

# Overcoming Alcohol Use Problems: A Cognitive-Behavioral Treatment Program Workbook (Treatments That Work) By Elizabeth E. Epstein

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## **Behavioral couples therapy for alcohol use**

Treatment follows cognitive-behavioral principles applied to couples therapy B. S. & Epstein, E. E. (2009).

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Elizabeth E. Epstein is the author of Overcoming Alcohol Use Problems (5.00 avg rating, 2 ratings, 0 reviews, published 2009), Overcoming Alcohol Use Pro

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A cognitive behavioral couples treatment model for alcohol & Epstein, E. E. (2009). Overcoming alcohol problems: Workbook for Elizabeth E. Epstein, Ph

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Jan 01, 2012 manual-based cognitive-behavioral treatments behavioral treatment (CBT) for AUDs (Epstein Overcoming Alcohol Problems: a Cognitive

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Overcoming addiction is a long and difficult process. See what steps SBB recommends to help begin recovery.

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This therapist guide outlines a treatment program for couples wherein one partner has an alcohol use disorder. Based on the principles of CBT, this 12-session couples

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We will describe the terms alcohol intoxication, alcohol use disorder, problem drinking, Many people successfully overcome drinking problems on their own.

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