



# TABLE OF CONTENTS

	PREFACE	ix
	ABOUT THE AUTHOR/EDITOR	xi
	ABOUT THE CONTRIBUTORS	xiii
	ACKNOWLEDGMENTS	xv
CHAPTER 1	ADDICTIONS: AN OVERVIEW	1
	<i>Robert L. Smith</i>	
	Student Learning Outcomes	1
	Case and Case Discussion	1
	Addiction Defined	3
	Criteria for Addiction	6
	Substance and Process Addictions	11
	The Prevalence of Addictions	12
	The Etiology of Addictions	14
	Treatment Strategies	18
	Conclusions	25
	Resources	27
	References	28
CHAPTER 2	ALCOHOL ADDICTION	33
	<i>Todd F. Lewis</i>	
	Student Learning Outcomes	33
	Case and Case Discussion	33
	Overview of Alcohol Addiction	34
	Assessment and Diagnosis	37
	Treatment Settings	40
	Evidence-Based Research: Treatment of Alcoholism	40
	Armed Services Substance Abuse Treatment Programs	47
	Hospital Treatment Programs	48
	The Matrix Model	49
	Conclusions	51
	Resources	51
	References	51

TABLE OF CONTENTS

CHAPTER 3	NICOTINE ADDICTION	57
	<i>Robert L. Smith</i>	
	Student Learning Outcomes	57
	Case and Case Discussion	57
	Overview of Nicotine Addiction	58
	Diagnosis of Nicotine Addiction	64
	Treatment of Nicotine Addiction	67
	Treatment Guidelines for Evidence-Based Practices	70
	Conclusions	72
	Resources	72
	References	73
CHAPTER 4	MARIJUANA ADDICTION	75
	<i>Richard S. Balkin</i>	
	Student Learning Outcomes	75
	Case and Case Discussion	75
	Overview of Marijuana Addiction	76
	Assessment and Diagnosis	78
	Treatment	80
	Models and Approaches	81
	Evidence-Based Research	85
	Conclusions	87
	Resources	88
	References	88
CHAPTER 5	METHAMPHETAMINE ADDICTION	91
	<i>Helena G. Rindone</i>	
	Student Learning Outcomes	91
	Case and Case Discussion	91
	Overview of Methamphetamine Addiction	93
	Effects of Methamphetamines	98
	Addiction to Methamphetamine	101
	Treatment	103
	Conclusions	119
	Resources	120
	References	120
CHAPTER 6	PRESCRIPTION DRUG ADDICTION	127
	<i>Todd F. Lewis</i>	
	Student Learning Outcomes	127
	Case and Case Discussion	127
	Overview of Prescription Drug Addiction	128
	Assessment, Diagnosis, and Treatment Settings	133
	Treatment of Prescription Drug Addiction	138
	Conclusions	143
	Resources	144
	References	145
CHAPTER 7	PATHOLOGICAL GAMBLING	149
	<i>Stephen Southern and Katherine Hilton</i>	
	Student Learning Outcomes	149
	Case and Case Discussion	149
	Overview of Pathological Gambling	150
	Special Populations of Pathological Gamblers	153

	Diagnosis and Assessment	155
	Empirically Supported Treatments	158
	Treatment Packages for Pathological Gambling	162
	Concurrent Treatment of Trauma and Pathological Gambling	167
	Integrative Treatment in the Case of Sarah	169
	Conclusions	170
	Resources	172
	References	173
CHAPTER 8	SEXUAL ADDICTION	177
	<i>Stephen Southern, Dawn Ellison, and Mark Hagwood</i>	
	Student Learning Outcomes	177
	Case and Case Discussion	177
	Overview of Sexual Addiction	178
	Special Populations of Sexual Addicts	182
	Diagnosis of Sexual Addiction and Hypersexual Disorder	184
	Assessment Methods	186
	Treatment of Sexual Addiction and Hypersexual Disorder	193
	Integrative Treatment Package for Sexual Addiction and Life Trauma	196
	Integrative Treatment in the Case of Sarah	198
	Conclusions	200
	Resources	201
	References	202
CHAPTER 9	DISORDERED EATING	207
	<i>Tamara Duarte and Fredericka DeLee</i>	
	Student Learning Outcomes	207
	Cases and Case Discussion	207
	Overview of Disordered Eating	209
	Diagnosis	215
	Assessment	219
	Treatment Models and Approaches	221
	Conclusions	229
	Resources	230
	References	231
CHAPTER 10	WORK ADDICTION	237
	<i>Summer M. Reiner</i>	
	Student Learning Outcomes	237
	Case and Case Discussion	237
	Overview of Work Addiction	238
	Work Addiction Around the World	243
	Impact of Work Addiction	244
	Antecedents of Work Addiction	245
	Definitions, Costs, and Demographics	248
	Assessment and Diagnosis	249
	Treatment	252
	Models and Approaches	254
	Evidence-Based Approaches	255
	Conclusions	256

TABLE OF CONTENTS

	Resources	256
	References	257
CHAPTER 11	EXERCISE ADDICTION	263
	<i>Michele Kerulis</i>	
	Student Learning Outcomes	263
	Cases and Case Discussion	263
	Overview of Exercise Addiction	264
	Exercise Addiction and Exercise Dependence	266
	Exercise and Disordered Eating	267
	Inpatient and Outpatient Treatment Settings	270
	Evidence-Based Models and Assessments	271
	Conclusions	273
	Resources	274
	References	274
CHAPTER 12	COMPULSIVE BUYING/SHOPPING ADDICTION	277
	<i>Kimberly Frazier</i>	
	Student Learning Outcomes	277
	Case and Case Discussion	277
	Overview of Compulsive Buying/Shopping Addiction	278
	Assessment and Diagnosis	280
	The Brain and Compulsive Buying/Shopping Addiction	284
	Treatment Approaches	285
	Conclusions	288
	Resources	288
	References	289
CHAPTER 13	INTERNET ADDICTION	293
	<i>Joshua C. Watson</i>	
	Student Learning Outcomes	293
	Case and Case Discussion	293
	Overview of Internet Addiction	294
	Assessment and Diagnosis	299
	Treatment	303
	Conclusions	308
	Resources	308
	References	309
CHAPTER 14	ADDICTIONS: STATUS, RESEARCH, AND FUTURE	313
	<i>Robert L. Smith</i>	
	Student Learning Outcomes	313
	Cases and Case Discussion	313
	Common Features and Components of	
	Assessment and Treatment	315
	Issues Related to Addictions	317
	Research and Evidence-Based Treatment	321
	The Future	323
	Treatment in Context	323
	Additional Issues	324
	Conclusions	325
	References	326
	INDEX	329