



# Group Therapy for Substance Use Disorders: A Motivational Cognitive-Behavioral Approach

*Linda Carter Sobell PhD ABPP, Mark B. Sobell PhD ABPP*

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**Group Therapy for Substance Use Disorders: A Motivational Cognitive-Behavioral Approach** Linda Carter Sobell PhD ABPP, Mark B. Sobell PhD ABPP

This authoritative book presents a groundbreaking evidence-based approach to conducting therapy groups for persons with substance use disorders. The approach integrates cognitive-behavioral, motivational interviewing, and relapse prevention techniques, while capitalizing on the power of group processes. Clinicians are provided with a detailed intervention framework and clear-cut strategies for helping clients to set and meet their own treatment goals. More than two dozen ready-to-use reproducible assessment tools, handouts, homework exercises, and session outlines are supplied in a convenient large-size format.

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