



# THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

## DEDICATION

This book is dedicated to the millions of people who have struggled and continue to struggle with Co-Occurring Psychiatric and Substance Disorders. Your courage and strength in pushing ahead toward health, even in spite of seemingly insurmountable obstacles, is nothing short of amazing. You have taught *us* what we have always needed to learn, that co-occurring disorders *must* be treated *simultaneously*.

I have had the privilege of working with you at all levels of functioning – either in my private practice where you were functioning well, to treatment facilities where your functioning had declined, to underneath bridges where you were no longer able to interact with the world. I saw in your eyes a strong desire to be well, even though your symptoms had – at times – said something else in your behaviors.

I watched you teach *compassion* by voicing concern over *my* comfort there underneath the bridge. I watched you teach *patience* as you took three bus transfers to get to just one of the endless appointments you were required to make. I watched you teach *kindness* as you gave up your last bus token to someone who didn't have one. I watched you teach *empathy* as you gave away the sweater we had brought you to a fellow companion who was cold. *You* have taught *us* so much.

This work is dedicated to you so that those of us in the role of “counselor, therapist, and educator” may be assisted in the goal of providing education in an integrated treatment approach. May we show *you* the compassion, patience, kindness, and empathy *you* have taught to *us*.

*Rhonda McKillip*  
Author of THE BASICS, Second Edition