

## **Managing Addictions: Cognitive, Emotive, and Behavioral Techniques**

F. Michler Bishop. Northvale, NJ: Jason Aronson Inc ([www.aronson.com](http://www.aronson.com)). 2001, 446 pp., \$60.00 (hardcover).

*Managing Addictions: Cognitive, Emotive, and Behavioral Techniques* by F. Michler Bishop, Ph.D., CAS presents a comprehensive treatment model integrating various theories and techniques for the treatment of addictive behavior. Dr. Bishop effectively incorporates Cognitive Behavioral Therapy techniques with the Stages of Change Model (Prochaska & DiClemente, 1982) providing a framework to conceptualize the client's emotional and behavioral concerns, their readiness to address those concerns, and clinical techniques to bring about positive changes.

*Managing Addictions* contains fifteen chapters organized into four parts. Each chapter contains useful figures, tables, case vignettes, research notes, and suggested resources. The case vignettes are especially helpful in illustrating the appropriate use of the techniques presented by the author. Dr. Bishop reinforces his ideas by providing the theoretical foundations, research findings, clinical applications, and integration of each technique into a unified model.

Part I: Key Principles and Techniques includes Chapters 1 - 4. Chapter 1: The Stages of Change offers a review of the Stages of Change Model (Prochaska & DiClemente) and explanation of Rational Emotive Behavior Therapy's Basic ABC Model (Ellis, 1994; Ellis & Dryden, 1997; Ellis et al., 1988). These theories and their techniques provide much of the framework for the book. Bishop introduces a number of other Cognitive Behavioral Therapy principles such as the Cognitive Therapy model of addiction (Beck et al., 1993), Schema Therapy (Young, 1994; Greenwald & Young, 1998), Dialectical Behavior Therapy (Linehan, 1993; Robins, 1999), and Marlatt's Taxonomy of Relapse (Marlatt, 1985). Bishop draws from these and other models quite expertly throughout the book. Chapter 2: Core Techniques expands the basic REBT model by introducing types of irrational beliefs, disputation techniques, enlightened hedonism, and unconditional self-acceptance. Chapter 3: What Contributes to a Client's Problems? describes differing conceptualizations of addictive disorders and causes of addictive behavior. The pros-and-cons of each theory are offered in an even-handed manner. Dr. Bishop does not negate any one therapy in favor of another. He is able to demonstrate, through his integrated techniques, that the various theories of addiction are not mutually exclusive. He makes persuasive arguments for the inclusion of spiritual, cognitive, cultural, developmental, temperamental, familial, gender, political, social, economic, and other aspects of addictive behavior dependent upon the client's beliefs. Throughout the book, Dr. Bishop stresses the importance of matching therapist techniques to the client's beliefs and stage(s) of change. He does not presume to hold the therapeutic "right answer" for every client. Chapter 4: Initial and Ongoing Assessment reviews common diagnostic/assessment instruments and strategies for the initial session. Bishop includes valuable client handout information in this chapter.

Part II: Helping Clients Manage Their Addiction includes Chapters 5 through 9 and deals with specific treatment strategies and issues inherent in the therapeutic relationship. Chapter 5: Keys to Effectively Engage the Client in Treatment discusses therapist characteristics and reinforces the importance of being nonjudgmental, respectful, empathic, and supportive. Bishop challenges the helper to examine his/her own beliefs about addictive behavior. He offers suggestions dealing with self-disclosure and strong negative emotions toward the client. Chapter 6: Should Your Client Stop, or Just Slow Down? discusses the ambivalence clients experience when considering quitting drug and/or alcohol use. Relevant research related to abstinence versus controlled drinking is presented. Dr. Bishop asserts that the therapist will be more

successful when focusing on what the client wants to accomplish rather than insisting on his/her own treatment goals. Harm Reduction (Marlatt et al., 1993) and Reality Therapy (Glasser, 1965) principles effectively support the author's opinion. Chapters 7, 8, and 9 describe clinical strategies and challenges dealing with Type I, II, and III clients, respectively. In accordance with Stages of Change theory, Dr. Bishop identifies the goal of helping clients move from one stage to the next, rather than insisting on complete abstinence as the desired outcome of each therapeutic encounter. He describes many of the irrational beliefs employed by persons with addictive behavior and provides suggestions for dealing with each self-limiting belief. The clinical vignettes in this section are especially helpful in demonstrating the effective use of the techniques presented.

Part III: Helping Clients Manage Their Emotion Life addresses the special concerns of dually-diagnosed individuals. These chapters focus on anger, depression, anxiety, and shame and guilt coupled with addictive behavior. Bishop proposes viewing the coexisting emotional problems using the Stages of Change model. Identifying the client's stage of change related to their emotional issues separately from the stage of change for their addictive behavior helps the therapist determine appropriate treatment interventions for each. Thus, the therapist may be working with a client who is in the contemplation stage of change related to anger, but in the action stage of change related to drinking. Dr. Bishop describes advanced REBT and other CBT techniques in this section of his book. Bishop's skill at integrating strategies for emotional and behavioral change is especially evident in this section of the text.

Part IV: Other Issues provides very useful information for dealing with clients who have serious psychological problems. Chapter 14 discusses techniques to be employed when treating clients with personality disorders and other challenging psychological problems. Chapter 15 examines the role of spirituality in treating addictive behavior. Bishop presents data in a nonjudgmental fashion and offers helpful suggestions for these topics.

*Managing Addictions: Cognitive, Emotive, and Behavioral Techniques* is an excellent resource for clinicians who treat clients with addictive behavior. F. Michler Bishop, Ph.D., CAS provides an integrated, research-supported, theoretically-sound model for treating a complex and challenging problem. He expertly matches clinical interventions to the client's stage(s) of change in an effort to help the person meet their individual goals. *Managing Addictions* does not assume that all people struggling with addictive behavior are the same, or have the same ideal outcome. The approach outlined in the book is likely to enhance a client's willingness to change, and provide the therapist with the tools necessary to help clients be successful. In addition to presenting current and relevant research, Dr. Bishop seamlessly interweaves different therapeutic approaches into a unified model designed to help individuals deal with problems related to addictive behavior. This book is an essential clinical tool for all mental health professionals. *Managing Addictions: Cognitive, Emotive, and Behavioral Techniques* is an important contribution to the art and science of psychotherapy.

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