



# Resources for Treatnet Training Volumes

## Volume B: Elements of Psychosocial Treatment

### *Basic Counseling Skills*

Center for Substance Abuse Treatment. (1998). *Addiction counseling competencies:*

*The knowledge, skills, and attitudes of professional practice.* Technical Assistance Publication Series 21. Department of Health and Human Services publication No. (SMA) 02-3625. Rockville, MD: Substance Abuse and Mental Health Services Administration, USA. Available online at:

<http://www.treatment.org/taps/tap21/TAP21Toc.html>

Daley, D.C., Mercer, D., & Carpenter, G. (2002). *Drug counseling for cocaine addiction:*

*The collaborative cocaine treatment study model.* National Institute of Health publication. No. 02-4381, USA, 124 p.p. Available online at:

<http://www.drugabuse.gov/pdf/Manual4.pdf>

Dansereau, D.F., Dees, D.M., Chatham, L.R., Boatler, J.F., & Slmpson, D.D.. (1993).

*Mapping new roads to recovery: Cognitive enhancements to counseling.* Texas Christian University, Institute of Behavioral Research, USA. 146 p.p. Available

online at: <http://www.ibr.tcu.edu/pubs/trtmanual/manuals.html>

Dees, S.M., & Dansereau, D.F. (2000). *TCU Guide maps: A resource for counselors.*

Texas Christian University, Institute of Behavioral Research, USA. 132 p.p.

Available online at: <http://www.ibr.tcu.edu/pubs/trtmanual/manuals.html>

Department of Health, Scottish Office and Welsh Office, and Department of Health and Social Services, Northern Ireland (1999). *Drug Misuse and Dependence – Guidelines on Clinical Management.* Published by The Stationery Office, London, UK. Available online at: <http://www.smmgp.org.uk/download/clinical/dmfull.pdf>

- Herie, M., Godden, T., Shenfeld, J., and Kelly, C. (2007). *Addiction: An information guide*. Centre for Addiction and Mental Health, Canada. Available online at: [http://www.camh.net/About\\_Addiction\\_Mental\\_Health/Drug\\_and\\_Addiction\\_Information/Addiction\\_Information\\_Guide/addiction\\_infoguide.pdf](http://www.camh.net/About_Addiction_Mental_Health/Drug_and_Addiction_Information/Addiction_Information_Guide/addiction_infoguide.pdf)
- Mercer, D.E. & Woody, G.E. (1999). *Individual drug counseling*. National Institute of Health publication No. 99-4380, USA, 89 p.p. Available online at: <http://www.nida.nih.gov/PDF/Manual3.pdf>
- National Institute on Drug Abuse (2000). *Approaches to drug abuse counseling*. National Institute of Health publication No. 00-4151, USA, 143 p.p. Available online at: <http://www.nida.nih.gov/PDF/ADAC/ApproachestoDACounseling.pdf>
- National Collaborating Center for Mental Health. (2007). *Drug misuse: Psychosocial interventions*. National Institute for Health and Clinical Excellence, London, UK., available online at: <http://guidance.nice.org.uk/CG51/niceguidance/pdf/English>
- Ranganathan, A., Jayaraman, R., & Thirumagal, V. (n.d.). *Counseling for drug addiction: Individual, family & group*. T T Ranganathan Clinical Research Foundation, India, 134 p.p.
- Sia, T.L., Dansereau, D.F., & Dees, S.M. (2002). *Mapping your steps: "Twelve Step" guide maps*. Texas Christian University, Institute of Behavioral Research, USA. 138 p.p. Available online at: <http://www.ibr.tcu.edu/pubs/trtmanual/manuals.html>
- United Nations International Drug Control Program: *Drug Counsellor's Handbook: A practical guide for everyday use*. Nairobi, Kenya. Available online at: [http://www.unodc.org/pdf/report\\_2000-05-01\\_1.pdf](http://www.unodc.org/pdf/report_2000-05-01_1.pdf)

### *Motivational Interviewing*

- Budney, A.J. and Higgins, S.T. (1998). *Therapy manual for drug addiction: A community reinforcement plus vouchers approach; treating cocaine addiction*. National Institute on Drug Abuse. National Institute of Health publication No. 98-4309. Printed April 1998.

Center for Substance Abuse Treatment. *Enhancing Motivation for Change in Substance Abuse Treatment*. Treatment Improvement Protocol (TIP) Series 35. DHHS Publication No. (SMA) 99-3354. Rockville, MD: Substance Abuse and Mental Health Services Administration, 1999. Available at:  
<http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat5.chapter.61302>

Longshore, D., Anglin, G., Guzman, L., Carmichael, W., Hegamin, A., Rowe, D., & Grills, C. (2002). *African-centered motivational intervention: Counselor manual*. Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, USA, 55p.p.

