

# **Cognitive Behavioral Interventions for Substance Abuse**

Overview Presentation  
TASC Conference 2013

University of Cincinnati  
Corrections Institute

# Curriculum Content, Format and Supporting Research

# Curriculum Organization

- Introduction and Preparation Material
- Pretreatment Modules (optional)
- Modules 1-6
- Participant Worksheets

Mod 1  
(5)

Mod 2  
(4)

Mod 3  
(8)

Mod 4  
(11)

Mod 5  
(4)

Mod 6  
(7)

Motivation &  
Engagement

Emotion  
Regulation

Problem  
Solving

Cognitive  
Restructuring

Social  
Skills

Relapse  
Prevention

Optional: Pre-Treatment Mod (3)

# Group Structure

- Ideal size: 8-10 (Max:16 = 2 facilitators)
- Group time: 1.25-1.50 hours
- Modified closed group: entry points with pre-requisites, pages 11-13
- Preparation requirement: ~30 minutes
- Homework: a key to transfer of practice

# Session Format

- Session background – Facilitator notes
- Session materials
- Practice work review
- Group discussion and activities
- Practice work assignment

# Who May Deliver CBI-SA?

- Individuals who have successfully completed CBI-SA training
- Preference to substance abuse professionals
- State regulations may prohibit those without certification or licensure

# Who Would Benefit from CBI-SA?

- Clients who score MODERATE or HIGH need in the substance use domain
- Admission does not require a substance use disorder diagnosis
- Those with substance abuse or dependence diagnosis are appropriate



# How is the term “Substance Abuse” used in the Curriculum?

- Substance abuse leads to impairment in some aspect of functioning
- Individual may or may not be dependent on substances
- Current substance use (unless in a controlled environment)

# Is Abstinence Required?

- Abstinence is not required – programs will use their own policies
- Safety could warrant banning participants currently under the influence
- Drug testing is often used to monitor, but positive results are evidence of the need for treatment

An in depth look at the debate over whether  
or not addiction can really be considered a "disease?"

