



# Nicotine Dependence: Understanding and Applying the Most Effective Treatment Intervention

*Charles E Dodgen*

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Nicotine consumed via cigarettes is one of the more addictive, as well as destructive, substances of abuse. Most-if not all-smokers desire to stop at some point. This book presents an in-depth review and examination of the available techniques and methods that clinicians can use to effectively treat this condition. It presents the pharmacological treatment methods, specifically those that have demonstrated effectiveness. It includes a useful, detailed, step-by-step, 10-session treatment and assessment model that clinicians can use to develop an individual plan for their clients.

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