

# Interventions of Substance Use Disorders

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# What is Treatment?

- treatment is defined as “the treatment, diagnosis, testing, assessment, or counseling in a professional relationship to assist individuals or groups to alleviate mental disorders, understand unconscious or conscious motivation, resolve emotional, relationship, or attitudinal conflicts, or modify behaviors which interfere with effective emotional, social, or intellectual functioning. Psychotherapy follows a planned procedure of intervention which takes place on a regular basis, over a period of time, or in the cases of testing, assessment, and brief psychotherapy, it can be a single intervention.” (C.R. 12-43-201)
- <http://www.dora.state.co.us/Mental-Health/Statute.pdf>

# The role of a therapist in individual and group therapy is to...

- Assess and evaluate appropriate levels of care
- To recognize and address appropriate diagnostic traits and communicate with appropriate professionals
- Identify, evaluate and address safety concerns, suicide and homicide risk, and dysregulating trauma issues

# Harm Reduction

“It’s important to meet people where they’re at, but not *leave them* where they’re at.”

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Enhancement Therapy (MET)
- Stages of Change
- Experiential Therapies

# Cognitive Behavioral Therapy (CBT)

Is a psychotherapeutic approach which is used by therapists to help promote positive change in individuals, to help alleviate emotional distress, and to address a myriad of psycho/social/behavioral issues.

CBT therapists identify and treat difficulties arising from an individual's irrational thinking, misperceptions, dysfunctional thoughts, and faulty learning.

The therapy can be conducted with individuals, families, or groups.

Problems such as anxiety, depression, anger, guilt, low self esteem, adjustment difficulties, sleep disturbance, and post-traumatic stress are addressed.

# CBT Techniques

- Challenging irrational beliefs
- Anger and stress management
- Relaxation education
- Training Self monitoring
- Cognitive rehearsal
- Thought stopping
- Communication skills training
- Assertiveness skills training
- Social skills training
- Bibliotherapy
- Homework assignments

# Activity

## Functional Behavior Analysis

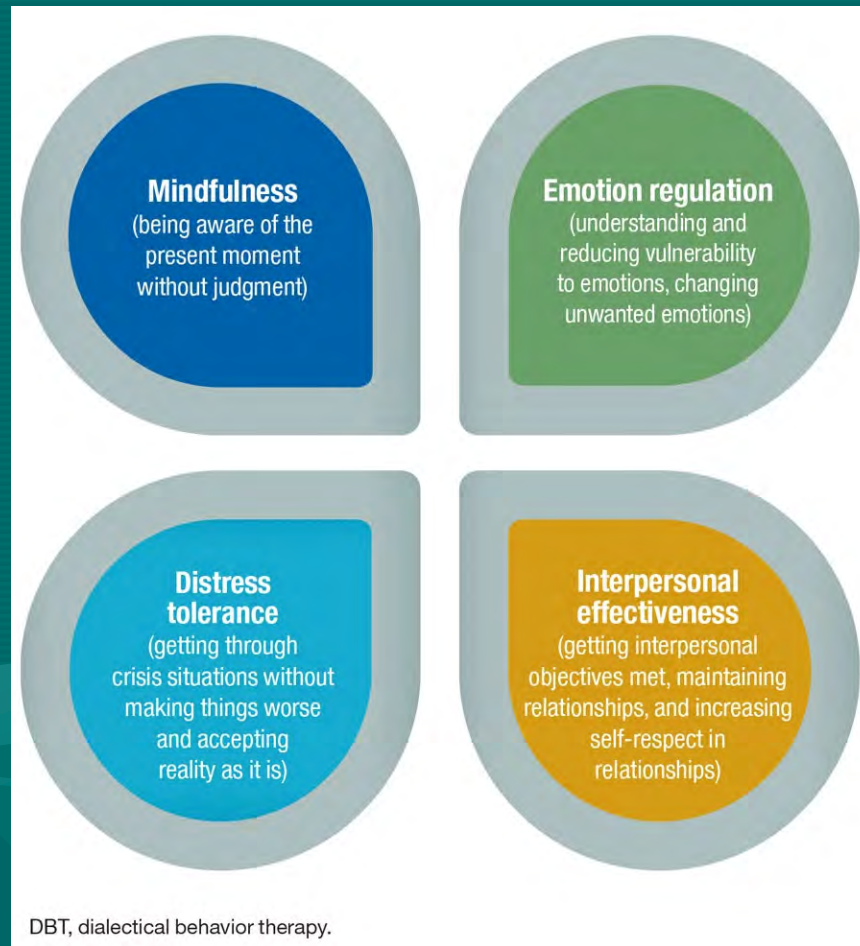
- Break into dyads
- One client, one councilor
- Briefly conduct a BFA
  - Pick a “real” behavior you want to change
  - Answer the question
  - NOTE be specific to a behavior
- Smith, J. E., Milford, J. L., & Meyers, R. J. (2004). CRA and CRAFT: Behavioral approaches to treating substance-abusing individuals. *The Behavior Analyst Today*, 5(4), 391-403.  
<http://dx.doi.org/10.1037/h0100044>



