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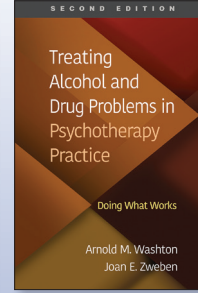
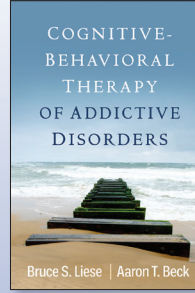
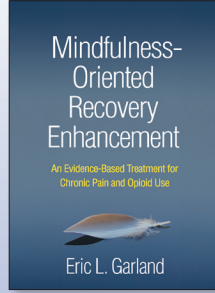
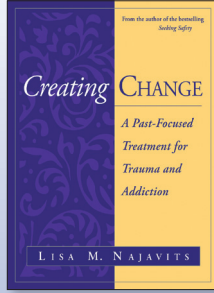
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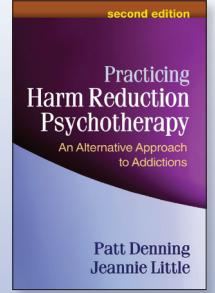
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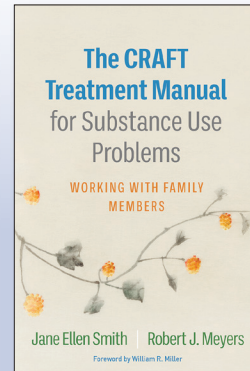
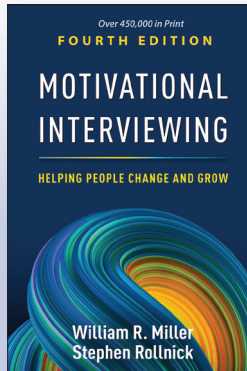
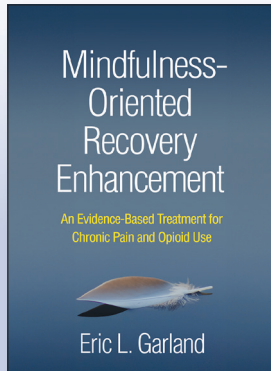
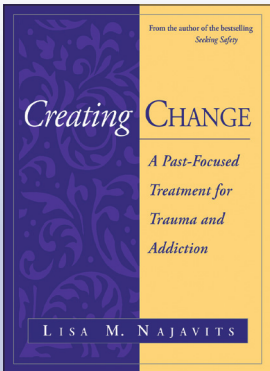
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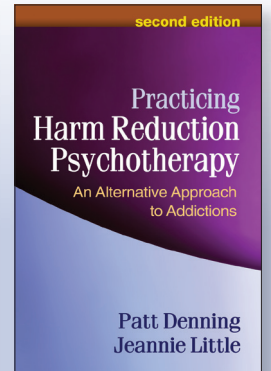
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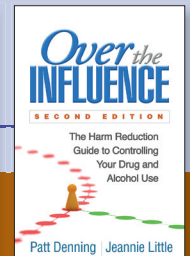
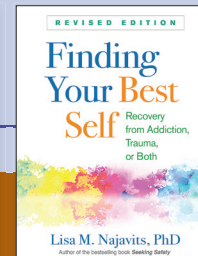
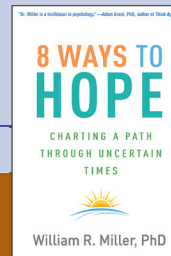
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The opioid crisis arose in part due to the attempt to relieve chronic pain. Meeting a huge need, this is the authoritative presentation of Mindfulness-Oriented Recovery Enhancement (MORE) for chronic pain and opioid use. MORE is one of the few evidence-based treatments shown to simultaneously reduce opioid use and/or addiction, pain, and co-occurring emotional distress. MORE integrates mindfulness training with principles of CBT and positive psychology. **In a convenient large-size format**, the book provides everything needed to set up and run MORE groups. Treatment developer Eric L. Garland supplies session-by-session guidelines, sample scripts, clinical pointers, guided practices, and psychoeducational resources, including **15 reproducible handouts that can be photocopied or downloaded**.

