use/abuse:
adolescent, 356
assessment and diagnosis of use of, 35
Marijuana Anonymous (MA) for, 233, 236, 237, 238, 259, 260
prenatal impacts of, 323
prevalence of use of, 2
Marital partners. See Intimate partners
Marlatt’s and Gordon’s relapse prevention model, 203–208, 210–215
MDMA, 359

Medical conditions:
disease model of addiction on addiction as, 3–4, 8–9, 399–401, 428–429
hepatitis C as, 92, 150
HIV/AIDS as, 92–93, 149–158, 184–185, 192–193, 327, 335
medical model of addiction on addiction as, 8, 428–429
physiological instruments assessing, 41, 69–70, 429
spinal cord injuries as, 353–354
suicide and suicide ideation impacted by, 101
traumatic brain injuries as, 353
women experiencing, 149–150, 152, 157, 319
Medical system sociograms, 391
Medication. See Pharmacological treatments
Meditation, 209, 410–411, 434
Men. See also Gender differences
gay (see GLBT individuals)
HIV/AIDS among, 149
relapse prevention in, 214–215
self-help group participation by, 230, 240–241, 408
violence against, 140, 143, 145
Mending the Sacred Hoop: Technical Assistance Project, 193
Men for Sobriety (MFS), 240–241, 408
Mental health issues. See also Addiction
adjustment disorders as, 296, 383
anxiety and anxiety disorders as, 59, 73, 77, 143, 291, 320, 367, 382, 383
assessment and diagnosis of, 17–18, 38–39, 63–66, 72, 73, 74–75, 76, 77, 78, 320
bipolar disorder as, 291
chronic pain association with, 382, 383, 386
collaboration between mental health and substance abuse fields, 60–63
counselor, counseling, 67, 69, 72, 75
conduct disorders as, 76
counseling theories underlying use of, 26
group therapy using, 111
HIV/AIDS addressed in, 153
group therapy using, 111
limitations of, 237
limitations of, 237
management of, 153
principles of, 280
resilience in, 280
relapse prevention in, 199
relapse prevention using, 199
safety in, 280
self-efi cacy in, 69, 105, 280–281
resources on, 207, 282, 295, 297–298, 299
resistance response in, 281
resistance response in, 281
resilience in, 280
self-efficacy in, 69, 105, 280–281, 282
stages-of-change model and, 297–298
training and education in, 278
traps to avoid in, 281
Multicultural counseling. See Culturally sensitive addiction counseling
Multidimensional family therapy (MDFT), 361, 362
Multisystemic therapy (MST), 362, 363

Minnesota Chemical Dependency Program for Deaf and Hard of Hearing Individuals, 349, 351, 373, 377
Minnesota Coalition for Battered Women (MCBW), 159, 164, 186, 193
Minnesota model of treatment, 4, 8–9, 401
Minorities. See Disabilities, people with; GLBT individuals; Racial and ethnic minorities; Women
Minors. See Adolescents; Children
Modeling:
counseling theories underlying use of, 26
group therapy inclusion of, 117–118, 119
self-help groups/sponsors providing, 26, 62, 229, 251–253
Moral model of addiction, 7, 399, 401, 428
Motivational interviewing/therapy:
addiction counseling application of, 105, 111, 278–284, 361, 369
adolescent application of, 361
assessment and diagnosis use of, 33
change talk in, 282
collaboration of client and counselor through, 105, 280
communication skills in, 281–282
for co-occurring disorders, 67, 69, 72, 75
discrepancies addressed in, 280–281
elderly adult application of, 369
empathy in, 280
group therapy using, 111
HIV/AIDS addressed in, 153
intimate partner violence addressed in, 165
principles of, 280–281
processes of, 281
relapse prevention using, 199
relapse prevention using, 199
resistance response in, 281
self-help groups/sponsors providing, 26, 62, 229, 251–253
training and education in, 278

Multicultural counseling. See Culturally sensitive addiction counseling
Multidimensional family therapy (MDFT), 361, 362
Multisystemic therapy (MST), 362, 363