# Pleasure Unwoven

a personal journey about addiction  
by Kevin McCauley



Product of The Institute for Addiction Study



# Drugs Work in Two Ways

**Mimicking  
the Neurochemical  
Processes**

**Increasing Action  
of Endogenous  
Transmitters**

# How it Works

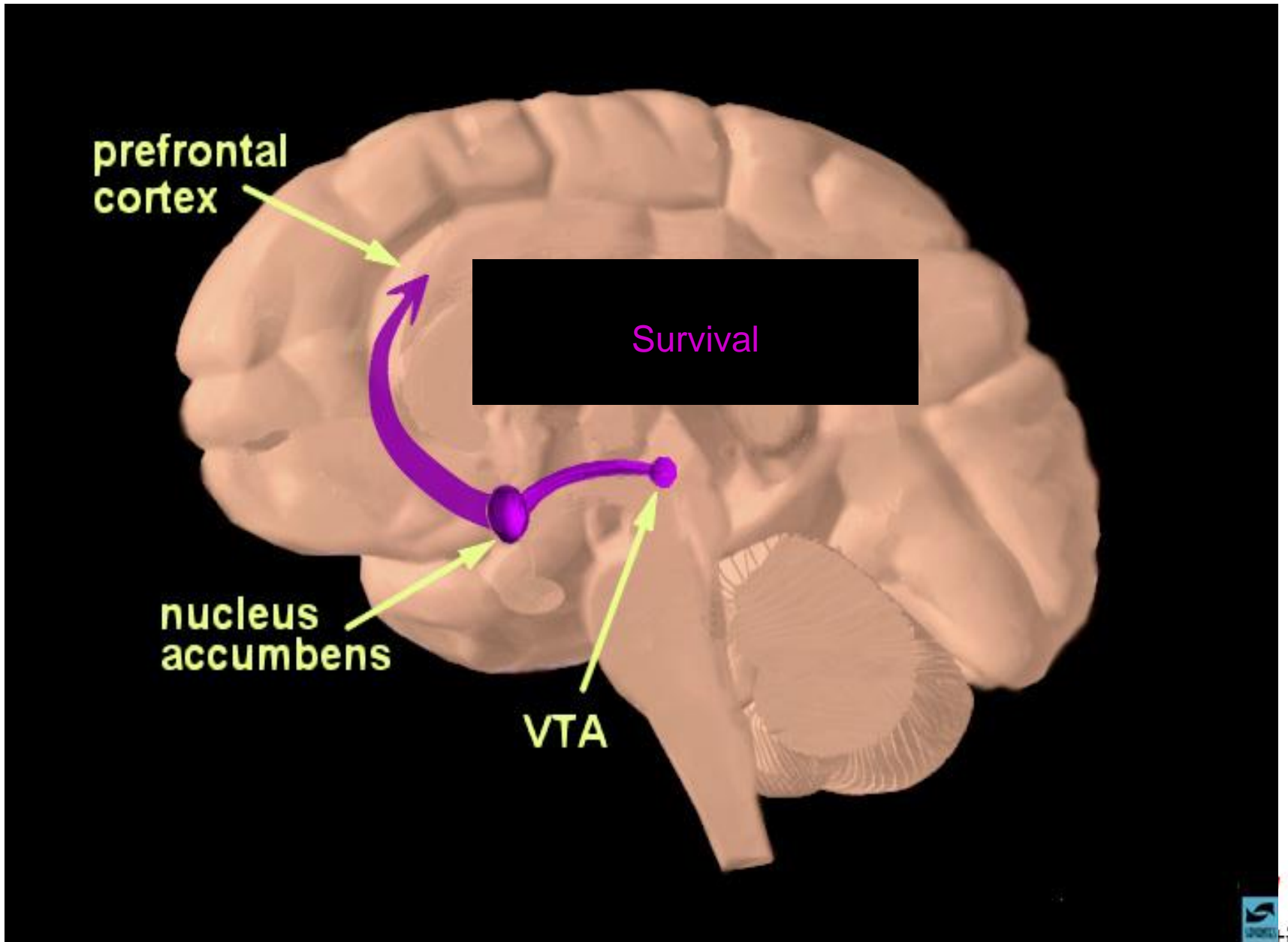
- Dopamine affects pleasure center of brain
- Stimulates the release of dopamine at a rapid rate
- Experience of pleasure
- Over time results in dopamine depletion