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“Garland provides novel scientific insights into how MORE works for patients taking opioids in the context of persistent pain.... This book is a remarkable resource for any clinician who works with patients suffering from persistent pain or wishes to learn more about the scientific basis of mindfulness-based pain relief.”

—Francis J. Keefe, PhD

“Guided by neuroscience and rooted in contemplative science, Garland’s analysis of the common mechanisms underlying opioid use and chronic pain is incisive and generative.... This accessible treatment manual is backed by 15 years of validation and never takes its focus off the people it is intended to serve. MORE is destined to become the new standard of care for a largely underserved population.”

—Zindel Segal, PhD

“MORE’s clinical effectiveness has been rigorously established through sophisticated outcome studies. Given the enormity of the opioid epidemic and the huge number of casualties from the widespread misuse and abuse of such drugs, MORE will be a welcome antidote for decades to come.”

—Jon Kabat-Zinn, PhD

### CONTENTS

Preface

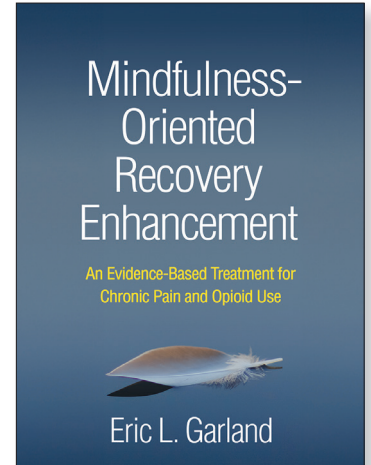
1. Introduction
2. The Downward Spiral from Chronic Pain to Addiction
3. What Is MORE and How Can It Help?
4. Anatomy of Mindfulness Meditation
5. Processing Mindfulness in a PURER Way
6. Notes on Delivering the Sessions
7. Supplemental Session on Self-Transcendence in Recovery

### The MORE Sessions

1. Mindfulness of Physical and Emotional Pain
2. Mindfulness and Automatic Pilot
3. Reappraising Adversity as a Source of Growth
4. Savoring Healthy Pleasure, Joy, and Meaning in Life
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6. Breaking the Chain between Emotional Pain and Craving
7. Mindfulness to Meaning through Interdependence
8. Maintaining Mindful Recovery

**Appendix.** Resources for Learning MORE

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### ABOUT THE AUTHOR



Eric L. Garland, PhD, LCSW, is Distinguished Endowed Chair in Research, Distinguished Professor, and Associate Dean for Research at the University of Utah College of Social

Work, where he is also Director of the Center on Mindfulness and Integrative Health Intervention Development. Dr. Garland is the developer of MORE.

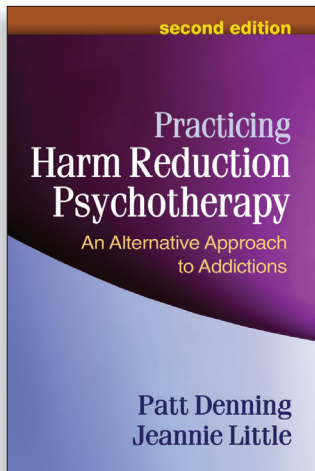
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#### ABOUT THE AUTHORS



**Patt Denning, PhD**, recently retired as Director of Clinical Services and Training at the Harm Reduction Therapy Center (HRTC) in San Francisco, which she founded with

Jeannie Little in 2000.



**Jeannie Little, LCSW**, recently retired as Executive Director of the HRTC in San Francisco, which she founded with Patt Denning in 2000. HRTC provides a full range of harm reduction

treatment services and trains hundreds of professionals each year.

### New in Paperback

## Practicing Harm Reduction Psychotherapy SECOND EDITION

*An Alternative Approach to Addictions*

**Patt Denning, PhD** and **Jeannie Little, LCSW**

“The second edition develops the treatment model in great detail and provides a wide range of valuable harm reduction resources....An excellent practical reference for general mental health practitioners and addiction specialists.”

