



Therapist's Guide to Evidence-Based Relapse Prevention (Practical Resources for the Mental Health Professional)

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Describes the evidence-based approaches to preventing relapse of major mental and substance-related disorders. **Therapist's Guide to Evidence-based Relapse Prevention** combines the theoretical rationale, empirical data, and the practical "how-to" for intervention programs.

The first section will serve to describe the cognitive-behavioral model of relapse and provide a general introduction to relapse prevention techniques. While Section II will focus on specific problem areas, Section III will focus on diverse populations and treatment settings.

- *Incorporates theoretical and empirical support
- *Provides step-by-step strategies for implementing relapse prevention techniques
- *Includes case studies that describe application of relapse prevention techniques

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