



Social Behaviour and Network Therapy for Alcohol Problems

By Alex Copello, Jim Orford, Ray Hodgson, Gillian Tober

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Highly Commended in the Psychiatry category at the 2010 BMA Medical Books Awards!

This book serves as a manual for clinicians working with people with alcohol problems. The manual is based on previous research in addiction treatment, including family and social network interventions, as well the authors' own work developing and evaluating Social Behaviour and Network Therapy (SBNT) for example in the United Kingdom Alcohol Treatment Trial (UKATT).

Containing a range of ideas the book is guided by a key principle: the development of social support for a positive change in drinking behaviour.

Divided into three sections topics include:

1. an introduction to the evidence base underpinning SBNT
2. core components of the treatment
3. common questions asked about the intervention.

Featuring a series of practical handouts, this book will be essential reading for clinicians, counsellors, nurses, psychologists and all those involved in the treatment of alcohol misuse and dependence.

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Editorial Review

Review

"The authors of this manual are the leading practitioners in England in SBNT. The National Treatment Agency (NTA) hopes that this book is used by clinicians to implement evidence-based practice and improve treatment for alcohol and drug users." - **Annette Dale Perera, Director of Quality, National Treatment Agency (NTA).**

"Much more than a manual for the delivery of SBNT, this book provides a clarion call for treating alcohol problems via social and familial networks. Packed throughout with research evidence, practical tools and case studies, practitioners are clearly led through the steps needed to support positive change among all those connected with problem drinking." - **Don Shenker, Chief Executive, Alcohol Concern.**

"This is much more than a therapists guide to Social Behaviour and Network Therapy. It tracks the history of context driven, cognitive interventions for individuals with alcohol problems and, as part of the UKATT trial, it is firmly grounded in the practitioner and practice evidence base. This book is essential reading for all of us who are in the business of helping promote improvement in the quality of life of our clients." - **Professor Robin Davidson, Consultant Clinical Psychologist.**

About the Author

Alex Copello is Professor of Addiction Research at the University of Birmingham and Consultant Clinical Psychologist at Birmingham and Solihull Mental Health Foundation Trust.

Jim Orford is Emeritus Professor of Clinical and Community Psychology at the University of Birmingham.

Ray Hodgson is Director of the Alcohol Education and Research Council.

Gillian Tober is Honorary Consultant in Addiction Psychology, Head of Training and Clinical Services Manager at the Leeds Addiction Unit.

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Jose Longoria:

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