Reviews for
A Contemporary Approach to
Substance Use Disorders and Addiction Counseling
Second Edition

Ford Brooks and Bill McHenry

Ford Brooks and Bill McHenry’s second edition of A Contemporary Approach to Substance Use Disorders and Addiction Counseling is superior. It is clearly written, easy to understand, and the topical areas covered provide useful and highly relevant information for both beginning and experienced counselors. This second edition expands their original work and is one of the most creative addictions-specific books for counselors available.

—Gerald A. Juhnke, EdD
Professor/American Counseling Association Fellow
The University of Texas at San Antonio

Brooks and McHenry have done an outstanding job with this second edition of their popular text, and students will appreciate their down-to-earth approach in explaining the complexities of substance addiction. For anyone who wants to learn about the multifaceted and intricate realm of substance abuse and its treatment, this book is for you.

—Todd F. Lewis, PhD
Member, Motivational Interviewing Network of Trainers
Author, Substance Abuse and Addictions Treatment

Written as an introduction to the field of addiction counseling, this text covers the fundamental knowledge and skills necessary to counsel people who are struggling with addiction. Drs. Brooks and McHenry provide a straightforward and holistic approach to treatment and recovery, from the major theoretical underpinnings, to assessment and diagnosis, to relapse prevention and spirituality. With a focus on current clinical applications and how-tos, this book is ideal both for master’s-level addictions courses and mental health clinicians.

Topics covered are cultural and gender issues, including work with LGBT clients; drug classifications and referral; assessment, diagnosis, and interview techniques; the continuum from nonuse to addiction; work in college/university, school, and community/mental health agency settings; developmental approaches in treatment; the role of the family; grief and loss in addiction; group counseling; relapse and recovery; spirituality and support groups; addictions training, certification, and ethics; and the importance of counselor self-care. Exploration questions and suggested activities are presented in each chapter.