

Clinical Pearls
Instructions for New Submissions
Please send submission to chr.lee@northeastern.edu
Max words: 1200 (not including spaces)

Provide the following information in a word document or pdf.

Title of Clinical Pearl

Contributor Name

Contributor Biography (e.g., organization, your experience working in the addictions field, areas of research or clinical interest)

Description of the clinical problem or issue: *Example below.*

Cognitive-behavioral therapy (CBT) for alcohol use disorders includes the presentation of skills, which may include an in-session demonstration of the skill, and between-session practice exercises for the client. Between-session practice is a core component of CBT and is essential for learning new skills. Further, completion of between-session skill practice positively relates to treatment outcomes. A review of the literature on between-session practice offers guidance to therapists with the goal of maximizing the likelihood that clients will follow through with their practice plan.

Summarize the key points (no more than 3) *Example below.*

- Provide a rationale for between-session skill practice
- Select or recommend between-session skill topics
- Develop a plan for between-session skill practice

Provide a case illustration or interaction of the points above (begin on separate page). In describing the case illustration, address the following:

What was the key issue that you encountered?

How did you address that issue in therapy?

Do you have any example scripts for therapists to use?

Do you have any examples of how patients responded to you?

Include at least 3 peer-reviewed or non-peer reviewed references.

Note. The review sub-committee will reply to you with feedback within 4 weeks after submission. You will be given time to respond and resubmit for a final review.