# Dialectical Behavior Therapy (DBT)

- Is Cognitive Behavioral treatment
- Is effective in treating a wide range of disorders including SUD

# What does "dialectical" mean?



# What are the components of DBT?

- In its standard form, there are four components of DBT:
  - skills training group,
  - individual treatment,
  - DBT phone coaching, and
  - consultation team.

# DBT Cont.

- *DBT individual therapy* is focused on enhancing client motivation and helping clients to apply the skills to specific challenges and events in their lives. In the standard DBT model, individual therapy takes place once a week for as long as the client is in therapy and runs concurrently with skills groups.
- *DBT phone coaching* is focused on providing clients with in-the-moment coaching on how to use skills to effectively cope with difficult situations that arise in their everyday lives. Clients can call their individual therapist between sessions to receive coaching at the times when they need help the most.
- *DBT therapist consultation team* is intended to be therapy for the therapists and to support DBT providers in their work with people who often have severe, complex, difficult-to-treat disorders. The consultation team is designed to help therapists stay motivated and competent so they can provide the best treatment possible. Teams typically meet weekly and are composed of individual therapists and group leaders who share responsibility for each client's care.

# What skills are taught in DBT?

- *Mindfulness:*
- *Distress Tolerance:*
- *Interpersonal Effectiveness:*
- *Emotion Regulation:*

There is increasing evidence that DBT skills training alone is a promising intervention for a wide variety of both clinical and nonclinical populations and across settings.

# Motivation Enhancement Therapy (MET)

One of the goals of MET is to find positive replacements for use, not just to stop the problem behavior

Is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence through the following five skills:

