



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

Barbara S. McCrady, Elizabeth E. Epstein

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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-focused program is designed not only to help the drinking partner stop drinking, but also to help his or her partner change behaviors that may contribute to the drinker's problem. Another aim of treatment is to enhance the couple's relationship. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!

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