



# **Integrated Treatment for Co-Occurring Disorders: Treating People, Not Behaviors**

*Jack Klott*

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# Integrated Treatment for Co-Occurring Disorders: Treating People, Not Behaviors

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## Integrated Treatment for Co-Occurring Disorders: Treating People, Not Behaviors Jack Klott

The definitive guide to identify, assess, and create individualized treatment plans for high-risk clients who suffer from challenging co-occurring disorders

"Treat the person and not the diagnosis. Respect that all behaviors are purposeful. Remain mindful that nobody changes behaviors without motivation. These essential guiding principles are the framework of this book. They will be repeated quite often as we examine the challenging population of men and women with co-occurring disorders."

—From *Integrated Treatment for Co-Occurring Disorders*

Annual studies reveal that 70 percent of men and women who died by suicide were diagnosed with a mental illness or personality disorder and used drugs to gain temporary relief from the symptoms. Until now, very little has been written about how to identify, assess, and treat this population. *Integrated Treatment for Co-Occurring Disorders: Treating People, Not Behaviors* addresses that need.

Respectful of the client and filled with practical advice, this book:

- Examines the guiding principles for treating clients with co-occurring disorders
- Details the methods of formulating an evidence-based individualized treatment plan for the self-medicating mentally ill
- Explores how to assess this population for suicide risk and vulnerability
- Focuses on the person and not a behaviorally defined diagnostic category
- Reflects state-of-the-art knowledge for the treatment of co-occurring disorders
- Illustrates how Motivational Enhancement Therapy can be an effective treatment strategy

With numerous clinical case studies to illustrate key points and reinforce learning, *Integrated Treatment for Co-Occurring Disorders* encourages a flexible, person-centered treatment approach that focuses on the individual rather than the diagnosis.



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