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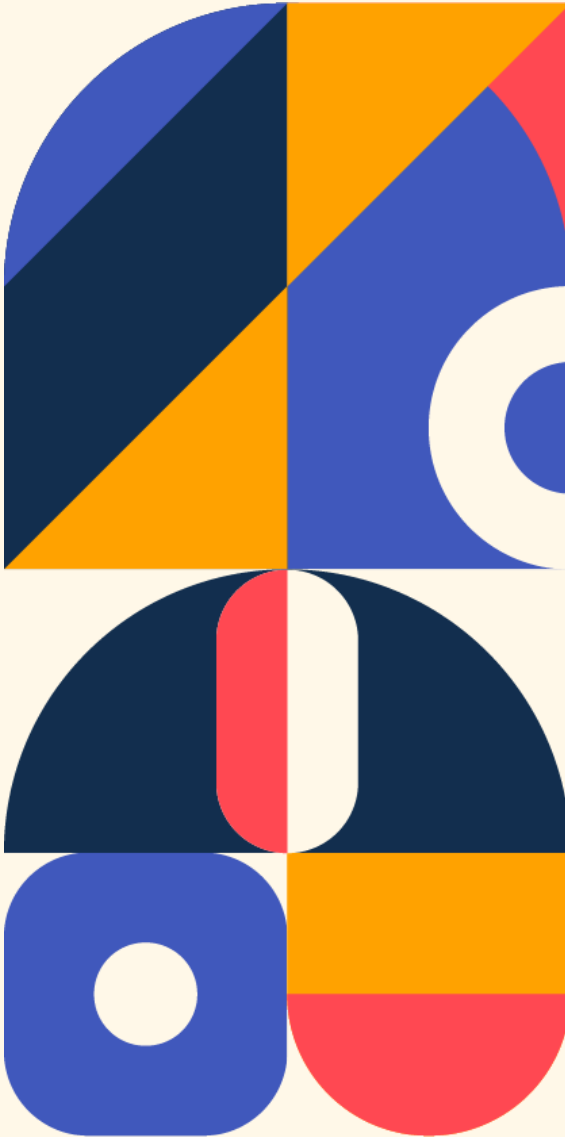
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**Working with Addiction**

**Reflective Questions and Further Reading**



# Reflective Questions

1

Which of the six definitions referenced in the workshop seem most useful to you. Does the definition you've chosen draw a distinction between addiction to substances or other types of addiction (gambling/ gaming porn etc.), i.e. do you think all addictions operate in broadly the same way?

2

List two reasons given in the workshop why therapists or counsellors might be reluctant to work with addicted clients. Can you think of other reasons?

3

List three ways of working with addicted clients which seem most useful to you (from the 11 covered in the workshop). Say why.



# Further Reading

Miller and Carroll (2010). Rethinking Substance Abuse.

Castonguay and Beutler (2005). Principles of Therapeutic Change That Work.

Gill (2014). Addictions from an Attachment Perspective.

Weegmann and Cohen (2002). The Psychodynamics of Addiction.

Hayes & Levin (2013). Mindfulness & Acceptance for Addictive Behaviours: Applying Contextual CBT to Substance Abuse and Behavioural Addictions

Hall, P (2018) Understanding & Treating Sex and Pornography Addiction.

William Miller & Stephen Rollnick (2012). Motivational Interviewing: Helping People Change.