

Treating Opioid Use Disorder with Medications

Resources

Motivational Interviewing

- Motivational Interviewing: Helping People Change, 3rd Edition, Miller

Cognitive Behavioral Therapy

- Cognitive Behavior Therapy, Basics and Beyond, 2nd Edition, Judith Beck
- Mind Over Mood: Changing How you Feel by Changing the Way you Think, 2nd Edition

Dialectical Behavioral Therapy

- DBT Skills Training Manual, 2nd edition, Linehan

Sleep Hygiene

- Treating Sleep Problems of People In Recovery from Substance Use Disorders, SAMSHA, <https://store.samhsa.gov/shin/content/SMA14-4859/SMA14-4859.pdf>
- http://ictp.uw.edu/sites/default/files/Sleep_Disorders_NonMedication_Interventions_Katherine_Palm_Cruz_MD_03-23-2017.pdf

Chronic Pain Management

- Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach; John D Otis (therapist guide and workbook)

Harm Reduction

- Harm Reduction Research and Treatment Lab: <https://depts.washington.edu/harrtlab/>
- Video Presentation by Susan Collins and accompanying hand out.
- <https://vimeo.com/191855401>
- http://ictp.uw.edu/sites/default/files/Harm_Reduction_Susan_Collins_PhD_09-29-2016.pdf