prefrontal cortex

Survival

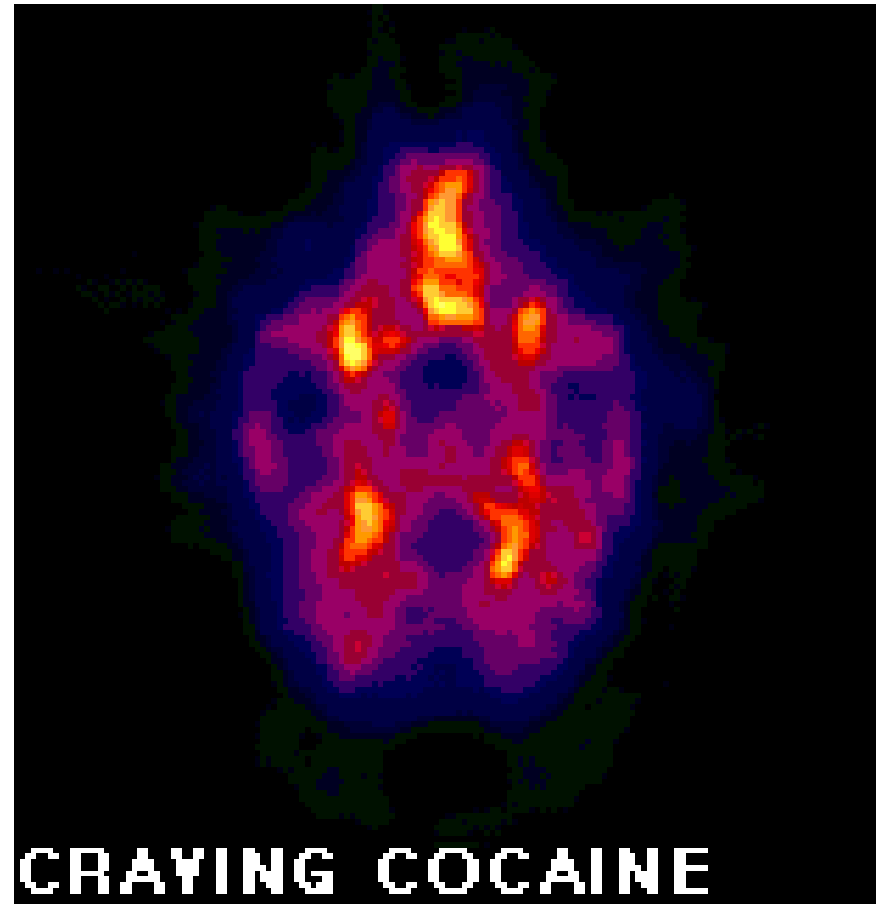
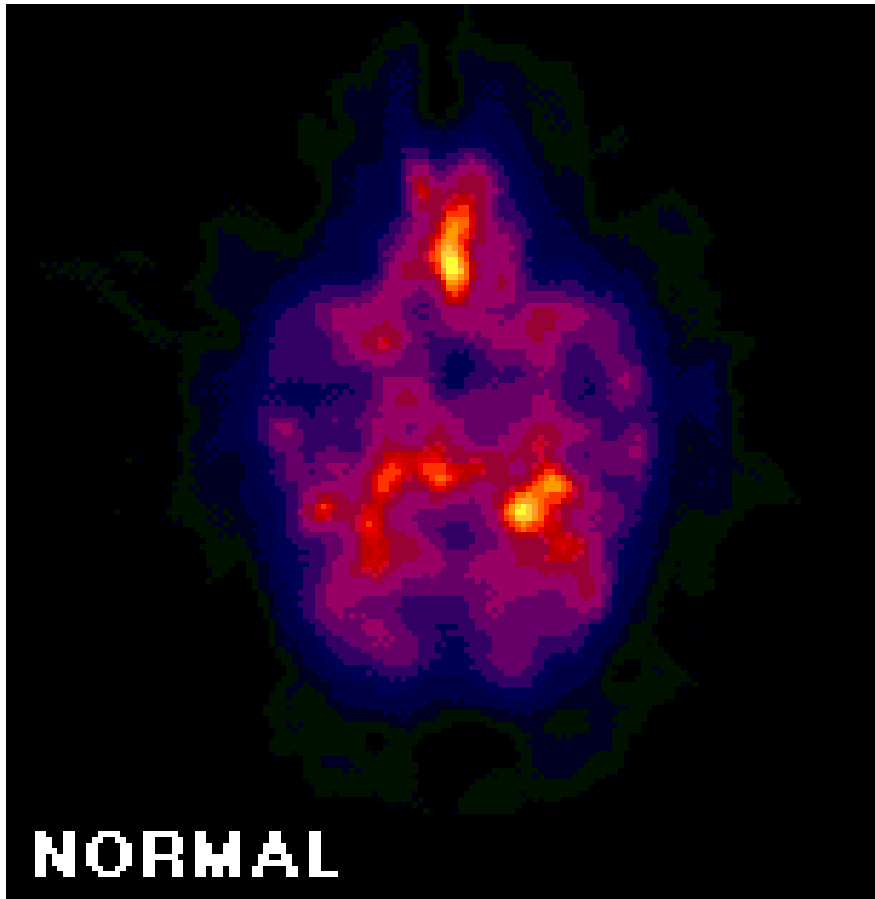
nucleus accumbens

