Abstract

This paper analyses the case of C., a woman treated for alcohol addiction and other associated problems. The aim is to present a case which has been successfully addressed from a cognitive and behavioral therapy approach, and where all progress achieved can be justified through the operationalization of change measures. The results obtained show an overall positive trend in almost all registered change measures, despite the difficulties presented due to several problem areas associated with the case, and client's reluctance to change. These two factors are often present in this type of problem, and clinicians would do well to remain alert to possible relapses, which are so common in cases of alcohol abuse or dependence.

Keywords

Dependence, alcohol, behavior modification, change, alcoholism, case study.