—Linda C. Sobell, PhD and Mark B. Sobell, PhD

“This important book shows how practitioners can treat clients at the precise point where they are capable of making changes....This is a ‘must read’ for anyone in the field of addictive disorders.”

—Robert J. Meyers, PhD

This acclaimed clinical guide helps clinicians put the proven principles of harm reduction into practice with therapy clients who have substance use problems. **The paperback edition has a new preface on current research and service delivery models.** Written by pioneers in the field, the book shows how to do effective therapeutic work with people still using alcohol or other drugs. It provides clear guidelines for conducting comprehensive assessments, making collaborative treatment decisions, and implementing interventions that combine motivational, cognitive-behavioral, and psychodynamic strategies. The focus is reducing drug-related harm while also addressing co-occurring psychological and emotional difficulties. Detailed clinical illustrations are featured throughout.

#### CONTENTS

Preface to the Paperback Edition

##### I. Setting the Stage

1. Why Practice Harm Reduction Psychotherapy?
2. What Is Harm Reduction Psychotherapy and Whom Is It For?

##### II. Harm Reduction Psychotherapy as an Integrated Treatment

3. Assessment as Treatment
4. Developing a Treatment Plan
5. The Fundamentals of Harm Reduction Psychotherapy: Culture, Trauma, and Attachment
6. The Psychodynamic Matrix of Harm Reduction Psychotherapy
7. Motivational and Cognitive-Behavioral Contributions to Harm Reduction Psychotherapy

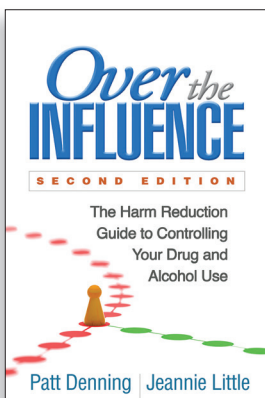
8. The Role of Biology in Harm Reduction Psychotherapy

##### III. Applications

9. Harm Reduction Psychotherapy in Community-Based Settings
10. Harm Reduction Psychotherapy in Groups
11. The Power of Connection: Working with Families and Friends of Drug Users
12. What Does It Take to Practice Harm Reduction Psychotherapy?

##### Appendices.

- Differential Diagnosis
- Harm Reduction Supervision
- Additional Resources
- Recommended Readings



### Ideal for Client Recommendation

## Over the Influence, SECOND EDITION

*The Harm Reduction Guide to Controlling Your Drug and Alcohol Use*

**Patt Denning, PhD** and **Jeannie Little, LCSW**

“A highly informative, practical, passionate, and moving self-help guide to harm reduction. Readers are guided to discern the ways they may be using substances to cope with personal problems—and how they can create better solutions.”

—A. Tom Horvath, PhD

This empathic, nonjudgmental work guides readers step by step to determine which aspects of their habits may be harmful, what they would like to change, and how to put their intentions into action.

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*Practicing Harm Reduction Psychotherapy, Second Edition*, written for professionals, shows how to put harm reduction principles into practice with therapy clients. *Over the Influence, Second Edition* is an ideal client recommendation.

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*A Past-Focused Treatment for Trauma and Addiction*

Lisa M. Najavits, PhD

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—Judith Lewis Herman, MD

“*Creating Change* is a fresh, evidence-based, doggedly nonpathologizing approach....If you are one of Najavits’s many thousands of professional and lay followers, you already know of her brilliant and incisive work. Well, prepare yourself for this one—*Creating Change* is guaranteed to be an instant classic.”  
—John Briere, PhD

This flexible, evidence-based manual guides clients to understand how trauma and addiction arose over time, grieve losses and regrets, create a new perspective on their life story, and take pride in their survival. The manual has 23 topics that can be implemented in any order with individuals or groups. Topics include *Relationship Patterns*, *Break the Silence*, *Deepen Your Story*, *Darkness and Light*, *Emotions and Healing*, and *Influences: Family, Community, Culture*. *Creating Change* can be implemented with any other treatment, including the author’s present-focused model, *Seeking Safety*. The book has a convenient large-size format and includes 70 reproducible handouts, many of which can be downloaded and printed at the companion website.