VTA



# Craving

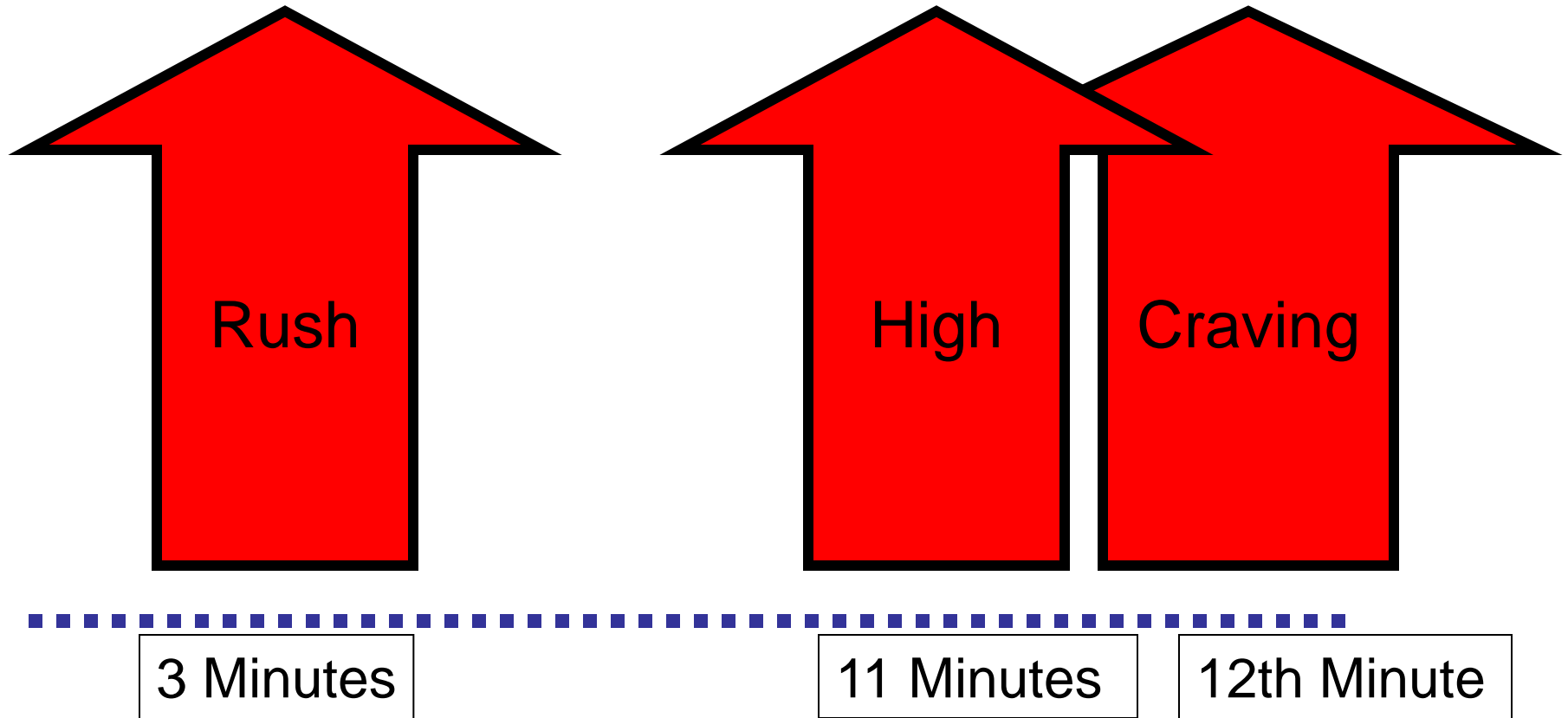
- The brain becomes active when a person with addiction sees or hears stimuli that trigger craving
- Individuals who suffer from addiction can learn how to manage cravings





# Cocaine

## Rush, High and Craving Peaks





Motivational Engagement  
Cognitive-Behavioral  
Social Learning – Emotion  
Regulation, Social Skills,  
Problem Solving  
Relapse Prevention

