



Treating Adolescent Substance Abuse Using Family Behavior Therapy: A Step-by-Step Approach

Brad Donohue, Nathan H. Azrin

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Praise for Treating Adolescent Substance Abuse Using Family Behavior Therapy

"This is an extremely positive and strength-focused text that provides therapists with a structure and the tools to implement interventions that have a long history of promoting the types of clinical changes desired by family members and community stakeholders."—From the Foreword by **Scott W. Henggeler**, PhD, Professor, Department of Psychiatry and Behavioral Sciences, and Director, Family Services Research Center, Medical University of South Carolina

"Kudos to Donohue and Azrin for writing a book that includes all the materials needed to implement FBT with adolescents, including prompting checklists, handouts, and worksheets."—**Karol Kumpfer**, PhD, Professor, Health Promotion & Education, and Chair, International Study Abroad Committee, College of Health, University of Utah, and former director, SAMHSA's Center for Substance Abuse Prevention

"Treating Adolescent Substance Abuse Using Family Behavior Therapy is an important resource for those who wish to provide an empirically supported, strengths-based, behavioral treatment for adolescents with substance-use problems and their parents." —**Susan Harrington Godley**, RhD, Senior Research Scientist and EBT Coordinating Center Director, and **Mark D. Godley**, PhD, Director, Research & Development, Chestnut Health Systems

"In my practice with adolescents, FBT has proven exceptionally effective in drawing families closer together and yielding improved outcomes. This remarkably supportive approach helps young people develop critical skills necessary to live a fulfilling and drug-free lifestyle. This book clearly illustrates how to implement the interventions with ease and exemplifies the deeply gratifying experience of FBT."—**Stephen A. Culp**, MEd, NCC, LPCC, Addiction Services Therapist, Comprehend, Inc., Maysville, KY

Listed in multiple national clearinghouses, including SAMHSA's National Registry of Evidence-based Programs and Practices and the CEBC, Family Behavior Therapy (FBT) is a scientifically supported treatment for adolescent substance abuse and its many associated problems. Written by Brad Donohue and Nathan Azrin—the premier researchers and practitioners of FBT—Treating Adolescent Substance Abuse Using Family Behavior Therapy is the first book of its kind to provide mental health professionals with the practical, step-by-step guidance needed to use this evidence-based treatment.

Filled with case studies, checklists, worksheets, and handouts, this essential guide features:

- Strategies to assist in effective goal-setting, treatment plans, and family management
- Motivational enhancement exercises to encourage youth into a problem-free lifestyle
- Methods to effectively address contextual issues such as noncompliance and culture
- Standardized treatments to assist in eliminating problems that coexist with substance abuse, including unemployment, depression, behavioral misconduct, and family dysfunction
- An accompanying CD-ROM contains all the book's record-keeping forms, checklists, assignments, progress notes, agendas, and worksheets in a customizable format.

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