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Abstract

In the textbook "Alcoholology for the clinician", an attempt has been made to articulate, in a friendly-user manner, the significant efforts, made over the past three decades, to understand and treat Alcohol-Use Disorders (AUD). Basic and preclinical research, clinical pharmacology, psychiatry, hepatology, and the experience of clinicians in the field of Alcoholology are extensively reviewed. The multiple aspects of Alcohol-Use Disorders and alcohol-related problems are presented: epidemiology of Alcohol-Use Disorders, the mechanisms related to heavy drinking, and the consequences of low and high alcohol consumption on the human body. Strategies for prevention, early diagnosis and treatment of Alcohol-Use Disorders are especially emphasized. In the field of clinical practice, the brief intervention strategy, the stages of change and the motivational interview, the new pharmaceutical treatments, and the

range of psychotherapeutic approaches (cognitive-behavioural and systemic psychotherapy, group psychotherapy) are presented and discussed in length. Furthermore, the experience of mutual aid groups, more specifically Alcoholics Anonymous and Clubs of Alcoholics in Treatment, in maintaining abstinence from alcohol and preventing relapses is analysed and discussed. The Lesch typology, which is considered an important clinical tool for the diagnosis, classification, and treatment of subgroups of patients with Alcohol-Use Disorders, is evaluated. Finally, a specific reference to the Greek legislation on alcohol, the support groups for individuals and families with alcohol problems in Greece, as well as the hot topic of "youth and alcohol in Greece" is made. In the appendix, the most useful instruments-questionnaires in clinical practice are listed along with a short glossary of frequently used terms.

