Commonly Encountered Patient FAQs in Tapering Benzodiazepines

References

1. Brunner E. et al. Joint Clinical Practice Guideline on Benzodiazepine Tapering: Considerations When Risks Outweigh Benefits. *J Gen Intern Med*. 2025 Jun 17. doi: 10.1007/s11606-025-09499-2. Epub ahead of print. PMID: 40526204

2. Miller WR, Rollnick S. *Motivational Interviewing: Helping People Change and Grow*. 4th ed. Guilford Press; 2023.

3. Rollnick S, Miller WR, Butler C. *Motivational Interviewing in Health Care: Helping Patients Change Behavior*. 2nd ed. The Guilford Press; 2022.

Resources

1. **ASAM Benzodiazepine Tapering Webinar Series**
   Website: https://elearning.asam.org/benzodiazepine-guidelines-webinars

2. **ASAM Motivational Interviewing Essentials Course**
   Website: https://elearning.asam.org/motivational-interviewing

3. **Ashton Manual**
   Website: Ashton Manual - Benzodiazepine Information Coalition

4. **PCSS-MOUD Motivational Interviewing: Informative Links**
   Website: https://pcssnow.org/courses/motivational-interviewing-informative-links/

5. **PCSS-MAUD Providers Clinical Support System Medications for Alcohol Use Disorder**
   Website: https://learning.pcss-maud.org/

6. **SAMHSA TIP 35: Enhancing Motivation for Change in SUD Treatment**
   Website: https://library.samhsa.gov/product/tip-35-enhancing-motivation-change-substance-use-disorder-treatment/pep19-02-01-003

7. **The ASAM Criteria**
   Website: https://www.asam.org/asam-criteria/about-the-asam-criteria

8. **The Joint Clinical Practice Guideline on Benzodiazepine Tapering**
   Website: https://www.asam.org/quality-care/clinical-guidelines/benzodiazepine-tapering