

# **SW + Substance Use: Session 5 Interventions & Treatment**

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# Most Common Interventions for Substance Use Treatment

- Behavioral therapies: *Behavioral therapy is **an umbrella term for types of therapy that treat mental health disorders**. This form of therapy looks to identify and help change potentially self-destructive or unhealthy behaviors. It's based on the idea that all behaviors are learned and that behaviors can be changed.*
  - *Psychotherapy (individual and/or group)*
  - *CBT*
  - *DBT*
  - *Art therapies (music, dance, visual, poetry, etc) Shown affective in treating trauma recovery, depression, PTSD.*



# Treatment

- Typically, we want to take a comprehensive approach meaning we are looking to support behavioral change not only through behavioral therapy but also in looking at environment, resources, connection/attachment/interpersonal dynamics, identity, history, community, employment, medical aspects, medication management and so on.
- What can we do, that will support behavior change?

# Big Picture: Some of My Philosophy of Change

- Many ways to change (or healing), and is always about finding the best fit for the individual (or self) at a particular point in time with a particular set of circumstances
- *All things belong*: "What we resist persists" >>> so the challenges, emotions, and reactions we have are actually **invitations for healing, change, or increased understanding**. *Can't pick and choose feelings (Brene Brown)*
- We are always working towards wholeness, so it is less about "fixing", and more about *allowing*.
- Largely an internal exploration and rooted in self-actualization, self-development (borrowing from Maslow)
- Power of choice (Caroline Myss)
- **Solution is not at the level of the problem**
- **Change happens in the experiential**





**Change is Movement**



# A Few in Depth

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Cognitive Behavioral Therapy (CBT)

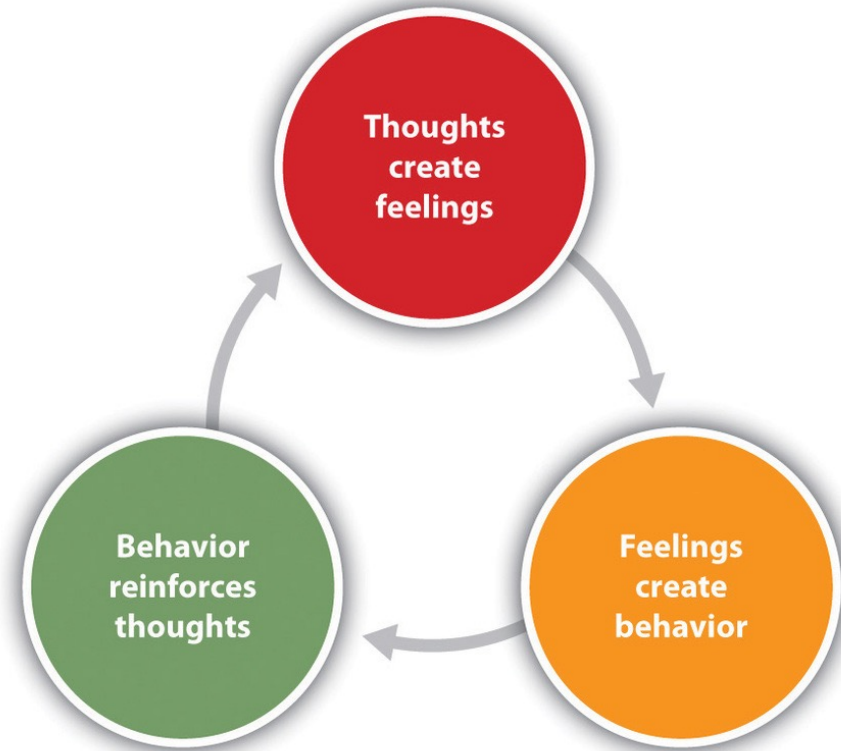
The diagram consists of two horizontal rows. Each row features a colored rounded rectangle on the left containing text, followed by a thin vertical line, and then a larger empty rectangular box for notes. The top row has an orange rounded rectangle and an orange-bordered box. The bottom row has a pink rounded rectangle and a pink-bordered box.

Dialectical Behavioral Therapy (DBT) + Mindfulness

You need to learn how to **select your thoughts** just the same way you select your clothes every day. This is a **power you can cultivate**. If you want to control things in your life so bad, work on the mind. That's the only thing you should be trying to control

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# CBT: Behavior's origin point?





