



# **Brief Alcohol Screening and Intervention for College Students (BASICS): A Harm Reduction Approach**

*Linda A. Dimeff PhD, John S. Baer PhD, Daniel R. Kivlahan, G. Alan Marlatt PhD*

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This instructive manual presents a pragmatic and clinically proven approach to the prevention and treatment of undergraduate alcohol abuse. The BASICS model is a nonconfrontational harm reduction approach that helps students reduce their alcohol consumption and decrease the behavioral and health risks associated with heavy drinking. Including numerous reproducible handouts and assessment forms, the book takes readers step by step through conducting BASICS assessment and feedback sessions. Special topics include the use of DSM-IV criteria to evaluate alcohol abuse, ways to counter student defensiveness about drinking, and obtaining additional treatment for students with severe alcohol dependency.

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