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› [Treating Comorbid Substance Use and Emotional Disorders \(CBT: Science Into Practice\) - Springer ISBN 978-3031629730](#)

**Springer 978-3031629730**

# Treating Comorbid Substance Use and Emotional Disorders (CBT: Science Into Practice)

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Series Editor: Nikolaos Kazantzis

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## OVERVIEW

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This book highlights the prevalence of emotional disorder and substance use disorder comorbidity and effective approaches to managing these co-existing problems. As substance use disorder is twice as likely to co-exist with an anxiety disorder, and three times as likely to co-occur with a mood disorder, treatment is a complicated challenge.

This book describes cutting-edge clinical research paired with data-driven treatment guidelines, providing an integrated approach to treatment that targets both issues to improve clinical outcomes. It outlines how fully integrated treatment for these common comorbidities can address barriers and reduce symptoms more effectively than simply addressing substance use disorder. It is an invaluable resource for clinicians and researchers alike.

## KEY FEATURES AND APPROACH

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The volume offers an integrative approach to treatment that targets both co-existing problems, aiming to mitigate the risk of relapse and decrease symptom severity. This fully integrated approach provides a firm grounding for clinicians and researchers.

It delivers cutting-edge clinical research and data-driven treatment guidelines, advocating for simultaneous interventions to address complex co-morbidity problems.

## TARGET AUDIENCE

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This book is an essential resource for clinicians and researchers, including beginning-level clinicians and experienced mental health professionals. It is also recommended for clinician education and training programs,

and frontline CBT therapists seeking to provide the best care possible to their complex patients.

## EXPERT REVIEWS

*"This volume assembles the most expert of clinician-scientists who have dedicated their professional careers to developing, delivering, evaluating, and disseminating integrated CBT for co-occurring emotional and substance use disorders...It is enthusiastically recommended for clinician education and training programs, researchers, and also frontline CBT therapists seeking to provide the best care possible to their complex patients."*

— Mark McGovern, Professor, Department of Psychiatry, Department of Medicine, Stanford University School of Medicine

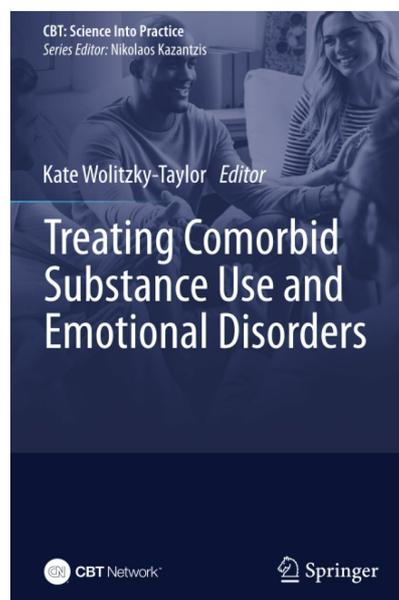
*"Emotional disorders rarely occur in isolation, but most existing treatment protocols do not account for this. Comorbid substance use problems severely impact interventions that are ordinarily effective for anxiety and mood conditions. Dr. Wolitzky-Taylor tackles this problem head-on in this important book. Leading clinicians and scientists have provided clear and incisive recommendations that will inform beginning-level clinicians as well as experienced mental health professionals."*

— N.B. Schmidt, Distinguished Research Professor and Chair, Department of Psychology, Florida State University; Director, Anxiety and Behavioral Health Clinic

"A groundbreaking volume that illuminates a vital shift in mental health care, confronting head on the historical divide between the separate treatment of emotional disorders and substance abuse. Offering a comprehensive, research-based roadmap for an integrated care model, this book challenges outdated treatment paradigms, advocating for simultaneous interventions. With contributions by leading experts, this volume is a timely resource, bridging the gap between research and practice, and empowering clinicians with practical strategies for addressing complex co-morbidity problems. It is essential reading for anyone committed to the highest quality of care."

— Jasper Smits, Ph.D., Professor, Department of Psychology, University of Texas at Austin

## PRODUCT IMAGES



Front cover of the book, displaying the title, editor, series editor, and publisher information.



Back cover of the book, typically containing a summary, endorsements, and ISBN barcode.

## SPECIFICATIONS

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