



# Foreword

The authors have written a treatment guide for adult drug users that is a “must-read” for all who deal with this problem. The book is a veritable model of an effective and practical guidebook. Simultaneously, it provides an integrated approach encompassing virtually every aspect of treatment while also providing details of the specific aspects of treatment that are readable and complete as separate aspects.

No important components of treatment are left out, as topics covered separately include the initial recruitment of clients, session attendance, family member participation, treatment planning, treatment integrity measures, counselor style, treatment content, and so on. Each section is valuable in its own right whether utilized in the present program or as a component of any other program. Thus, this book is of value and utility to any other program approach.

Notably, almost all guidelines are accompanied by tables or outline charts that provide the specific steps and often sample verbatim statements. No vague generalizations or platitudes here. At the same time, the client participates actively in the choice and order of treatment procedures used. The book, as the title implies, incorporates behavior therapy, as well as the central features of family therapy, group therapy, behavior analysis, motivational therapy, and cognitive therapy. The authors have not allowed conceptual purity to obstruct the principal objective of therapeutic success. Some of the recommendations are so practical and conceptually valid that I found myself repeatedly thinking: “What a wonderful program for treating adult addiction.”

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