

The Role of Behavioral Interventions in Substance Use Disorder Treatment

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“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

Functional Behavior Analysis

External Triggers	Internal Triggers	Behavior	Short Term Positive Consequences	Long Term Negative Consequences
<p>1. <u>Who</u> are you usually with when you use?</p> <p>2. <u>Where</u> do you usually use?</p> <p>3. <u>When</u> do you usually use?</p>	<p>1. What are you usually thinking about right before you use?</p> <p>2. What are you usually feeling physically right before you use?</p> <p>3. What are you usually feeling emotionally right before you use?</p>	<p>1. What do you usually use?</p> <p>2. How much do you usually use?</p> <p>3. Over how long a period do you usually use?</p>	<p>1. What do you like about using with (whom)?</p> <p>2. What do you like about using (where)?</p> <p>3. What do you like about using (when)?</p> <p>4. What are some of the pleasant thoughts you have while you are using?</p> <p>5. What are some of the pleasant physical feelings you have while you are using?</p> <p>6. Over how long a period do you usually use?</p>	<p>1. What are the negative results of (behavior/activity) in each of these areas?</p> <p>a. Family members</p> <p>b. Friends</p> <p>c. Physical Feelings</p> <p>d. emotional feelings</p> <p>e. Legal situations</p> <p>f. School situations</p> <p>g. Job situations</p> <p>h. financial situations.</p> <p>i. Other situations.</p>

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.

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.

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:

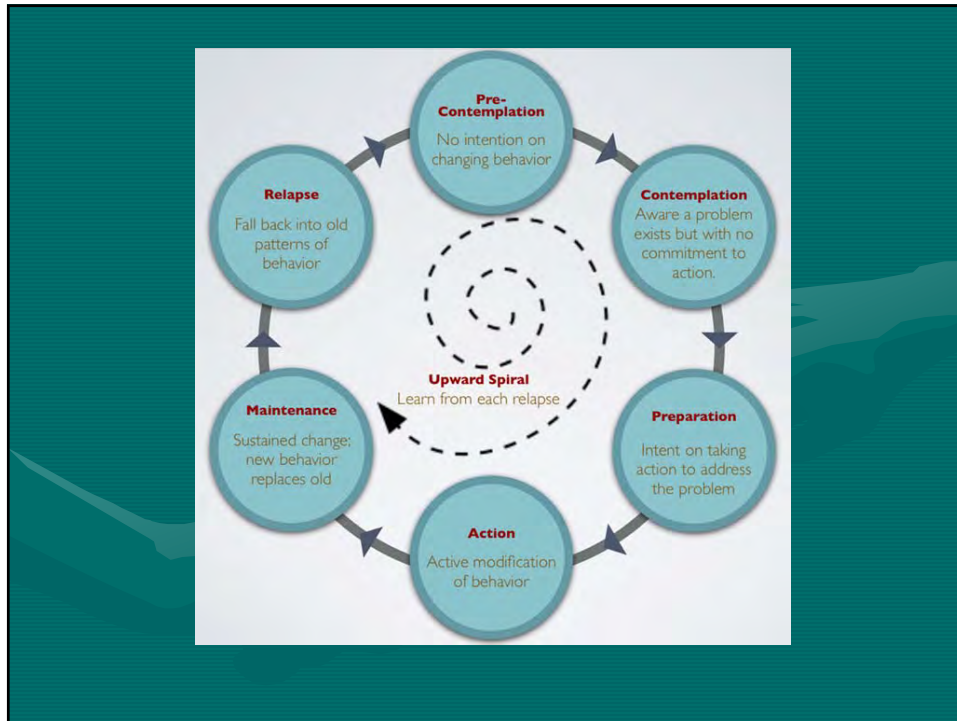
MET Skills

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

Stages of Change

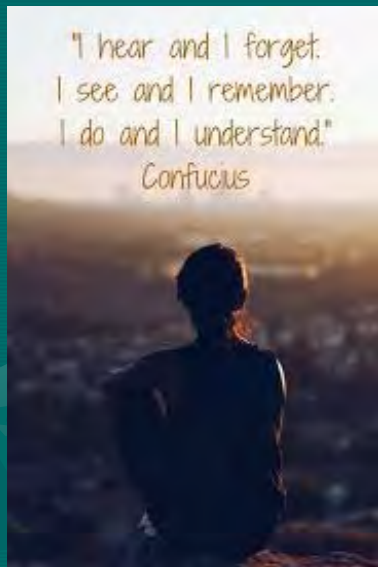
The goal of Stages of Change is to motivate the client to move from one stage to the next:

- 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)

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

Registration

- If you haven't already done so, please take a few minutes to sign in using the link or QR Code below. The QR Code can be scanned with your phone's camera to open the link.

<http://sgiz.mobi/s3/4-18-SUD>

