



Overcoming Alcohol Problems: A Couples-Focused Program (Treatments That Work)

Barbara S. McCrady, Elizabeth E. Epstein

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If you or your partner is dealing with an alcohol problem, the program outlined in this book can help you both. Over the course of 12 sessions with a therapist, the drinking partner will be taught various skills and strategies for quitting drinking, as well as dealing with high-risk situations in which there is strong temptation to drink. Throughout the program, the non-drinking partner will learn how to provide support and change certain behaviors that may contribute to the drinking partner's problem. As a couple, you will practice communication skills and participate in pleasant activities in order to improve your relationship and enhance intimacy. You and your partner will work together to overcome the drinking problem once and for all.

Teamwork and dedication are required for a successful outcome. If you and your partner are willing to work together, you will no doubt find yourselves on the way to a healthier and happier relationship at the end of the treatment. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!

DT All programs have been rigorously tested in clinical trials and are backed by years of research

DT A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date

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