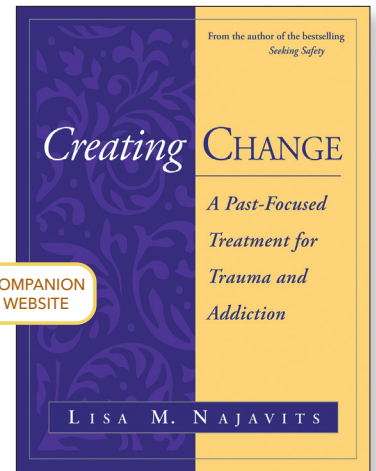
### CONTENTS

1. Overview of Creating Change
2. The Larger Context
3. How to Conduct Creating Change
4. The Counselor

#### Treatment Topics

Introduction • Create Change • Trust versus Doubt • Honor Your Survival • Relationship Patterns • Why Addiction? • Respect Your

Defenses • Break the Silence • Darkness and Light • Emotions and Healing • Tell Your Story • Influences • Knowing and Not Knowing • Your Personal Truth • What You Want People to Understand • Listen to Your Body • Memory • Power Dynamics • Deepen Your Story • Growth • Understanding Trauma and Addiction • Recovery Strengths and Challenges • Your Relationships



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### ABOUT THE AUTHOR



Lisa M. Najavits, PhD, is Adjunct Professor at the University of Massachusetts Chan Medical School and Director of Treatment Innovations. She was on the faculty of Harvard Medical School (McLean Hospital) for 25 years and Boston University School of Medicine (Veterans Affairs Boston) for 12 years.

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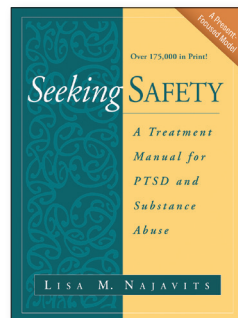
## Seeking Safety

*A Treatment Manual for PTSD and Substance Abuse*

Lisa M. Najavits, PhD

“This treatment manual provides practical, clearly described procedures for treating an extremely difficult group of clients. The organization of the treatment is superb. From my perspective, the most important parts of a comprehensive treatment are here....Very impressive.”

—Marsha M. Linehan, PhD



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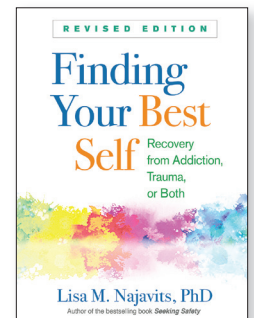
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*Recovery from Addiction, Trauma, or Both*

Lisa M. Najavits, PhD

“Najavits provides a comprehensive framework for recovery that is helpful to both clients and clinicians. She has woven her extensive clinical experience with the voices of people in recovery to create a rich and accessible resource.”

—Stephanie S. Covington, PhD, LCSW



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## Effective Psychotherapists

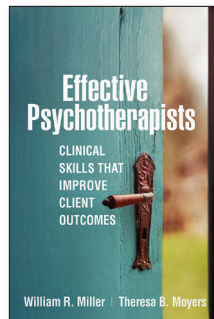
*Clinical Skills That Improve Client Outcomes*

**William R. Miller, PhD**  
**Theresa B. Moyers, PhD**

“The text lays out the basic skills that any therapist, using any model of intervention, needs in order to be effective. What a refreshing perspective! The field of psychotherapy needs the wisdom in this text. We need to be reminded of the basic truth that interventions offered with skilled compassion and empathy are the essence of effective psychotherapy.”

—Susan M. Johnson, EdD

This instructive book identifies specific interpersonal skills and attitudes—often overlooked in clinical training—that facilitate better client outcomes across a broad range of treatment methods and contexts. Reviewing 70 years of psychotherapy research, the preeminent authors show that empathy, acceptance, warmth, focus, and other characteristics of effective therapists are both measurable and teachable. Richly illustrated with annotated sample dialogues, the book gives practitioners and students a blueprint for learning, practicing, and self-monitoring these crucial clinical skills.



