

principles of CT which, given the level of co-morbidity seen in most services, I find ultimately more helpful than those presenting models for each condition, necessary as these are.

Given the proliferation of cognitive therapy courses, the relative lack of experienced supervisors, and the complexity of cases seen, more and more therapists are likely to feel the need for advice on what to do when the basics don't work. Fortunately, this timely arrival goes a long way to filling that gap.

PIPPA STALLWORTHY

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Cognitive-Behavioural Therapy in the Treatment of Addiction: A Treatment Planner for Clinicians

Christos Kouimtsidis, Martina Reynolds, Colin Drummond, Paul Davis and Nicholas Tarrier
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Research into CBT interventions for addictions has identified a diverse range of strategies for various substances at different points of treatment. *Cognitive-Behavioural Therapy in the Treatment of Addiction* seeks to accumulate such knowledge and structure a treatment programme that clinicians may use with clients with all problems of addiction. The treatment planner is aimed at clinicians with background knowledge of CBT and provides structured programmes that the authors suggest should be closely adhered to. The book is split into three parts: Part I: an overview and description of techniques; Part II: structured session planner; and Part III: therapist training and supervision. This structure allows an ease of access that enables the clinician to use the book holistically or as a means of reference for specific stages of therapy that may be picked off the shelf shortly before a session.

The introduction illustrates the development of cognitive theory in relation to addiction focusing on Beck and colleagues' 1993 model as the basis of understanding. The authors relate the application of this model to various substances at each stage and point of intervention. The summary of the cognitive and behavioural interventions are highlighted for appropriate stages of therapy. These techniques are specified for the various types of addictive problems encountered as well as an example and potential obstacles associated with the technique. Such a comprehensive range of strategies are well explained and illustrated and are a valuable "toolkit" for the clinician.

A chapter on agenda setting and structuring a session should not be new to CBT therapists, albeit a useful revision. The illustrated assessment process is highly structured and leads the reader towards formulating the addictive behaviour and setting appropriate treatment goals. The treatment planner then splits treatments into Core and Elective topics that distinguish between key interventions in common presentations of addiction and related mental health difficulties. Core subjects range from motivational strategies and refusal skills to coping with high-risk situations towards developing a robust relapse prevention plan. Such topics are well illustrated and suggest assignments for the client to engage with in between sessions. Elective topics deal with comorbid mental health or psychological difficulties such as anxiety and depression, relationship problems or trauma that may be related to addictions. A brief

overview of the cognitive models of such related disorders and interventions are summarized and is of use as a point of further reference.

The final chapter covering supervision and training gives guidelines of best practise and makes points that focus on the elements of training for clinicians in the field of addictions, followed by more general points regarding supervision in CBT as a whole rather than supervising addiction cases. The useful Appendices act as a good starting point for handouts and resources within the sessions.

The treatment planner compiles a wide range of knowledge and skills from experienced and highly skilled clinicians that would appear to be a valuable addition to the literature for those who treat addictions. Its intrinsic value lies in its ability to function as a point of reference for experienced clinicians to “dip into” as well as a more “manualized” treatment programme for use by those at all levels of skill including those with limited CBT background. This book is likely to be a well-used resource for clinicians to establish individualized CBT treatments for all types of addiction suiting both practitioner and client.

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Reference

Beck, A.T., Wright, F.D., Newman, C.F. and Liese, B.S. (1993). *Cognitive Therapy of Substance Abuse*. London: Guilford Press.