NAADAC, the Association for Addiction Professionals
(formerly National Association for Alcoholism and Drug Abuse Counselors), 395–396, 397, 424, 455, 461
Nar-Anon, 129, 259, 437
Narcotics Anonymous (NA):
contact information for, 259
counseling integration with, 234–235
limitations of, 237
membership in, 236
overview of, 232
people with disabilities in, 351
spiritual focus of, 238, 346
stories of recovery from, 260
12 steps of, 232
12 traditions of, 232
National Academy of Sciences:
on fetal alcohol spectrum disorders, 322
Institute of Medicine, 322
National Advocates for Pregnant Women, 376
National Association for Alcoholism and Drug Abuse Counselors. See NAADAC
National Association for the Advancement of Colored People, 376
National Association of Drug Court Professionals (NADCP), 180, 194
National Association of Lesbian and Gay Addiction Professionals and their Allies, 376
National Association of Social Workers (NASW):
  on ethical issues, 452
  on recovery model, 95, 96
  on spirituality, 416
  website of, 299, 452
National Center for Responsible Gaming (NCRG), 77, 89
National Coalition Against Domestic Violence, 165, 167, 193
National Coalition for Homelessness, 194
National Council on Problem Gambling (NCPG), 77, 90
National Domestic Violence Hotline, 165
National Drug Court Institute, 194–195
National Epidemiologic Survey on Alcohol and Related Conditions, 345
National Highway Traffic Safety Administration (NHTSA), 39
National Hospice and Palliative Care Organization, 194
National Household Survey on Drug Use and Health, 325, 355
National Institute on Aging, 367
National Institute of Mental Health (NIMH), 89
National Institute of Allergy and Infectious Diseases, 193
National Household Survey on Drug Use and Health, 325, 355
National Institute on Drug Abuse (NIDA):
  on club drugs, 359
  contact information for, 12, 89
  on drug court, 187, 195
  on evidence-based practice, 299
  on family therapy, 123
  on HIV/AIDS, 149, 185
  on homeless population, 171
  on inhalants, 360
  on motivational interviewing, 283
  principles of effective treatment by, 106
  recovery movement challenges to, 95
  on relapse prevention, 215, 223
  resources available through, 11, 12, 36, 37, 86, 89, 131, 185, 187, 195, 223, 299, 359, 360, 396
National Institute of Alcohol Abuse and Alcoholism
  National Institute on Drug Abuse (NIDA):
National Library Service for Blind and Physically Handicapped, 373, 377
National Spinal Cord Injury Association (NSCIA), 377
National Survey on Drug Use and Health, 1, 59, 72, 91, 317, 322, 331
National Women’s Health Resource Center, 376
Native Americans. See American Indians and Alaskan Natives Needle exchange programs, 92–93, 150
Neurocognitive function:
  adolescent, 354–355
  in co-occurring disorders, 59, 67–68
  traumatic brain injuries impacting, 353
Normative behavior, 308
Object relations theory, 21–22
Office of HIV/AIDS and Infectious Disease Policy (OHAIDP), 193
Oniomania. See Shopping addictions
Online issues. See Computers; Internet
Opiates, 380
Oppositional defiant disorder, 76
Overeaters Anonymous, 75, 88
OWI/OUI (operating while intoxicated/under the influence). See DWI/DUI
Pain. See Chronic pain
Parents. See also Families
  child custody by, 430
  confidentiality issues related to, 422
  interviews with parents of addicts, 39–40
  single parenting by, 328
Parents, Families, and Friends of Lesbians and Gays (PFLAG), 345, 376
People with disabilities. See Disabilities, people with
Personal and professional development. See Professional development of counselors
Personality disorders:
  addiction co-occurring with, 76, 77–78, 173–175
  antisocial, 76, 78
  assessment and diagnosis of, 78
  borderline, 76, 78, 173–175, 186–187
  case studies on, 175
  chronic pain association with, 383
  dialectical behavior therapy for, 173–175, 186–187, 291
  treatments and aftercare for, 78, 173–175, 186–187, 291
Personality traits:
  BASIC personality profile of, 99
  chronic pain impacted by, 383
  counselor self-disclosure consideration of, 425
  personality trait model of addiction, 7–8
  positive psychology focus on, 270–271
  psychoanalytic/Adlerian theory on, 20–21
Personal reflections:
  on addiction counseling and treatment, 1, 91, 266
  on assessment and diagnosis, 31
Seeking Safety funding through, 176
  on women with addiction, 319
National Institutes of Health (NIH), 41, 224
National Latino Alliance for the Elimination of Domestic Violence, 193
National Library Service for Blind and Physically Handicapped, 373, 377
National Spinal Cord Injury Association (NSCIA), 377
National Survey on Drug Use and Health, 1, 59, 72, 91, 317, 322, 331
National Woman Abuse Prevention Project, 158
National Women’s Health Resource Center, 376
Native Americans. See American Indians and Alaskan Natives Needles exchange programs, 92–93, 150
Neurocognitive function:
  adolescent, 354–355
  in co-occurring disorders, 59, 67–68
  traumatic brain injuries impacting, 353
Normative behavior, 308
Object relations theory, 21–22
Office of HIV/AIDS and Infectious Disease Policy (OHAIDP), 193
Oniomania. See Shopping addictions
Online issues. See Computers; Internet
Opiates, 380–381, 384, 387, 392
Oppositional defiant disorder, 76
Overeaters Anonymous, 75, 88
OWI/OUI (operating while intoxicated/under the influence). See DWI/DUI
Pain. See Chronic pain
Parents. See also Families
  child custody by, 430
  confidentiality issues related to, 422
  interviews with parents of addicts, 39–40
  single parenting by, 328
Parents, Families, and Friends of Lesbians and Gays (PFLAG), 345, 376
People with disabilities. See Disabilities, people with
Personal and professional development. See Professional development of counselors
Personality disorders:
  addiction co-occurring with, 76, 77–78, 173–175
  antisocial, 76, 78
  assessment and diagnosis of, 78
  borderline, 76, 78, 173–175, 186–187
  case studies on, 175
  chronic pain association with, 383
  dialectical behavior therapy for, 173–175, 186–187, 291
  treatments and aftercare for, 78, 173–175, 186–187, 291
Personality traits:
  BASIC personality profile of, 99
  chronic pain impacted by, 383
  counselor self-disclosure consideration of, 425
  personality trait model of addiction, 7–8
  positive psychology focus on, 270–271
  psychoanalytic/Adlerian theory on, 20–21
Personal reflections:
  on addiction counseling and treatment, 1, 91, 266
  on assessment and diagnosis, 31
on chronic pain, 379
on co-occurring disorders, 58
on counseling theories, 13
on credentialing, certification, and licensing, 453
on culturally sensitive addiction counseling, 301
on personal and professional development of counselors, 417
on relapse prevention, 196
on self-help groups, 226
on spirituality, 398
on treatment-related issues, 138
Person-centered therapy, 15–16, 23–24
Pharmacological treatments:
for chronic pain, 380–382, 387, 392
coccurring disorders and use of, 61, 68, 70, 72, 220
HIV antiretroviral therapy as, 149, 150, 157
opiates as, 380–381, 384, 387, 392
for posttraumatic stress disorder, 68
psychotropic medication as, 68, 70, 72, 323
Physical health:
counselors’, 444–445
medical conditions impacting (see Medical conditions)
Physiological instruments, 41, 69–70, 429
Pills Anonymous (PA), 393, 397
Positive psychology:
adoption counseling through, 270–273, 292
evidence-based practices in, 292
resources on, 271, 295–296, 298, 299–300
Say It Straight based on, 292
Posttraumatic stress disorder (PTSD):
adoption co-occurring with, 68, 73–74, 139, 145, 176–177
assessment and diagnosis of, 73
case studies on, 177
chronic pain association with, 383
homeless population with, 172
intimate partner violence associated with, 162
pharmacological treatments for, 68
rape and sexual abuse as basis of, 140, 141, 143, 145
Seeking Safety for, 74, 176–177, 187, 363
treatments and aftercare for, 68, 73–74, 176–177, 187, 190, 363
Posttraumatic Stress Disorder Alliance, 192
Poverty, 305–306, 327, 328, 334, 335
Prayer, 410–411
Pregnancy:
assessment and diagnosis of substance use during, 45–46
culturally sensitive addiction counseling consideration of, 321, 322–324
HIV/AIDS transmission during, 150, 152, 157
prenatal impacts of substance use during, 322–323
Prescription drug treatments. See Pharmacological treatments
Prescription drug use/abuse:
adolescent, 359–360
chronic pain association with, 380–381, 384
elderly adult, 367
prevalence of, 2, 380
Pride Institute, 344, 345, 376
Prisoners, 4, 59. See also Criminal justice system
Professional development of counselors:
case studies on, 422, 426, 427, 431, 435, 439–440, 441, 448–449
customer/technology impacts on, 418–419
confidentiality issues in, 418–419, 420–423
countertransference impacting, 438, 440–441
court testimony in, 423, 428–431
credentialing in (see Credentialing, certification, and licensing)
danger spots recognition in, 438–441
dual relationships impacting, 423–426, 439
ethical issues in, 417–431, 451–452
knowledge of limitations in, 438
leaving vs. staying in workplace decisions impacting, 433–435
legal issues in, 417–418, 420–423, 426–431, 451–452
overview of, 417–419
personal reflections on, 417
recognition of agency problems in, 433–435
resources for, 420, 446, 451–452
self-care impacting, 437, 443, 448, 452
self-disclosure issues in, 425
self-evaluation in, 436
staying in workplace decisions impacting, 433–435
wounded health theoretical framework application in, 432–433
Professional organizations:
certification by, 454
ethical codes of, 418, 419, 424
managed care approach addressed by, 6
Project MATCH, 104, 106
Psychoanalytic/Adlerian theory, 20–23
Psychodynamic brief therapy, 287
Psychoeducation:
credentialing evaluation of, 463
culturally sensitive, 322, 327
family therapy involving, 126
rural and ethnic minorities receiving, 327
relapse prevention including, 214
women receiving, 322
Psychometric instruments. See also Assessment and diagnostic tools
for assessment and diagnosis, 34, 41–51, 64–66, 356
broad screening instruments as, 34, 43–49, 64–66, 356
importance/value of, 41–42
selection of appropriate, 42
specific screening instruments as, 49–51
Psychotropic medication, 68, 70, 72, 323
PTSD. See Posttraumatic stress disorder
Public policy. See also Laws and regulations
addiction counseling and treatment impacted by, 2
HIV/AIDS prevention hampered by, 150
philosophical approaches to treatment impacting, 92–93, 95
Racial and ethnic minorities. See also specific minorities (e.g. African Americans)
acculturation of, 307, 328–329, 332, 334, 335, 336, 385
adolescent, 355
### Racial and ethnic minorities. See also specific minorities (e.g., African Americans) (Continued)

- Assessment and diagnosis for, 327–328, 332–333, 335, 337–338
- Brief therapy for, 289–290
- Chronic pain in, 385
- Criminal justice system involvement of, 326, 328, 335
- Cultural factors impacting (see Cultural factors)
- Discrimination and prejudice against, 238, 306–307, 308, 315, 326–327, 355
- GLBT, 344
- HIV/AIDS among, 149–150, 327, 335
- Homicide among, 327, 335, 337
- Intimate partner violence among, 168, 193
- Poverty among, 305, 327, 334, 335
- Psychoeducation for, 327
- Relapse prevention, 464
- Referrals, 464
- Self-help group participation by, 238, 241–242
- Suicide among, 337
- Women as, 150, 319–320

### Rape, Abuse, & Incest National Network (RAINN), 192

### Rational emotive [behavior] therapy (RE(B)T):

- Brief REBT as, 287–288
- Counseling theories underlying, 26–27
- Rational Recovery based on, 242, 409
- SMART Recovery based on, 245, 246

### Rational Recovery (RR), 242

### Recovery movement/model, 62, 95–96, 131–132

### Referrals, 464

### Reinforcement:

- Adolescent community reinforcement approach, 361, 362, 363
- Behavior-learning model of addiction on, 8
- Community Reinforcement and Family Training (CRAFT) approach, 128–129
- Counseling theories underlying, 26
- Family therapy including, 128
- Stages-of-change model on, 275

### Relapse prevention:

- Adolescent, 361
- Brief therapy addressing, 287, 288
- Case studies on, 216–220, 221
- For chronic pain and addiction, 390
- Cognitive-behavioral approaches to, 202–208, 288
- Common dangers in, 215
- Co-occurring disorders impacting, 67, 77, 219–221
- Coping skills training in, 203, 207–208, 210, 214
- Counseling techniques for, 209–217
- Counseling theories underlying, 16
- Counselor approaches to, 197–201
- For counselors, 439
- Cultural factors impacting, 214–215, 315
- Decision matrix in, 210–212
- Discrimination and prejudice addressed in, 315
- Drug court addressing, 180
- Elderly adult, 369
- Empty chair technique in, 209
- Enabling behavior impacting, 196, 199–200, 215
- Facilitation of discussion in, 198–199
- Familial factors impacting, 215
- Family therapy involving, 127
- Gender differences in, 214–215
- Gorski’s Center for Applied Sciences Model of, 202–203, 225
- Group therapy addressing, 115, 120
- Guided imagery in, 209
- HalT (hungry, angry, lonely, tired) approach to, 215–216
- Intimate partner violence impacting, 217–218
- Mapping in, 212–214
- Marlatt’s and Gordon’s model of, 203–208, 210–215
- Meditation for, 209
- Mindfulness-based approaches to, 209, 410
- Models of, 201–208, 210–215, 225
- Motivational interviewing in, 199
- Overview of, 196–197
- Personal reflections on, 196
- Psychoeducation in, 214
- Relaxation training in, 210
- Resilience role in, 267, 269
- Resources on, 203, 210, 223–225
- Self-efficacy in, 203, 204–205, 208, 209, 211, 213
- Sexual abuse impacting, 145, 218–219
- Special populations in, 217–220
- Stages-of-change model applied in, 198–199, 210
- Strategies for, 214
- Stress management skills for, 210, 212
- Target behaviors in, 210
- Terminology used in, 197–198
- TIPS (truth, information, priorities, support) approach to, 215
- Trustworthy atmosphere for, 201
- Urge surfing technique in, 209, 410
- View of relapse in, 200–201

### Relaxation training:

- Behavior-learning model of addiction on, 8
- For chronic pain, 389
- For co-occurring disorders, 77
- Counseling theories underlying, 25, 26
- Counselor application of, 434
- Relapse prevention including, 210
- Reliability of assessment and diagnostic tools, 42
- Religious factors. See Spiritual factors

### Research approach to addiction, 3, 4. See also Evidence-based practices

### Residential treatment, 67

### Resilience, client, 267

### Resilience, counselor, 446

### Resources:

- On addiction information, 12
on adolescent counseling, 359, 360, 363, 374, 375, 377
on assessment and diagnosis, 33, 34, 36, 37, 39, 41, 42, 43, 47, 49, 52–53, 55–57, 356
on behavioral addictions, 87–88, 89, 90
on brief therapy/interventions, 294, 296–297, 298, 299
on chronic pain, 385, 395–397
on club drugs, 359
on confidentiality and privilege, 420, 452
on co-occurring disorders, 67, 72, 77, 83–90, 225
on counseling theories, 30
on couples counseling, 296
on credentialing, certification, and licensing, 454, 455, 461, 466–467
on crisis interventions, 132
on depression and depressive disorders, 87
on dialectical behavior therapy, 186–187, 189–190, 194
on eating disorders, 87, 88
on elderly adult counseling, 374–375, 377
on emotional sobriety, 260–265
on ethical issues, 420, 451–452
on evidence-based practices, 292, 294–295, 297, 299, 363
exercises, 136–137, 190
on families, 260
on family therapy, 127, 133–134, 137
on gambling disorders, 77, 87, 88–90
on GLBT counseling, 340, 345, 372–373, 375, 376–377, 407
on grief and bereavement, 187, 194
on group therapy, 111, 113–114, 132–133, 135–137, 296, 415
on harm reduction, 131
on HIV/AIDS, 150, 153, 184–185, 192–193
on homelessness, 194
on icebreaker exercises, 136–137
on individual therapy, 132
on intimate partner violence, 164, 165, 185–186, 189, 193
on legal issues, 451–452
on mindfulness-based treatments, 410, 415
on motivational interviewing, 278, 283, 295, 297–298, 299
PDF documents, 375
on people with disabilities counseling, 349, 373, 375, 377
on personal and professional development of counselors, 420, 446, 451–452
phone contact information, 12, 89, 165, 192–195, 258–259, 397
on positive psychology, 271, 295–296, 298, 299–300
on race and ethnicity, 372, 376
on recovery movement/model, 131–132
on relapse prevention, 203, 210, 223–225
on resilience, 269, 296, 300, 446
on Seeking Safety, 190, 194
on self-care of counselors, 452
on sexual abuse, 141, 146, 184–185, 188–189, 192
on sexual addictions, 89, 90
on shopping addictions, 89
on spirituality, 407, 408–409, 410, 414–416
on stages-of-change model, 296, 297–298
stories of recovery, 260
on substance use/abuse, 12, 85–87, 88, 89
suggested resources, 88–89, 187–192, 258–259, 396–397
on suicide or suicide ideation, 137
toolkits, 77, 88
on trauma, 183–184, 187–188
on treatment-related issues, 141, 146, 150, 153, 164, 165, 183–195
videos, 134–135, 187–188, 189–190, 190, 210, 225, 234, 298, 375–376
on women’s counseling, 321, 324, 371–372, 375, 376
Restorative Justice, 195
RICH (respect, information, connection, hope) guidelines, 447
Role playing, 14, 24, 27, 209, 275
Rush, Benjamin, 4, 399
Sacred Circle-National Resource Center to End Violence against Native Women, 192, 193
Saliva analysis, 41, 429
SA/VE-Suicide Awareness/Voices of Education, 137
Say It Straight, 292
Schizophrenia, 59, 291
Screening for Substance Use, Brief Intervention and/or Referral to Treatment (SBIRT), 43, 47
Screening instruments. See Assessment and diagnostic tools; Broad screening assessments; specific screening instruments
Secular Organizations for Sobriety/Save Our Selves (SOS), 243–245, 259, 260, 409, 437
Seeking Safety, 74, 176–177, 187, 190, 194, 363
Self-care (of clients), 144
Self-care (of counselors): burn-out avoidance through, 442–443
credentia ling necessitating, 455–458
culturally sensitive addiction counseling necessitating, 315–316
group leader need for, 119, 120
guidelines for realistic, 443–447
importance of, 417, 447–448
leaving vs. staying in workplace decisions impacting, 434
managed care approach necessitating, 6
personal and professional development impacted by, 417, 434, 442–448, 452
resources on, 452
treatment-related issues necessitating, 138, 146
Self-disclosure, counselor, 425–426, 442
Self-efficacy:
brief therapy focus on, 286
motivational interviewing emphasizing, 69, 105, 280–281, 282
positive psychology concept of, 272
relapse prevention goal of, 203, 204–205, 208, 209, 211, 213
sexual abuse survivors strengthening, 144
stages-of-change model on, 275
Self-esteem:
batterers’, 160
crisis experiencers’, 97, 102
disease model of addiction preserving or restoring, 4
exercises on, 122
GLBT individuals’, 342, 343, 407
motivational interviewing emphasizing, 69
racial and ethnic minorities’, 335
self-help groups supporting, 239, 244
sexual abuse victims’, 143
women’s, 350, 320, 319, 321
Self-evaluation (by counselors), 1, 18, 436–437
Self-help groups. See also specific programs
accessibility and familiarity of, 236, 241, 242, 245, 247, 248, 253
Adlerian theory underlying, 23
adolescents in, 129, 232, 361, 407
adult children of alcoholics’, 129, 130
anonymity of, 253, 254
applicability of, 237–238
assessing personality of group, 249–250
behavioral addiction treatment including, 83
benefits of, 227, 229, 234–235
case studies on, 247–248, 254
for chronic pain experiencers, 392–393, 397
co-occurring disorder treatment including, 70–71
73, 75, 77, 78, 88–89, 225
counseling integration with, 104, 234–235, 241, 242, 243, 244, 246
counselors joining, 437, 439, 441, 442
court referrals to, 429–430
cultural factors reflected in, 236, 242
disease model of addiction and, 4, 8–9, 399–401
dual relationships surfacing in, 424, 439
elderly adults in, 368–369, 407
emotional sobriety and, 260–265
gender participation differences in, 230, 238, 239–242, 408
GLBT individuals in, 236, 241, 346, 407
grassroots professionals evolving from, 61
group therapy ties to and distinctions from, 110, 112, 115, 117
guidelines for healthy and unhealthy groups, 250–252
guidelines for healthy and unhealthy sponsors, 62
harm reduction philosophy integration in, 94–95
individual therapy integration with, 104
intimate partner violence addressed in, 161
“isms” (biases/discrimination) in, 238
limitations of, 236–238, 241, 242, 243, 245, 247
matching client needs and, 247–253
medallions in, 234
meeting structure in, 234, 240
membership in, 236, 237, 241, 242, 244, 246
negative experiences with, 217
online access to, 242–243, 244, 245, 254, 393
people with disabilities in, 350, 351, 439
personal reflections on, 226
positive psychology in, 271
recovery model on, 62
referrals to, 235, 429–430
rigidity of, 237
sexual abuse addressed in, 145–146, 188, 238
small-town concerns related to, 253–254, 439
spiritual focus of, 8–9, 70, 94, 146, 236, 237, 238, 241, 242, 243, 245, 247, 346, 393, 398, 400–401, 403, 404, 405–406, 407, 408–409, 415
sponsors/sponsorship in, 26, 62, 208, 244, 245, 251–252, 236, 442
stories of recovery from, 260
suggestions for counselors regarding, 227–229, 235, 251
summary of well-known, 229–233
12-step alternative programs as, 228–229, 238–247, 259, 260, 408–409
12-step programs as (see 12-step programs)
types of meetings, 233–234
Self-Management and Recovery Training (SMART
Recovery®), 245–247, 259, 409
Self-Soothing the Five Senses, 174–175
Sensitivity of assessment and diagnostic tools, 43
Seven Challenges Program, 363
Sex Addicts Anonymous, 83, 89
Sexaholics Anonymous, 83, 89
Sexual abuse:
adoption co-occurring with, 139–148, 218–219
assessment and diagnosis of, 144
case studies on, 141–142, 147–148, 218–219
counseling approaches to, 141, 143–147
duty to report, 420
eating disorders co-occurring with, 75
false memory syndrome related to, 143
perpetrator counseling for, 146–147
rape as, 140–142, 188, 192
relapse prevention impacted by, 218–219
resources on, 141, 146, 184–185, 188–189, 192
self-help groups addressing, 145–146, 188, 238
survivor counseling for, 143–146
Sexual addictions, 82–83, 89, 90
Sexual issues:
abuse as (see Sexual abuse)
adoption as, 82–83, 89, 90
case studies on, 141–142, 147–148, 218–219
counseling approaches to, 141, 143–147
dual relationships involving, 424
group member relationships as, 112, 113
HIV/AIDS and sexual behavior, 149, 152, 153, 154–155
homosexuality and, 149, 154–155 (see also GLBT
individuals; Sexual orientation)
overview of, 139–140
relapse prevention impacted by, 145, 218–219
resources on, 89, 90, 141, 146, 184–185, 188–189, 192
treatment impacted by, 139–148, 184–185, 188–189, 192, 218–219
treatment plans addressing, 110
Sexual orientation, 340–347, 372–373, 375, 376–377, 407, 411. See also GLBT individuals; Homosexuality
Shopping addictions:
assessment and diagnosis of, 83
coccurring disorders with, 83
resources on, 89
treatments and aftercare for, 83, 89
Significant others, 39–40, 65, 344–345. See also Families;
Intimate partners
16 Steps, 241–242, 259, 408
Sleeplessness and sleep disorders, 59, 383
SMART Recovery®, 245–247, 259, 409
Smith, Bob, 230
Smoking, 32, 336
Soberity:
abstinence and (see Abstinence)
chronic pain issues due to, 383–385
coccurring disorders impacted by, 64, 72, 73
emotional, 260–265, 404, 411
treatment leading to (see Addiction counseling and treatment)
Social factors. See Interpersonal factors; Sociocultural factors
Social media, 418–419
Social skills training, 26
Society for the Advancement of Sexual Health, 83, 90
Society for the Psychology of Religion and Spirituality, 416
Sociocultural factors. See also Cultural factors
acculturation as, 307, 328–329, 332, 334, 335, 336, 385
American history of cultural diversity as, 308
biopsychosocial model of addiction on, 9–10
chronic pain impacted by, 385–386, 391
culturally sensitive addiction counseling consideration of, 305–308
normative behavior as, 308
poverty as, 305–306, 327, 328, 334, 335
sociocultural model of addiction, 8, 428
Solution-Focused Brief Therapy Association, 299
Somatoform disorders, 383
Southern Poverty Law Center, 377
Specificity of assessment and diagnostic tools, 43
Specific screening instruments. See also Assessment and diagnostic tools
Addiction Severity Index (ASI), 49
Addiction Severity Index-Multimedia Version (ASI-MV), 49
for adolescents, 50–51
for adults, 49–50
Alcohol Use Inventory (AUI), 49, 50
for assessment and diagnosis, 49–51
Driver Risk Inventory (DRI), 49
Global Appraisal of Individual Needs (GAIN), 49–50
Juvenile Automated Substance Abuse Evaluation (JASAE), 51
Personal Experience Screen Questionnaire (PESQ), 51
Substance Abuse Life Circumstances Evaluation (SALCE), 50
Substance Abuse Subtle Screening Inventory (SASSI), 50, 51
Spinal cord injuries (SCI), 353–354
Spiritual factors:
barriers and bridges to spirituality in addiction counseling, 401–406
bibliotherapy including, 409
case studies on, 412–413
counseling techniques incorporating, 409–411
counselors’ spirituality as, 402–403, 445
group exercises on, 411, 415
Higher Power as, 9, 70, 236, 237, 400, 405–406, 407, 410
history of spirituality in addiction counseling, 399–401
intimate partner violence impacted by, 166–167
mindfulness exercises including, 410–411, 415
negotiated spirituality as, 404
overview of, 398–399
personal reflections on, 398
prayer and meditation as, 410–411
religion vs. spirituality distinction, 399
resources on, 407, 408–409, 410, 414–416
Spiritual bypass as, 404, 411
Spiritual identity development as, 406–407
Spirituality, defined, 399
Spiritual/religious genogram on, 411
Spiritual/religious timeline on, 411
transference and countertransference issues with, 402–403, 410
treatment plan considering, 109–110
Spouses. See Intimate partners
Stages-of-change transtheoretical model:
action stage in, 198, 274, 275, 277
drug counseling application of, 27–28, 273–278
assessment and diagnosis use of, 33, 53–54, 388
case study on, 278
chronic pain assessment based on, 388
counseling theories and, 27–28
HIV/AIDS counseling consideration of, 153
intimate partner violence counseling consideration of, 165
maintenance stage in, 198, 274, 275, 277
motivational interviewing and, 297–298
precontemplation stage in, 198, 274, 275, 276
preparation stage in, 198, 274, 275, 276–277
relapse prevention use of, 198–199, 210
resources on, 296, 297–298
termination stage in, 274
State government:
adolescent confidentiality constraints by, 358
credentialing, certification, and licensing by, 2, 6, 17, 439, 453–460
privilege and duty issues under laws of, 420–421
Stereotyping, 33, 154, 309, 316–317, 385
Stopping Overshopping Group Treatment Plan, 83
Stress management skills, 210, 212, 434
Substance Abuse and Mental Health Services Administration (SAMHSA):
  on brief therapy, 297
  on chronic pain, 385, 396
  contact information for, 12, 89
  Co-Occurring Center for Excellence, 62–63
  on co-occurring disorders, 62–63, 67, 68–69, 72, 86, 87, 88
  on counselor ethics, 5
  on credentialing, certification, and licensing, 454, 455, 466
  on dialectical behavior therapy, 187
  on drug court, 192, 195
  on evidence-based practices, 290, 292, 299, 363
  on HIV/AIDS, 156–157, 185
  on homelessness, 194
  on intimate partner violence, 160–161, 164, 186
  on motivational interviewing, 283, 299
  National Registry of Evidence-Based Programs and Practices, 290, 299, 363
  National Survey on Drug Use and Health by, 1, 59, 72, 91, 317, 322, 331
  Problem Gambling Toolkit of, 77, 88
  Screening for Substance Use, Brief Intervention and/or Referral to Treatment (SBIRT), 43, 47
  on sexual abuse, 192
  Substance Abuse Resources and Disability Issues (SARDI) Program, 377
  Substance use/abuse. See also Addiction; Alcohol use/abuse;
    Drug use/abuse; Tobacco use/abuse
  assessment and diagnosis of (see Assessment and diagnosis)
  chronic pain and, 291, 379–397
  co-occurring disorders with (see Co-occurring disorders)
  models of addiction on, 3–4, 6–10, 93, 399–401, 428–429
  resources on, 12, 85–87, 93, 201, 227, 315, 328, 340, 382, 402–403, 404, 410, 439, 440, 441
  in culturally sensitive addiction counseling, 315, 328, 341
  in GLBT counseling, 168, 341
  in group therapy, 115, 118
  in HIV/AIDS counseling, 153–154, 155–156
  in intimate partner violence counseling, 163
  in relapse prevention, 201
  in self-help group triggering of, 227
  in spirituality triggering, 402–403, 404, 410
  in transgender individuals, 340, 342, 343
  in transgender individuals, 340, 342, 343. See also GLBT individuals
  Transtheoretical model. See Stages-of-change transtheoretical model
  Trauma:
    domestic violence as basis of (see Domestic violence)
    PTSD due to (see Posttraumatic stress disorder)
    resources on, 183–184, 187–188
    sexual abuse as basis of (see Sexual abuse)
Traumatic brain injuries (TBI), 353
Treatment Improvement Exchange (TIE), 89
Treatment-related issues. See also specific issues below for additional detail
case studies on, 141–142, 147–148, 157–158, 169, 172–173, 175, 177, 179, 182
dialectical behavior therapy for, 173–175, 186–187, 189–190, 194
grief counseling for, 176–180, 187, 190–191, 194
HIV/AIDS as, 149–158, 184–185, 192–193
homelessness as, 169–173, 194
intimate partner violence as, 158–169, 185–186, 189, 193, 217–218
legal issues as, 146–147, 167–168, 180–182
overview of, 139, 182
personal reflections on, 138
resources on, 141, 146, 150, 153, 164, 165, 183–195
Seeking Safety for, 176–177, 187, 190, 194
sexual issues as, 139–148, 184–185, 188–189, 192, 218–219
Treatments and aftercare:
adoption–specific (see Addiction counseling and treatment)
adolescent community reinforcement approach to, 361, 362, 363
for anxiety and anxiety disorders, 73, 291
assertiveness training as, 26
assessment and diagnosis determining appropriate, 52–53
(see also Assessment and diagnosis)
for behavioral addictions, 82, 83, 89
behavior therapy as, 25–26, 67, 291
bibliotherapy as, 409
case management as, 67, 156, 171, 361, 463
for chronic pain, 380–382, 386–387, 389–393, 397
control theory/reality therapy as, 24–25
for co–occurring disorders, 60, 61–63, 67–71, 72, 73–74, 75, 76, 77, 78, 88–89, 173–175, 220
coping skills training as, 67, 97–98, 127, 145, 203, 207–208, 210, 214, 269
costs of and payment for, 2, 3, 4–6, 107, 284, 291
counseling theories applied to, 13–30, 464
counselors in (see Counselors)
couples counseling as, 166, 290
court sensitization as, 77
crisis interventions as, 97–103, 132, 463
(see also Culturally sensitive addiction counseling for details)
for depression and depressive disorders, 72, 272, 288, 291
dialectical behavior therapy as, 67, 72, 78, 173–175, 186–187, 189–190, 194, 291
for eating disorders, 75, 88, 219
empty chair technique as, 24, 112, 123, 179, 209
e-therapy as, 419
existential therapy as, 23–24
family therapy as, 67, 123–130, 133–134, 137, 290, 322, 361, 362–363, 389
for gambling disorders, 76, 88–89, 220
Gestalt techniques of, 14, 23–24
grief counseling as, 176–180, 187, 190–191, 194
guided imagery as, 209
homework assignments in, 16, 24, 26, 27, 287–288, 298
individual therapy as, 103–110, 132, 322, 389
(see also specific therapies)
interpersonal therapy as, 75
mindfulness-based treatments as, 75, 209, 410–411, 415, 434
Minnesota model of, 4, 8–9, 401
modeling as, 26, 62, 117–118, 119, 229, 251–253
models of addiction influencing, 3–4, 6–10, 93, 399–401, 429
multidimensional family therapy as, 361, 362
multisystemic therapy as, 362, 363
patient treatment placement in appropriate, 53, 104, 106
for personality disorders, 78, 173–175, 186–187, 291
person–centered therapy as, 15–16, 23–24
pharmacological (see Pharmacological treatments)
positive psychology as, 270–273, 292, 295–296, 298, 299–300
for posttraumatic stress disorder, 68, 73–74, 176–177, 187, 190, 363
psychoeducation as, 126, 214, 332, 327, 463
rational emotive behavior therapy as, 26–27, 242, 245, 246, 287–288, 409
reinforcement as, 8, 26, 128–129, 275, 361, 362, 363
relaxation training as, 8, 25, 26, 77, 210, 389, 434
residential treatment as, 67
role playing as, 14, 24, 27, 209, 275
Seeking Safety as, 74, 176–177, 187, 190, 194, 363
self–help groups for (see Self–help groups)
Self–Soothing the Five Senses as, 174–175
Seven Challenges Program as, 363
for sexual addictions, 83, 89
for shopping addictions, 83, 89
social skills training as, 26
spirituality in (see Spiritual factors)
Stopping Overshopping Group Treatment Plan as, 83
stress management skills in, 210, 212, 434
therapeutic alliances in (see Therapeutic alliances)
treatment plans for, 107–110, 462–463
Treatments and aftercare (Continued)
  treatment settings for, 65–66
  for violent behavior, 76, 162–166
  Wise Mind ACCEPTS Skills as, 174–175
Trotter, Thomas, 4, 399
12-step programs. See also Self-help groups; specific programs
  accessibility and familiarity of, 236
  Adlerian theory underlying, 23
  applicability of, 237–238
  behavioral addiction treatment including, 83
  for chronic pain experiencers, 393, 397
  co-occurring disorder treatment including, 70–71, 75, 77, 225
  counseling integration with, 234–235
  court referrals to, 429–430
  cultural factors reflected in, 236
  disease model of addiction and, 4, 8–9, 399–401
  families of addicts’, 129–130, 257, 258, 259, 260, 437
  group therapy ties to and distinctions from, 110, 112, 115, 117
  harm reduction philosophy integration in, 94–95
  individual therapy integration with, 104
  limitations of, 236–238
  medallions in, 234
  meeting structure in, 234
  membership in, 236, 237
  negative experiences with, 237
  people with disabilities in, 350, 351
  positive psychology in, 271
  referrals to, 235, 429–430
  relapse prevention linked to, 202
  rigidity of, 237
  sexual abuse addressed in, 145–146, 188
  spiritual focus of, 8–9, 70, 94, 146, 236, 237, 238, 346, 393, 398, 400–401, 403, 404, 405–406, 407, 408
  stories of recovery from, 260
  strengths of, 235–236
  suggestions for counselors regarding, 227–229, 235
  summary of well-known, 229–233
  12-step alternative groups, 228–229, 238–247, 259, 260, 408–409
  12 steps of, 231–232
  12 traditions of, 231–232, 405
  types of meetings, 233–234
  Twitter, 418
  Two Hatters, 236