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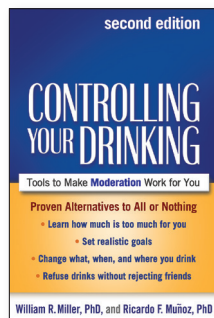
*Tools to Make Moderation Work for You*

**William R. Miller, PhD**  
**Ricardo F. Muñoz, PhD**

“Provides an easy-to-follow approach for people who are worried they may be drinking too much. The tools presented here for achieving moderate drinking are supported by a wealth of evidence.... Anyone who has struggled with the need to cut down will benefit from reading this book and following its simple, honest advice.”

—Katie Witkiewitz, PhD

This book helps alcohol users determine whether to pursue moderation as a goal and what steps they can take to achieve it. Armed with authoritative facts about “how much is too much,” readers can set realistic, customized moderation goals. Loads of practical strategies, stories, and planning tips are included.



Includes Reproducible Forms & Worksheets

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## 8 Ways to Hope

*Charting a Path through Uncertain Times*

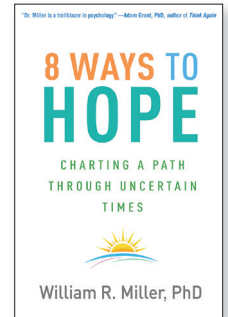
**William R. Miller, PhD**

“Combine great passion for science with deep reverence for the transcendent. Mix in attention to detail and add a large dollop of artistic sensibility. The result is this exquisite gem, which helps readers better understand and find multiple paths to hope. In his trademark style, Miller takes complex science and presents it in language that anyone can understand and use. Your clients need this book—we all do.”

—David B. Rosengren, PhD

Pioneering psychologist William R. Miller takes a fresh look at hope and its transformative potential in this concise, compassionate book. He identifies 8 different facets of hope that even die-hard pessimists can cultivate in order to clarify their goals, envision new possibilities, find purpose, enhance motivation, and persevere against tough odds. Vivid personal stories, historical examples, and cutting-edge scientific findings reveal how choosing hope over fear can be a powerful force for change.

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## Treating Addiction

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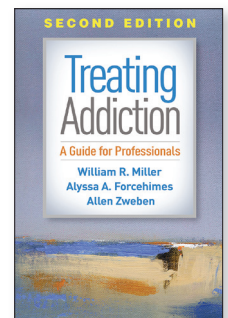
*A Guide for Professionals*

**William R. Miller, PhD**  
**Alyssa A. Forcehimes, PhD**  
**Allen Zweben, PhD**

“What makes this book unique is that it goes beyond specialist care in addictions to offer a practical guide for professionals in a wide range of fields.... This is an invaluable text for advanced courses in addictions, family studies, and mental health counseling. Miller and his coauthors have helped to revolutionize substance abuse treatment by moving the field from a focus on harsh confrontation to a more compassionate approach.”

—Katherine van Wormer, PhD, MSSW

This widely respected text and practitioner guide provides a roadmap for effective clinical practice with clients with substance use disorders. Assessment and intervention strategies are described in detail, and the importance of the therapeutic relationship is emphasized throughout.



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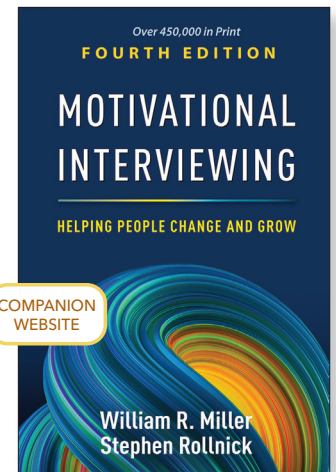
“Miller and Rollnick masterfully guide us through the story of how motivational interviewing (MI) has developed over four decades and bring its sophisticated simplicity to life in a way that stimulates the mind, touches the heart, and invites best practice.... This book is very useful for any graduate-level curricula that focus on behavior change and/or psychotherapy skills.” —**Steve Martino, PhD**

“Miller and Rollnick continue to advance the method and message of MI in this sparkling fourth edition.... This eagerly awaited volume will accompany practitioners—from many fields and at multiple professional levels—in their journeys toward greater success and satisfaction.”

