

**BEHAVIORAL COUPLES THERAPY FOR ALCOHOLISM
AND DRUG ABUSE**

Melissa Cudmore

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Behavioral Couples Therapy for Alcoholism and Drug Abuse

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Behavioral Couples Therapy (BCT) is designed for married or cohabiting individuals seeking help for alcoholism or drug abuse. BCT sees the substance.

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It does indicate, however, that for BCT as well as those other interventions, more emphasis on methods to enhance the durability of benefits is needed. Among male alcoholic patients, those who participated in BCT reported less frequent use of maladaptive responses to conflict e.

Thesubstanceabusingpatientandthepouse,areseentogetherinBCT,typic However, noncompliance with agreed-upon assignments is never excused or ignored in BCT. During the 1-year posttreatment followup, women who received BCT had significantly fewer days of substance use, longer periods of continuous abstinence, and higher levels of relationship satisfaction than did participants who received individual treatment. William Fals-StewartPh.

Tellcouplesthereasonforcontinuedcontactisthatsubstanceabuseisachr social costs after BCT saved more than 5 times the cost of delivering BCT, producing a benefit-to-cost ratio greater than 5: