

Chemical Dependency Counseling: A Practical Guide

By Robert R. Perkinson

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Chemical Dependency Counseling is a best-selling comprehensive guide for counselors and front-line professionals who work with the chemically dependent and addicted in a variety of treatment settings. The text shows the counselor how to use the best evidence-based treatments available, including motivational enhancement, cognitive behavioral therapy, skills training, medication and 12 step facilitation. Guiding the counselor step-by-step through treatment, this volume presents state-of-the-art tools, and forms and tests necessary to deliver outstanding treatment and to meet the highest standards demanded by accrediting bodies.

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Editorial Review

Review

"In *Chemical Dependency Counseling* Dr. Perkinson has given the addictions counseling profession an exceptional foundational text, now in the fourth edition. Students and experienced professionals will find resources that are clinically sound and practice relevant. CDC continues to be welcomed in my classroom and “heavily borrowed” by my colleagues."

Don P. Osborn

President of NAADAC

Director& Professor of Graduate Addictions Counseling

Executive Director of the Addictions Studies Center

Indiana Wesleyan University

(Don P. Osborn 2011-01-22)

"The addiction field has long needed a comprehensive set of exercises counselors could use to guide patients through good treatment. The workbooks developed by Dr. Perkinson take the patient from the beginning of treatment to the end. They are written in such a manner that Dr. Perkinson is your mentor and is conversing with you, sharing with you his vast area of expertise and knowledge about recovery. These patient exercises meet the highest standards demanded by accrediting bodies." (Dr. Bob Carr)

"I have been working with compulsive gamblers and their family members for 12 years and find this work extremely rewarding and challenging. I have been utilizing Dr. Perkinson's workbooks for 10 years and have found them to be some of the most useful tools in helping addicts and gamblers identify the many ways that addiction has impacted their lives. Our clients benefit from the straightforward approach of the workbooks and the clear instructions of how to begin incorporating a 12-step recovery program into their lives. I highly recommend Dr Perkinson's workbooks."

(Lisa Vig)

"I have been in the chemical dependency field for over 28 years. I have worked as a counselor, clinical supervisor and executive director in a number of treatment centers. These are the best exercises for alcoholics, drug addicts and problem gamblers that I have ever seen. I have used them for years and patients find them easy to understand. The material covers everything an addict needs to know to enter a stable recovery. I highly recommend these patient handbooks. Patients love them and they make the counselor's job easy. The book makes the job easy as all you will need to help your patient is in one place." (Bob Bogue)

"Dr. Perkinson does an excellent job of bringing together and individualizing 12 step treatment for addicts and gamblers including identifying character defects and relapse prevention. Comments from patients include, 'it has opened my eyes to my gambling and behaviors associated with it' and 'I feel it is easy to work

and very self explanatory.'"

(Ron Scherr)

About the Author

Robert R. Perkinson is the clinical director of Keystone Treatment Center in Canton, South Dakota. He is a licensed psychologist; licensed marriage & family therapist; internationally certified alcohol and drug counselor; South Dakota certified chemical dependency counselor, Level III; and a nationally certified gambling counselor and supervisor. His specialty areas focus on treating alcoholics, addicts, and pathological gamblers. He is the author of *Chemical Dependency Counseling: A Practical Guide* (2nd ed.) (2003a), which is the leading treatment manual in the world for chemical dependency counselors. With Dr. Arthur E. Jongsma Jr. (2001) he is the coauthor of *The Addiction Treatment Planner*, which is the best-selling treatment planner and computer software program for mental health and addiction professionals. He has also written *The Alcoholism and Drug Abuse Patient Workbook* (2003c) and the *Gambling Addiction Patient Workbook* (2003b). These workbooks have all of the exercises patients need to enter a stable recovery. His book entitled *Treating Alcoholism: How to Help Your Clients Enter Recovery* (2004) trains professionals how to treat patients with alcohol problems. He is the author of the book *God Talks to You* (2000) and the meditation tape *A Communication from God* (2008) by cdbaby, which help addicts make their first conscious contact with a Higher Power of their own understanding. He is a composer and has completed his second CD, *Peace Will Come*, music that helps addicts learn the essentials of a spiritual journey. With Dr. Jean LaCour (2004), he wrote the *Faith-Based Addiction Curriculum* to teach professionals of faith how to treat addiction. Dr. Perkinson is an international motivational speaker and regular contributor to numerous professional journals. He is the webmaster of several web pages, including www.robertperkinson.com, www.alcoholismtreatment.org, and www.godtalkstoyou.com, where he gets over 2.6 million hits a year and answers questions on addiction for free. His biographies can be found in *Who's Who in America, Who's Who in Medicine and Healthcare, Who's Who in Science and Engineering,* and *Who's Who in the World.*

Users Review

From reader reviews:

James Sellers:

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