Miller, W.R., Zweben, A., DiClemente, C.C. & Rychtarik, R.G. (1994). *Motivational enhancement therapy manual*. National Institute on Alcohol Abuse and Alcoholism, Project MATCH monograph series, Volume 2. National Institute of Health publication. No. 94-3723. USA.

Sampl, S, & Kadden R, (2001). *Motivational enhancement therapy and cognitive behavioral therapy for adolescent cannabis users: 5 sessions*. Cannabis Youth Treatment (CYT) series, volume 1. Department of Health and Human Services publication No. (SMA) 01–3486, USA, 156 p.p. Available online at:  
[http://www.chestnut.org/LI/cyt/products/MCB5\\_CYT\\_v1.pdf](http://www.chestnut.org/LI/cyt/products/MCB5_CYT_v1.pdf)

Webb, C., Scudder, M., Kaminer, Y., & Kadden, R. (2002). *The motivational enhancement therapy and cognitive behavioral therapy supplement: 7 Sessions of cognitive behavioral therapy for adolescent cannabis users*. Cannabis Youth Treatment (CYT) Series, Volume 2. Department of Health and Human Services publication. No. (SMA) 02-3659. Rockville, MD: Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration, USA, 157 p.p. Available online at:  
[http://www.chestnut.org/LI/cyt/products/CBT7\\_CYT\\_V2.pdf](http://www.chestnut.org/LI/cyt/products/CBT7_CYT_V2.pdf)

## *Cognitive Behavioural Therapy*

- Baker, A., Kay-Lambkin, F., Lee, N.K., Claire, M., & Jenner L. (2003). *A brief cognitive behavioral intervention for regular amphetamine users: A treatment guide*. Australian Government Department of Health and Ageing, Publication No. 3382 (JN 8129).
- Bartholomew, N.G., & Simpson, D.D., (2005). *Understanding and reducing angry feelings*. Texas Christian University, Institute of Behavioral Research, USA, 274 p.p. Available online at: <http://www.ibr.tcu.edu/pubs/trtmanual/manuals.html>
- Carrol, K.M. (1998). *Therapy manual for drug addiction series. A cognitive behavioral approach, treating cocaine addiction*. National Institute on Drug Abuse, National Institute of Health Publication No. 98-4308, USA.
- Dupree, L.W., Schonfeld, L., & Parte, L. (2005). *Substance abuse relapse prevention for older adults: A group treatment approach*. Center for Substance Abuse Treatment, Department of Health and Human Services Publication No. (SMA) 05-4053. Rockville, MD: Substance Abuse and Mental Health Services Administration, USA, 213 p.p. Available online at: <http://kap.samhsa.gov/products/manuals/pdfs/substanceabuserelapse.pdf>
- Kadden, R., Carroll, K., Donovan, D., Cooney, N., Monti, P., Litt, M. & Hester, R. (1995). *Cognitive-Behavioral Coping Skills Therapy Manual*. National Institute on Alcohol Abuse and Alcoholism, project MATCH monograph series, Volume 3. National Institute of Health publication. No. 94-3724. USA. 101 pp.
- Rawson, R.A., Obert, J.L., McCann, M.J., & Ling, W. (2005) *The Matrix Model: Intensive outpatient alcohol and drug treatment: Therapist Manual*. Hazelden, Center city, Minnesota 55012-0176, USA.
- Center for Substance Abuse Treatment. *Counselor's Treatment Manual: Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders*. DHHS Publication No. (SMA) 07-4152. Rockville, MD: Substance Abuse and Mental

Health Services Administration, 2006, reprinted 2007. Available at:

<http://kap.samhsa.gov/products/manuals/matrix/pdfs/matrixcounselortreatmentmanual.pdf>

Also you can download all the Matrix manuals from the SAMHSA website at:

<http://kap.samhsa.gov/products/manuals/matrix/index.htm>

Reilly, P.M. & Shopshire, M.S. (2002). *Anger management for substance abuse and mental health clients: A cognitive behavioral therapy manual*. Center for Substance Abuse Treatment, Department of Health and Human Services publication. No. (SMA) 02-3661. Rockville, MD. Substance Abuse and Mental Health Services Administration, USA, 63 p.p. Available online at:  
[http://kap.samhsa.gov/products/manuals/pdfs/angermgmt\\_manual\\_2005.pdf](http://kap.samhsa.gov/products/manuals/pdfs/angermgmt_manual_2005.pdf)

Reilly, P.M., Shopshire, M.S., Durazzo, T.C., & Campbell, T.A. (2002). *Anger management for substance abuse and mental health clients: Participant workbook*. Center for Substance Abuse Treatment, Department of Health and Human Services publication. No. (SMA) 02-3662. Rockville, MD. Substance Abuse and Mental Health Services Administration, USA, 49 p.p. Available online at:  
[http://kap.samhsa.gov/products/manuals/pdfs/angermgmt\\_workbook\\_2005.pdf](http://kap.samhsa.gov/products/manuals/pdfs/angermgmt_workbook_2005.pdf)