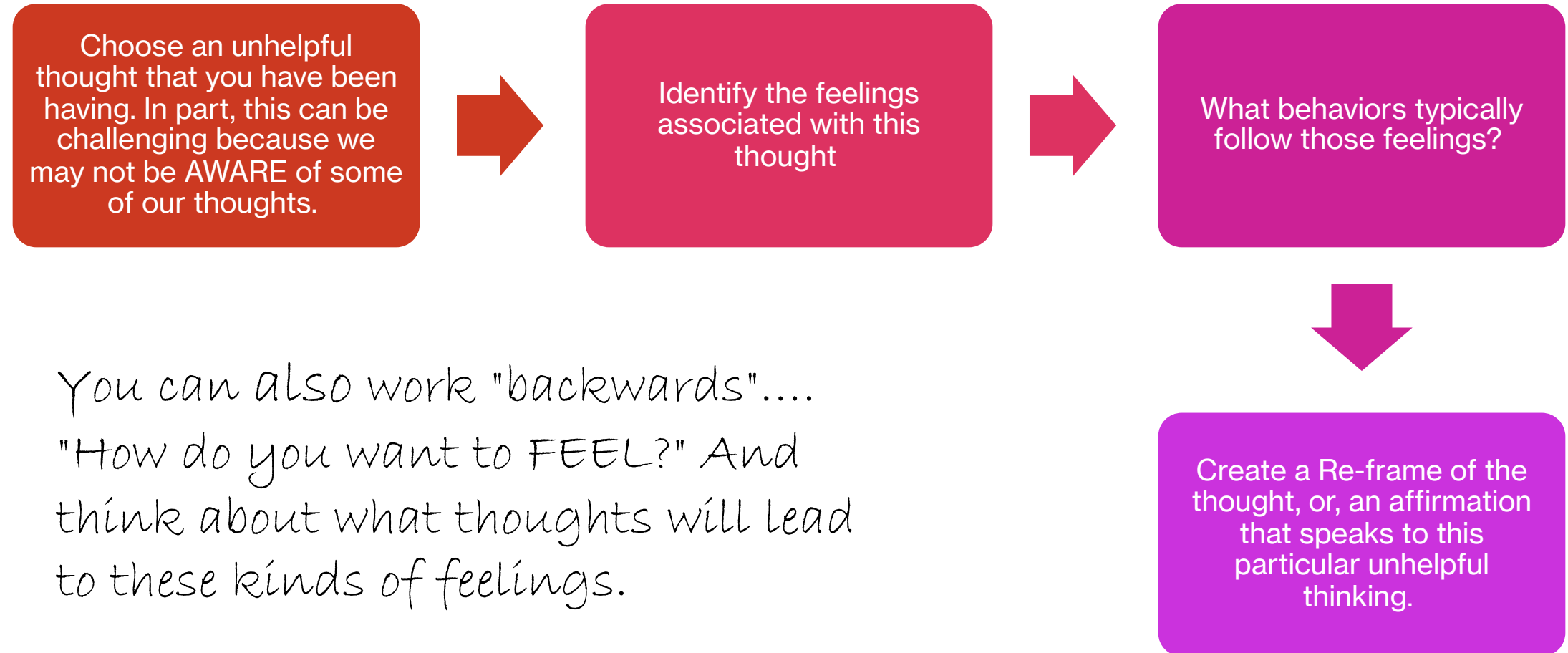
# How to deal with negative thoughts?



## Cognitive Behavioral Therapy

- Thoughts --> Feelings --> Beliefs
- With SUD thoughts can be a place of risk or resilience (protection). This is also often something people express they "hide" and **is in part what groups encourage which is to tell the truth, to get your thoughts in the OPEN** so they cannot influence you in a hidden way.
- Awareness of where thoughts ARE, quality of thoughts, content of thoughts (future, past, anxiety, guilt)
- CBT centers around building first an awareness of thoughts and then skills to re-frame (re-program). One way people often do this is affirmations or keeping a thought log.
- **Cognitive Distortions COMMON for SUD** : <https://www.uth.edu/studenthealth/student-counseling-services/CognitiveDistortions.pdf>

# Group Activity: Re-Frame a Thought



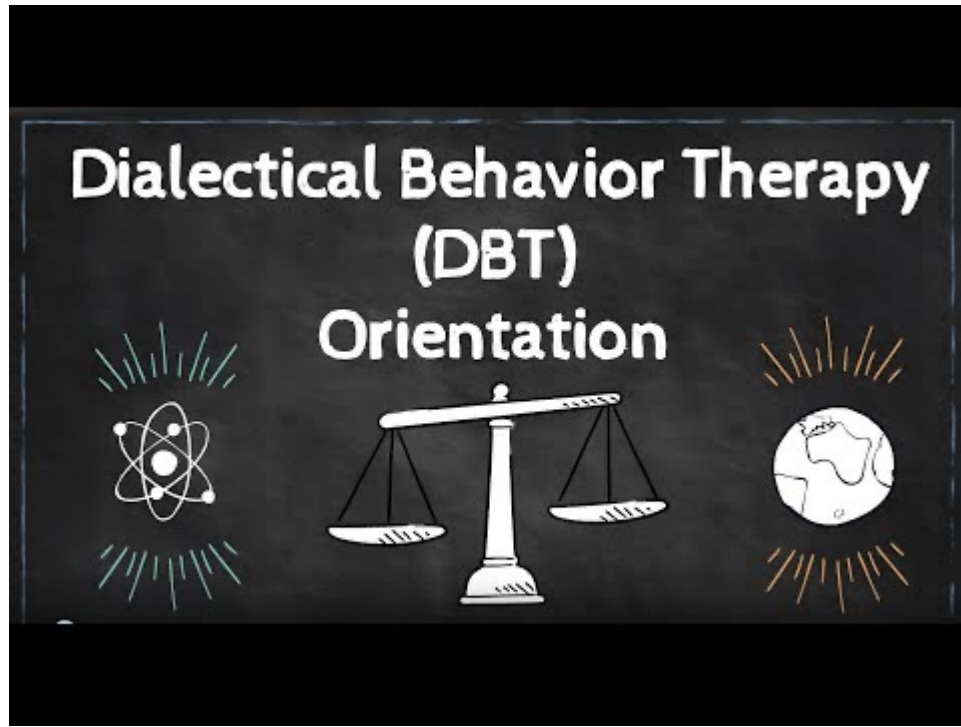
# DBT

- