



# Behavioral Couples Therapy for Alcoholism and Drug Abuse

*Timothy J. O'Farrell PhD ABPP, William Fals-Stewart PhD*

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This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners. Behavioral couples therapy (BCT) explicitly focuses on both substance use and relationship issues, and is readily compatible with 12-step approaches. Provided are all the materials needed to introduce BCT; implement a recovery contract to support abstinence; work with clients to increase positive activities, improve communication, and reduce relapse risks; and deal with special treatment challenges. Appendices include a session-by-session treatment manual and 70 reproducible checklists, forms, and client education posters. The large-size format and lay-flat binding facilitate photocopying and enhance the book's clinical utility.

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