



# **The Clinician's Guide to 12-Step Programs: How, When, and Why to Refer a Client**

*Diana L. Guest, Jan Parker*

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**The Clinician's Guide to 12-Step Programs: How, When, and Why to Refer a Client** Diana L. Guest, Jan Parker

A comprehensive overview of major 12-step programs, this practical manual also describes the nuances of the various programs that address the same addictive behavior to assist the clinician in assessing and referring clients to any 12-step program. One of the unique features of this book is a description of how 12-step program philosophy aligns with eight major psychotherapy orientations. Another feature is the integration of the client's individual needs and ego structure with the appropriateness and timing of a referral to a 12-step program within the overall therapeutic process.

In this day of managed care, it is essential for clinicians to make informed referrals. This book bridges the gap between the desire to refer and a comprehensive understanding of the intricacies of the various programs. Through the use of detailed description, case vignettes, and clinical examples, this book proves an invaluable resource assisting clinicians to guide their clients through the process of integrating psychotherapy with adjunctive 12-step program involvement. Also included is a description of terms used in 12-step programs that allows the clinicians to join the client in a common language.

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