Treatment Approaches for Alcohol and Drug Dependence
An Introductory Guide
Second Edition

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Foreword

Roughly ten years ago I wrote a Foreword for the first edition of this book and I am delighted to have the opportunity of doing the same for the second edition. By all accounts, the first edition was a great success and has been found invaluable as a recommended text by many drug and alcohol courses around the world. Building on this secure foundation, the authors have added several chapters and generally brought the text up to date to reflect the new knowledge of treatment effectiveness and best practice that has accumulated in the years since the first edition was published.

As this suggests, there have been major advances in the field of treating drug and alcohol problems during the last 10 years, and these are all taken into account in this second edition. For example, there has been an enormous expansion of interest among researchers and practitioners alike in the treatment philosophy and associated skills known as ‘motivational interviewing’ and this has been reflected in the book, not only in Chapter 3 but also in Chapter 1, General Counselling Skills, and indeed throughout the text. A related phenomenon is the burgeoning application of ‘brief interventions’, especially in the movement to broaden the base of interventions to include the many people who may not be seeking help for a substance-related problem but are risking or actually harming their health and welfare by their use of a psychoactive substance. This is covered in Chapter 5, Brief and Early Motivation, where it is made clear that the remit of brief interventions extends beyond alcohol problems to several other substance use disorders.

From a different perspective, we have seen particularly important developments in research and clinical applications of pharmacotherapies for addictive disorders and these form the basis for Chapter 14. While the special substance-related problems of younger members of the community had been well recognised in the early 1990s, they are now of even greater significance, since the increase in these problems around the world shows no signs of abating. This is recognised in the second edition by the allocation of a separate chapter on working with young people (Chapter 19). This list of significant advances in the field could be multiplied; suffice it merely to say that no