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
Optional: Pre-Treatment Mod (3)

Motivation & Engagement
Cognitive Restructuring

Emotion Regulation
Social Skills

Problem Solving
Relapse Prevention
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
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

- Rush: 3 Minutes
- High: 11 Minutes
- Craving: 12th Minute
Motivational Engagement
Cognitive-Behavioral
Social Learning – Emotion
Regulation, Social Skills,
Problem Solving
Relapse Prevention

We Poured
Elements of
Effective
Intervention into
the Curriculum
Stages of Change

Precontemplation

Contemplation

Determination

Action

Maintenance

Relapse
Stages of Change

- Pre-Contemplation
- Contemplation
- Determination
- Action
- Maintenance
- Relapse
Project MATCH

CBT       MET

12 Step Facilitation

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

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

- CBT
- CBT + V
- V

- 0 Months
- 6 Months
- 12 Months
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
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