University of Pennsylvania Positive Psychology Center,
  299–300
Urge surfing technique, 209, 410
Urinalysis, 41, 69, 429

Validity of assessment and diagnostic tools, 42–43
Veterans’ courts, 181
Violence:
  addiction co-occurring with, 75–76
  assessment and diagnosis of causes of, 76
  GLBT individuals experiencing, 168, 346
  homicidal, 97, 100, 102, 327, 335, 337
  intimate partner, 158–169, 185–186, 189, 193, 217–218, 346
  men as targets of, 140, 143, 145
  sexual, 75, 139–148, 184–185, 188–189, 192, 218–219, 238, 420
  suicide or suicide ideation as self-violence, 97, 100–101, 102, 137, 165, 318, 337, 346
  treatments and aftercare for, 76, 162–166
  violent crimes and, 76 (see also Domestic violence; Homicide; Rape)
  women as targets of, 73, 140–148, 158–169

WDEP (Want, Direction/Doing, Evaluation, Planning), 25
Wilson, Bill, 230
Wise Mind ACCEPTS Skills, 174–175
Withdrawal, 34, 36, 72, 73
Women. See also Gender differences
  assessment and diagnosis for, 317–320, 322
  barriers to treatment for, 320–321, 324
  case study on, 324
  disabilities among, 320, 321
  discrimination and prejudice against, 238, 306
  resources on treatment for, 321, 324, 371
  suicidal ideation as self-violence, 97, 100–101, 110, 136, 165, 318, 337, 346
  violent crimes and, 76 (see also Domestic violence; Homicide; Rape)
  women as targets of, 73, 140–148, 158–169

Wounded health theoretical framework, 432