

“Personal dignity and responsibility as well as compassion and the recognition that one’s steps take place one day at a time are fundamental to both harm reduction and twelve-step approaches to drug addiction. Andrew Tatarsky’s excellent new paradigm rescues these principles with courage, compassion, and intellectual rigor. Harm reduction psychotherapy has come of age.”

—ETHAN NADELMAN, executive director, Lindesmith Center Drug Policy Foundation

“Andrew Tatarsky’s book, using cases submitted by practitioners from different psychological schools of thought, clearly elucidates the way harm reduction philosophy can be integrated into clinical work. The cases are varied, the practitioners have unique styles and varying approaches, and the realistic conclusions offer the reader a way to integrate slow, incremental change at the client’s pace into whatever treatment model they currently use. No longer do therapists have to send people away to become abstinent before they can work with them; no longer do therapists have to feel responsible to set goals for their clients’ drug use. This is a must-read for today’s psychotherapists who want to practice state-of-the-art healing.”

—EDITH SPRINGER, Edith Springer Associates

This ground-breaking volume provides readers with both an overview of harm reduction therapy and a series of ten case studies, treated by different therapists, that vividly illustrate this treatment approach with a wide variety of clients.

Harm reduction is a framework for helping drug and alcohol users who cannot or will not stop completely—the majority of users—reduce the harmful consequences of use. Harm reduction accepts that abstinence may be the best outcome for many but relaxes the emphasis on abstinence as the only acceptable goal and criterion of success. Instead, smaller incremental changes in the direction of reduced harmfulness of drug use are accepted. This book will show how these simple changes in emphasis and expectation have dramatic implications for improving the effectiveness of psychotherapy in many ways.

**ANDREW TATARSKY** has a private practice in New York City specializing in harm reduction psychotherapy with drug and alcohol users, and is codirector, with Dr. Mark Sehl, of the Harm Reduction Psychotherapy and Training Associates, a treatment and training organization. He is a founding member and past president of the Addiction Division of the New York State Psychological Association and chairperson of Mental Health Professionals in Harm Reduction.

TATARSKY

Harm Reduction Psychotherapy

# Harm Reduction Psychotherapy

## A NEW TREATMENT FOR DRUG AND ALCOHOL PROBLEMS

Featuring Case Examples by:

Gary Dayton

Patt Denning

Valerie Frankfeldt

Gail Hammer

Edward J. Khantzian

Jerome David Levin

Jeannie Little

Frederick Rotgers

Mark Sehl

Barbara Wallace

Andrew Tatarsky

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