# MET Skills

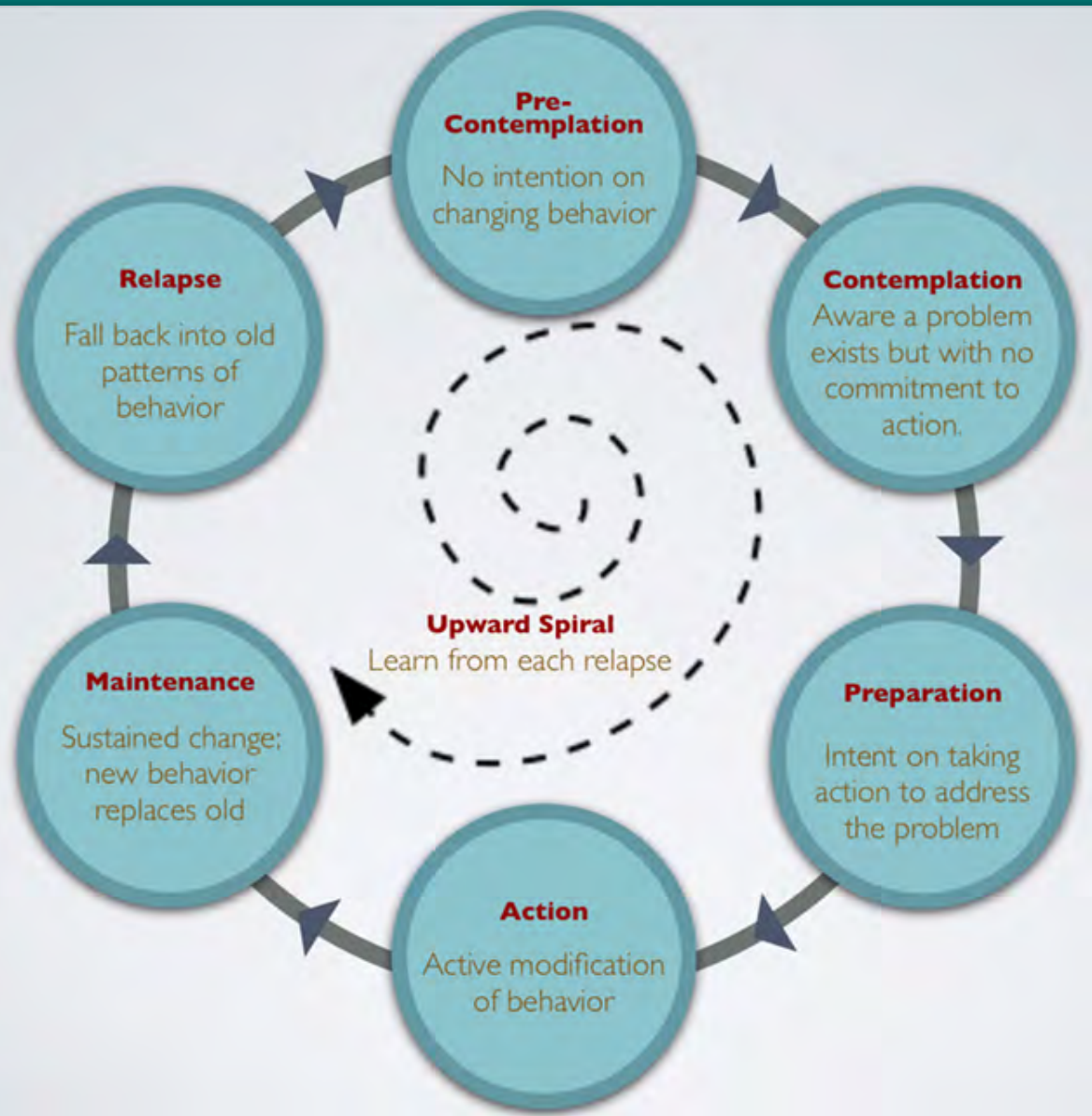
- Maintaining Empathy:
- Avoid Argumentation:
- Building Self Efficacy:
- Promoting Discrepancies:
- Rolling With Resistance:

# Stages of Change

The goal of Stages of Change is to motivate the client to move from one stage to the next:

