



Binge Drinking and Alcohol Misuse (Advances in Psychotherapy - Evidence-Based Practice)

Rachel P. Winograd, Kenneth J. Sher

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This book provides clear guidance about effective, evidence-based approaches to treating alcohol misuse in young adults. Heavy drinking – and its associated problems – are an integral part of many college students' and other young adults' lives. Though some young drinkers are able to consume alcohol without incident, many face significant negative fallout from their excessive consumption. This volume in the series *Advances in Psychotherapy: Evidence-Based Practice* describes the nature of alcohol misuse, its epidemiology, its causes, and methods for treatment, specifically as they pertain to college students and other young adults. It provides practitioners and trainees with a range of evidence-based treatment approaches to help clients change their alcohol use habits. The information presented is both thorough and concise and will help readers with varied backgrounds and experience improve their understanding of the many nuanced factors involved in assessing and treating problematic drinking in young adults.

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