



Cognitive-Behavioral Therapy for People with Co-occurring Disorders (Hazelden Co-Occurring Disorders Program)

Mark McGovern Ph.D., Robert E. Drake M.D. , Matthew R. Merrens, Kim T. Mueser, Mary F. Brunette

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The *Cognitive-Behavioral Therapy* curriculum uses the evidence-based practice of CBT to help patients address co-occurring substance use and psychiatric disorders. The eight modules and handouts cover three main topics: breathing retraining, education about co-occurring disorders, and cognitive restructuring. With the education provided through these modules, patients will have the knowledge and skills to continue practicing CBT techniques on their own, with continued improvement even after formal treatment ends. Reproducible handouts are found on the accompanying CD-ROM.

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