

## **Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for Chronically Depressed Alcoholics**

J. Kim Penberthy

Depression and alcohol use disorders are two common mental health problems. The co-occurrence of these disorders makes effective treatment more complex and challenging. We will present a multi-dimensional therapy model to address the cognitive-emotional, behavioral, and interpersonal problems that describe the chronically depressed alcoholic. The Cognitive Behavioral Analysis System of Psychotherapy (CBASP), the only therapy model available that is designed to attack the multi-dimensional problems that characterize the chronically depressed alcoholic, is the treatment of choice for this patient. CBASP focuses on empowering patients by teaching them that their life-dilemmas are self-produced and maintained.