



# Treating Concurrent Disorders: A Guide for Counsellors

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## Treating Concurrent Disorders: A Guide for Counsellors

Understanding how co-occurring substance use and mental health problems relate to and affect each other can be challenging — how do they interact, and how can you help?

*Treating Concurrent Disorders: A Guide for Counsellors* gives you the information you need to offer effective, comprehensive care to this client population. Divided into three sections, covering assessment, practical applications, and tools and techniques, this guide includes topics such as:

- concurrent disorders: past, present and future
- identifying, understanding and treating concurrent disorders
- providing specialized services to clients
- improving existing services to better serve clients.

This practical guide prepares addiction and mental health professionals to understand the relationship between substance use and mental health problems, and offers an array of treatment options for different combinations of co-occurring problems. *Treating Concurrent Disorders* champions collaborative, integrative approaches, with the ultimate goal of achieving more responsive and effective client care.

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