**Cognitive-Behavioral  
Interventions  
for  
Substance Abuse**

**We Poured  
Elements of  
Effective  
Intervention into  
the Curriculum**

# Stages of Change

Precontemplation

C  
R  
I  
S  
I  
S

Contemplation

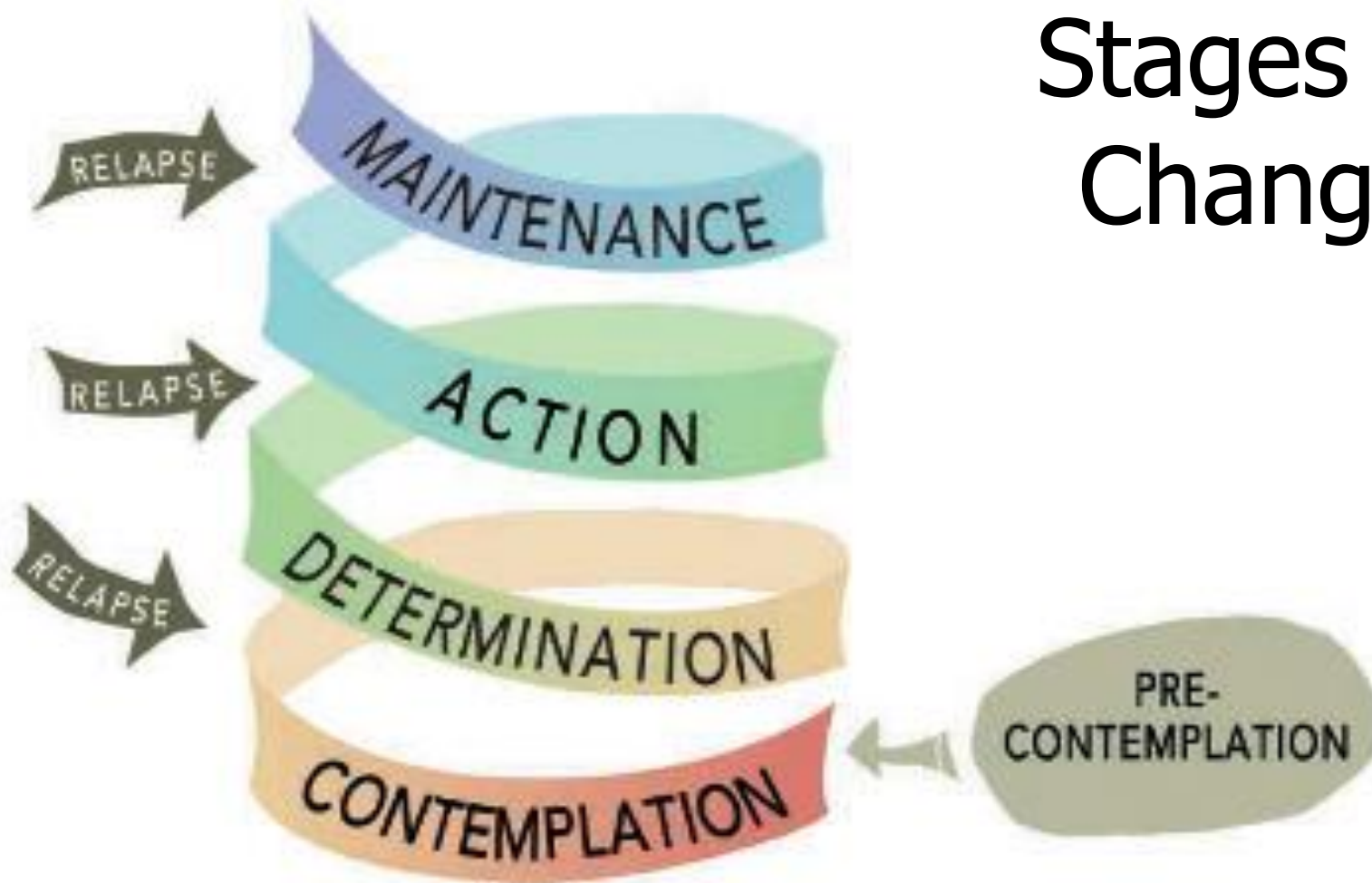
Determination

Action

Relapse

Maintenance

# Stages of Change



# Project MATCH

CBT

MET

12 Step Facilitation

<http://pubs.niaaa.nih.gov/publications/match.htm>

# Research on 12 Step Programs

2 Controlled Studies  
Mandatory AA with  
Offenders



No Beneficial  
Outcomes

# Self-Help and Support Network

- Self-Help compliments and extends treatment effects
- Examples include 12 Step, SMART Recovery, Women for Sobriety
- Support is key – type of support can vary (church, family/friends, community groups)

# MI + CBT compared to CBT alone for Cocaine TX

- Attended more sessions
- Reported greater desire for abstinence
- Reported expectation of success
- Expected greater difficulty in maintaining abstinence
- No differences on cocaine use

McKee, et al., (2007)



