



A Challenging Behavioral Assessment With a Client Who (Maybe) Wants to Quit Smoking

Counseling session

Material Projectable

The female client informs Dr. Spring that her pack-a-day cigarette-smoking habit has recently increased to a pack and a half. She identifies stress and boredom as the main triggers for her smoking, and she isolates those triggers as the main attributes of her master's degree program. The client also reports that she's waking up intermittently during the night and must have a cigarette before she's able to fall asleep. Dr. Spring engages the client in a general behavioral assessment, which uncovers the client's weak motivation to quit smoking--the client is motivated mainly by the loss of control over the actual physical addiction (having to smoke during the night). Dr. Spring concludes the session by recommending nicotine replacement therapy and asking the client to envision an upcoming period--perhaps when she's finished her master's program--that's conducive to quitting smoking

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