

TEMA 1.2. PROCESOS DE CAMBIO CONDUCTUAL

Lecturas recomendadas

Miller, W.R. y Rollnick, S. (1991). *Motivational interviewing: Preparing people to change addictive behavior* New York: Guilford Press.

Miller, W.R.; Hendrick, K.E. y Taylor, Ch.A. (1983). "Addictive behaviors and life problems before and after behavioral treatment problem drinkers" en *Addictive behaviors*, vol. 8, nº 4: 403-412.

Miller, W.R. y Tonigan, J.S. (1997). "Assessing drinkers' motivation for change: The Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES)" en G.A. Marlatt y G.R. VanderBos (eds.). *Addictive behaviors: readings on etiology, prevention, and treatment*. Washington: American Psychological Association, pp. 355-369.

Prochaska, J.O. (1979). *Systems of psychotherapy: A transtheoretical analysis*. Homewood: Dorsey Press.

Prochaska, J.O. y Diclemente, C.C. (1982). "Transtheoretical Therapy: Toward a more Integrative Model of Change" en *Psychotherapy: Theory, Research and Practice*, vol. 19: 276-288.

_____ (1983). "Stages and processes of self-change of smoking: Toward an integrative model of change" en *Journal of Consulting and Clinical Psychology*, vol. 51: 390-395.

_____ (1984). *The Transtheoretical Approach: Crossing the Traditional Boundaries of Therapy*. Homewood: Dorsey Press.

_____ (1986). "Toward a comprehensive model of change" en W.R. Miller y H. Heather (Eds.). *Treating addictive behaviours: Process of change*. New York: Plenum Press, pp. 3-27.

Prochaska, J.O.; Diclemente, C.C. y Norcross, J.C. (1992). "In search of how people change. Applications to addictive behaviors" en *American Psychologist*, nº 47:1102-1114.

Prochaska, J.O. y Diclemente, C.C. (1992): "The Transtheoretical approach" en J.R. Norcross y M.R. Goldfried. *Handbook of Psychotherapy Integration*, New York: Basic Book, pp. 300-334.

Prochaska, J.O.; Diclemente, C.C. y Velicer, W.F. (1992). "Criticisms and concerns of the transtheoretical model in light of recent research" en *British Journal of Addiction*, nº 87: 825- 828.

Prochaska, J.O. y Prochaska, J.M. (1993): "Modelo transteórico del cambio de conductas adictivas", en M. Casas y M. Gossop (editores) en *Recaída y prevención de recaídas. Tratamientos psicológicos en drogodependencias*, Barcelona: Ediciones en Neurociencias, Citrán, FISP, pp. 85-136.

Velicer, W.F, Rossi, J. y M.G. Snow (1992). "Assessing outcome in smoking cessation studies" en *Psychological Bulletin*, vol. 111: 23- 41.