



Motivating Substance Abusers to Enter Treatment: Working with Family Members

Jane Ellen Smith PhD, Robert J. Meyers PhD

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Filling a crucial need, this book presents Community Reinforcement and Family Training (CRAFT), a time- and cost-effective therapy program oriented to individuals who want to motivate a loved one to seek help. The authors' nonconfrontational approach teaches concerned significant others (CSOs) how to change their own behavior in order to reward sobriety, discourage substance use, and ultimately to help get the substance abuser into treatment. The CSO also gains valuable skills for problem solving and self-care. Step-by-step instructions for implementing CRAFT are accompanied by helpful case examples and reproducibles.

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