

## Book Reviews / Comptes rendus

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Abrams, D. B., Niaura, R., Brown, R. A., Emmons, K. M., Goldstein, M. G., & Monti, P. M. (2003). *The tobacco dependence treatment handbook: A guide to best practices*. New York: Guilford. ISBN 1-57230-849-4. 365 pages.

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*Reviewed by:* Siobhan C. Brennan Marciniak, M.Ed., Counsellor, Tobacco Addiction Specialist, Rideauwood Addiction and Family Services, Ottawa

*The Tobacco Dependence Treatment Handbook* outlines a comprehensive approach to treating smokers that was developed by Abrams and his colleagues. The model is designed to assist clinicians to better understand clients who are nicotine dependent, providing treatment guidelines for clients who want to quit smoking. The authors suggest a stepped-care approach that includes different levels of treatment intensity.

This book is divided into nine chapters, and the authors have penned chapters according to their clinical expertise and/or research area. Each chapter begins with an overview, followed by detailed information laid out with appropriate headings as well as material that will assist the clinician to deliver treatment interventions. The chapters are well-written and easy to follow.

Starting with chapter one, the reader gains a general overview of issues to consider when implementing tobacco cessation treatment programs for clients who are nicotine dependent. The chapter provides an excellent review of the literature and underscores the complexity and prevalence of tobacco dependence. As well, the various types of treatment options are explored, giving the reader an understanding of how a smoking cessation treatment program could be developed and delivered.

Chapters two through six detail methods of conducting (a) thorough assessments, (b) techniques for motivating the smoking client, (c) procedures for implementing brief behavioural treatments, (d) intensive behavioural-based interventions, and (e) the recommended treatments and potential complications for clients with a comorbidity diagnosis. These five chapters outline the five core issues in the assessment and treatment of nicotine addiction.

In chapter seven a review is presented of five currently used major pharmacological agents. Citing research evidence on the implementation of smoking cessation, the author makes a convincing argument for using pharmacotherapy in conjunction with counselling programs to increase the chances of success. Strategies for using pharmacotherapy are also offered, along with the related benefits for specific smoking populations. The author argues that pharmacotherapy should be integrated into brief and/or intensive treatment.

Chapter eight examines contextual and systems factors relevant to smoking cessation, and chapter nine outlines research areas that could potentially improve tobacco cessation interventions and may be used as templates for future health care in this area.

Abrams and colleagues have produced a well-researched tobacco dependence treatment handbook. As a recently certified Tobacco Addiction Specialist, I found that this book offered me additional insights in the area of tobacco dependence and how to develop tobacco cessation programs. If I were to start a smoking cessation program, there would be a wealth of material and tools in this book that I could utilize. For the clinician with or without experience in treating tobacco dependence, this book is a highly practical and detailed clinical guide to treating tobacco dependence. Considering mortality risks are twice as high in smokers as in non-smokers, counsellors who are not trained in tobacco addictions may benefit from reading this book. They will be able to update their knowledge base regarding the severity of this problem, gain an understanding of the risks associated with smoking, and potentially use this knowledge to guide psychoeducational interventions with their clients.

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Snyder, D. K., & Whisman, M. A. (Eds.) (2003). *Treating difficult couples: Helping clients with coexisting mental and relationship disorders*. New York: Guilford Press. ISBN 1-57230-882-6. 448 pages.

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*Reviewed by:* Sara M. McConnell, M.Ed.

According to the editors, Douglas Snyder and Mark Whisman, the objective in compiling *Treating Difficult Couples* was to fill a void in the literature on relationship distress and co-occurring emotional, behavioural, and health problems in couples. This clinically oriented book, of value to both researchers and practitioners, focuses on the conceptualization, evaluation, and treatment of couples who have concurrent relationship distress and mental and/or physical health problems. Each chapter addresses a different disorder and includes a conceptual framework, clinical implications, and a case study. The authors are psychologists, psychiatrists, and social workers, with both clinical and research experience in couple therapy.

The book is divided into four sections. Section one includes a summary of empirical research on relationship distress and emotional, behavioural, and health problems. The section also includes a review of how health problems impact couple therapy as well as an overview of the importance of tailoring clinical interventions to couples' unique circumstances. The conceptual model outlined in this section is "technical integration within a theoretically-pluralistic model" (p. 41). The authors facilitate understanding of their model by defining and comparing eclecticism, pluralism, and integration.

Section two of the book focuses on empirically validated couple-based treatments for emotional and behavioural disorders. The seven chapters in this section address anxiety disorders, depression, bipolar disorder, schizophrenia-spectrum disorders, alcohol/other substance abuse, sexual dysfunction, and physical aggression. The therapies reviewed are moderately structured and prescriptive, with a focus on cognitive interventions and variations of behavioural couple therapy. I found the con-