# Cognitive-Behavioral Treatment (CBT)



Trigger

THOUGHTS  
FEELINGS  
BEHAVIORS



Use

# Cognitive-Behavioral Treatment (CBT)



Trigger

THOUGHTS

FEELINGS

BEHAVIORS



Refuse

# Reinforcement

# Pavlov Video

# SA is Reinforcing

## Positive Reinforcement

Social  
Situation

+

Substance  
Use



Pleasure

## Negative Reinforcement

Stressful  
Situation

+

Substance  
Use



Reduced  
Unpleasant  
Feeling

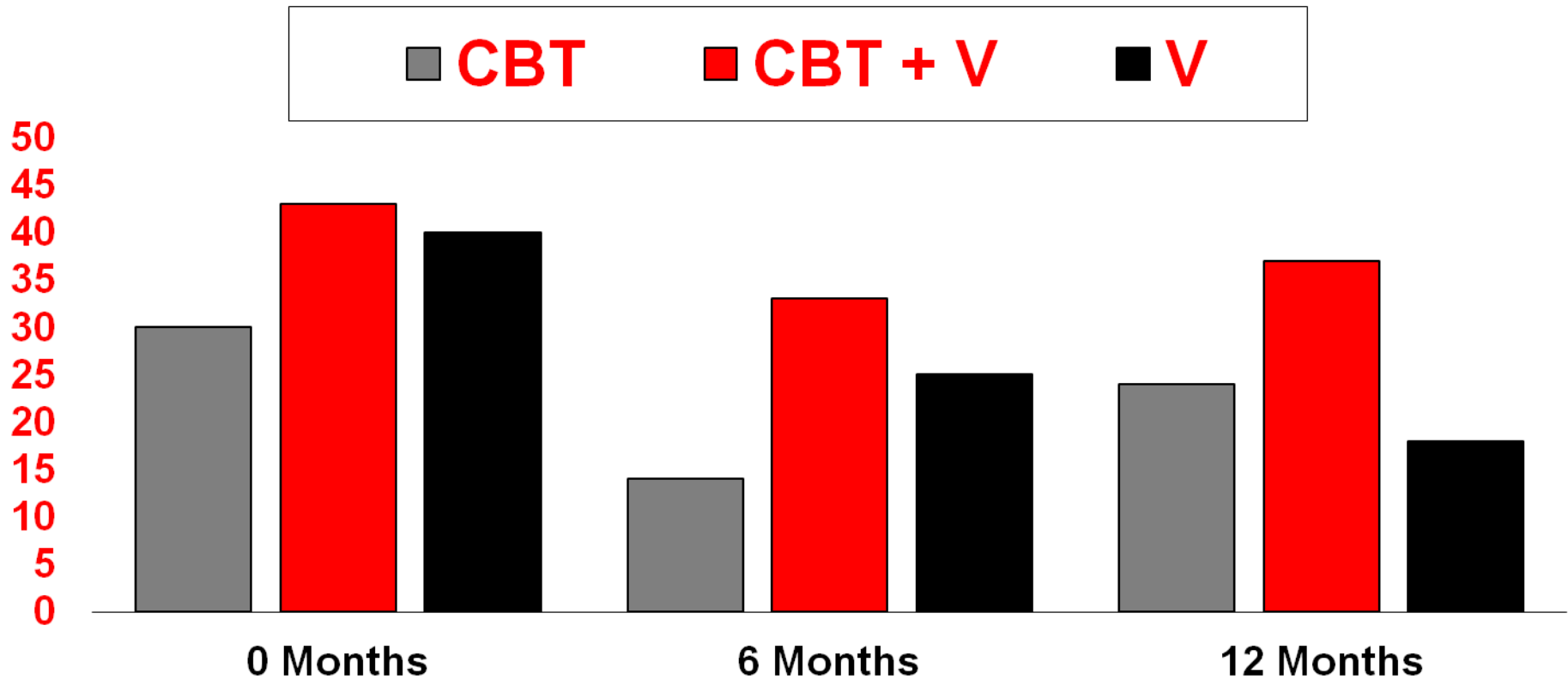
# Charlie Brown and Lucy



# Motivational Incentives

<http://www.bettertxoutcomes.org/motivationalincentives/PAMI.html>

# Marijuana Abstinence Post-Treatment





# Use of Lower Cost Items

- Petry (2000) has shown lower but still significant benefits from low cost incentives
- Use of fishbowl, refund of fees, etc.
- Socio-economic status did not change efficacy of incentives

# Contact Information

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