

The challenge of new addictions: therapeutic goals and ways of intervention

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This paper deals with the new developments in the treatment for non-chemical addictions. Motivational enhancement strategies are necessary in these disorders. Except in the case of pathological gambling, responsible control of addictive behavior is the therapeutic aim. The choice treatment appears to be stimulus control and in vivo exposure with response prevention, followed by a cognitive-behavioral intervention in relapse prevention. The relevance of this review for clinical practice and future research in this field are commented upon.