



# The First Session with Substance Abusers

*Nicholas A. Cummings, Janet L. Cummings*

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## **The First Session with Substance Abusers** Nicholas A. Cummings, Janet L. Cummings

It is during the critical first session with substance abusers that clinicians have the first, and all too often the last, opportunity to break through the wall of denial and create an atmosphere of trust that is so crucial to changing behavior. Written by a father-daughter team of clinical psychologists, *The First Session with Substance Abusers* outlines a proven plan for conducting an initial session that can uncover substance abuse problems with clients no matter how resistant or manipulative they may be. Applying the methods outlined in this book, psychologists and health professionals can use the first session to assess and evaluate the depth and duration of the substance abuse problem and motivate the client to begin the most appropriate form of treatment.

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