—**Richard P. Barth, PhD, MSW**

**N**ow in a fully rewritten fourth edition, this is the authoritative presentation of MI, the powerful approach to facilitating change. It has been updated and streamlined to be even more user-friendly as a practitioner guide and course text. MI originators William R. Miller and Stephen Rollnick elucidate the four tasks of MI—engaging, focusing, evoking, and planning—and vividly demonstrate what they look like in action. A wealth of vignettes and interview examples illustrate the dos and don'ts of successful implementation in diverse contexts. The book reviews the evidence base for the approach and covers ways to assess the quality of MI. The companion website provides reflection questions, annotated case material, and additional helpful resources.

**NEW TO THIS EDITION:** ✓ Most of the book is entirely new. ✓ Addresses the breadth of MI applications not only in counseling and psychotherapy, but also in health care, education, coaching, management, and other contexts. ✓ Discusses delivering MI remotely, simple versus complex affirmations, strategic use of directional questions, ethical considerations, and other new or expanded topics. ✓ Increased emphasis on using MI throughout a client's process of change and growth, not just in the preparatory stage.



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### ABOUT THE AUTHORS

**William R. Miller, PhD**, is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico. He introduced MI in a 1983 article and in the first edition of *Motivational Interviewing* (1992), coauthored with Stephen Rollnick.

**Stephen Rollnick, PhD**, is Honorary Distinguished Professor in the School of Medicine at Cardiff University, Wales, United Kingdom. He is cofounder of MI and helped to create the Motivational Interviewing Network of Trainers (<https://motivationalinterviewing.org>).

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## Motivational Interviewing in Health Care SECOND EDITION

*Helping Patients Change Behavior*

**Stephen Rollnick, PhD, William R. Miller, PhD**, and **Christopher C. Butler, MD**

“In its second edition, this is a ‘must-have’ text for graduate health and human services students who want to communicate effectively with their patients/clients for positive outcomes.... A book that is delightful to read, clear, concise, and addresses current topics such as using MI remotely and MI and vaccine hesitancy.”

—**Melinda Hohman, PhD, MSW**

This concise work is an ideal recommendation for physicians, nurses, and other health care professionals, and a valuable resource for mental health clinicians who practice or provide training in medical settings. The book explains ways that MI techniques can transform conversations about managing chronic and acute conditions and making healthier choices.

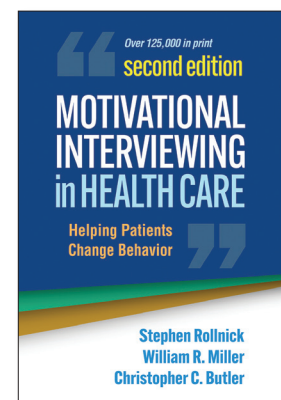
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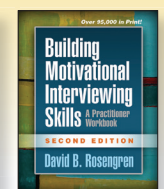
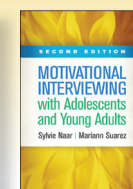
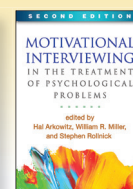
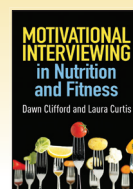


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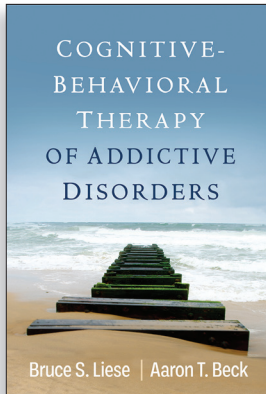
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### Cognitive-Behavioral Therapy of Addictive Disorders

