

Evidence for Optimism: Behavior Therapies and Motivational Interviewing in Adolescent Substance Abuse Treatment

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KEYWORDS

- Motivational interviewing • Behavior therapy
- Cognitive behavioral therapy • Substance abuse • Adolescents

Behavior therapies and motivational interviewing approaches have been widely used in clinical and nonclinical, and primary and secondary medical settings for the treatment of alcohol and other drug (AOD) problems among adolescents. Behavior therapy (BT), or more appropriately behavior therapies, is used here to include a wide range of cognate therapies, such as cognitive therapy, cognitive-behavior therapy, and social learning-based treatments, all of which have been widely used in the treatment of AOD problems. More recently, motivational interviewing (MI) has been developed and applied with adolescents and is similarly diverse, with a number of MI adaptations. This article reviews BTs and MIs, including therapies that combine BT and MI, or uses one or the other in conjunction with another psychosocial therapy. The focus of this article is on treatment studies involving clinical samples in which AODs are used. Thus, studies on prevention are excluded. Also not included are contingency management approaches, which are covered in the article by Stanger and Budney elsewhere in this issue.

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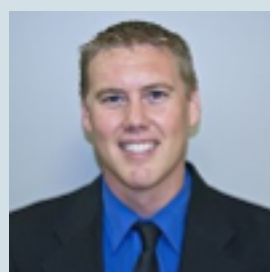
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