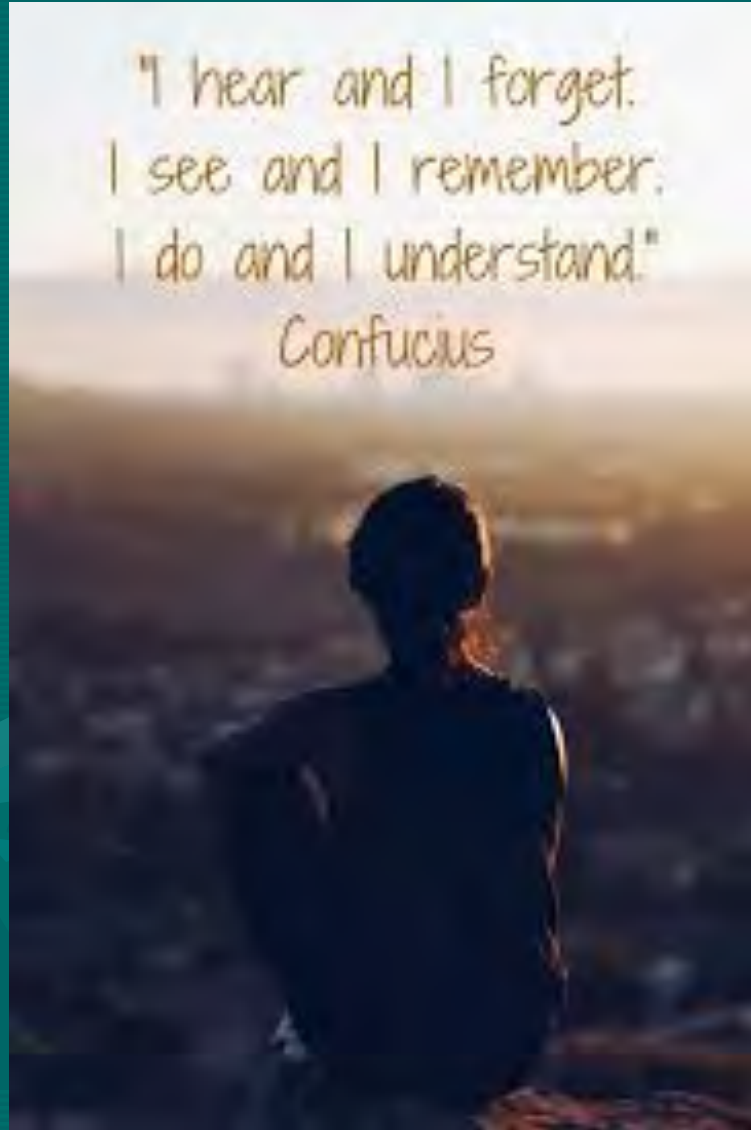
- Pre-Contemplation**-Unaware or unwilling to even consider change
- Contemplation**-Open to information, ideas, opinions characterized by ambivalence
- Determination**-Getting ready to try out new behaviors
- Action**-Taking actual steps toward new behavior
- Maintenance**-Has engaged in new behavior for at least 6 months
- Relapse**-Debrief





# Experiential Therapies

"I hear and I forget.  
I see and I remember.  
I do and I understand."  
Confucius



# Experiential Therapies

- A method of therapy that is 'hands on' for both the therapist & the individual
  - 'Here & now;'
  - Active 'doing,' rather than 'being done to'
  - All learning is experience-based.
  - We remember 20% of what we hear, 50% of what we see, & 80% of what we do

# Experiential Therapies

- Research supports the use of experiential therapy as motivation increases & social integration is easier through the experience of such therapy (Petroni, 2005).
- Experiential methods help clients build positive traits & protective factors such as an increased sense of purpose, pro-social leadership skills, & increased interpersonal skills. Paivio & Greenberg (1995)

# Experiential Therapies

- ‘Sublimation’- using a negative urge or impulse in a positive way (ex.: having kid with graffiti habit participate in art therapy)
- Experiential therapy can be especially helpful with trauma as many traumas are pre-verbal (Dayton, 2001)
  - It is difficult to reach these wordless places through traditional talk therapy
  - Trauma is stored in the body
  - The body or metaphor can be used to move through the memory

# Experiential Techniques

- Use of Metaphor:
- Reflection:
- Support:

(Inner Harbour, 2006)

# Multi-Modal

Research has shown the most affective treatment providers are:

- 1) Those who are fluent in many theories and models of treatment.
- 2) Who are client centered/counselor driven.
- 3) Focus on strengths and protective factors
- 4) Who are able to develop trusting therapeutic relationships.
- 5) Who are work within their area of expertise.



# Most Important!!!

- Research shows that the most important aspect to effective treatment is building a *trusting therapeutic relationship* between the client and therapist.



# Q&A