**Bruce S. Liese, PhD, ABPP,**  
University of Kansas

**Aaron T. Beck, MD**

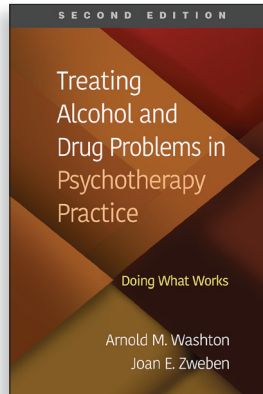
“Beck and Liese have done a superb job of describing the theory, scientific foundations, and applications of CBT for addictive disorders, while simultaneously demonstrating how their approach fits into the larger continuum of care... Whether students, clinical novices, or seasoned professionals, readers will find their own thinking and behavior changed as they become empowered to provide more efficient, effective treatment.” —**John F. Kelly, PhD**

Grounded in decades of CBT research and clinical practice, as well as cutting-edge cognitive science, this entirely new book replaces the classic *Cognitive Therapy of Substance Abuse*. Bruce S. Liese and Aaron T. Beck provide critical tools for understanding and treating the full range of addictive behaviors. They explain how to systematically develop case conceptualizations and support clients in achieving their recovery goals. Vivid case examples are used to illustrate CBT techniques, structure, psycho-education, motivational interviewing, group treatment, relapse prevention, and other effective therapeutic components.

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### Treating Alcohol and Drug Problems in Psychotherapy Practice

SECOND EDITION

*Doing What Works*

**Arnold M. Washton, PhD,** Recovery  
Options, New York, NY and Princeton, NJ

**Joan E. Zweben, PhD,**  
University of California, San Francisco;  
San Francisco VA Medical Center

“I have assigned this book as the primary text for a master’s-level Substance Use Disorders (SUDs) course and a postgraduate certificate program for master’s- and doctoral-level students. I could not find another text that was as practical and realistic about the dilemmas of working with clients with SUDs.”

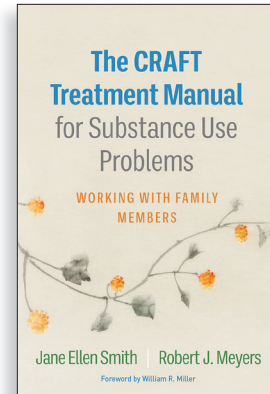
—**Maryann Amodeo, PhD, MSW, LICSW**

Providing a framework for treating SUDs in office-based psychotherapy, the authors show how clinicians from any background can leverage the therapeutic skills they already have to address clients’ alcohol and drug problems competently and effectively. Vivid case examples demonstrate ways to engage clients at different stages of change; set collaborative treatment goals; address SUDs concurrently with other psychological problems; and interweave motivational, cognitive-behavioral, and other interventions, tailored to each individual’s needs.

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### The CRAFT Treatment Manual for Substance Use Problems

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**Jane Ellen Smith, PhD**  
**Robert J. Meyers, PhD**

—both at University of New Mexico  
Foreword by **William R. Miller, PhD**

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—**Carlo C. DiClemente, PhD**

Packed with practical tools, this authoritative manual offers a complete guide to implementing the evidence-based Community Reinforcement and Family Training (CRAFT) program. Jane Ellen Smith and Robert J. Meyers have spent decades developing and refining their approach for helping concerned significant others of treatment-refusing individuals with substance use problems. Structured yet flexible, CRAFT teaches loved ones to change their behavior with the identified patient to encourage treatment entry and enhance their own well-being.

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**Thomas F. Harrison**  
**Hilary S. Connery, MD, PhD**

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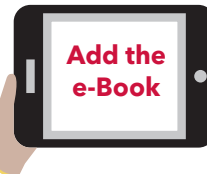
Addiction practitioners in any setting—regardless of primary treatment approach—will want to recommend this science-based guide to clients and their loved ones. Coauthored by a leading treatment expert, the book succinctly answers such questions as: When does being supportive become enabling? What treatment programs work, and how can families afford them? In a highly accessible style, the authors provide practical advice and address crucial emotional, financial, and legal issues that simply aren't discussed in other addiction books.



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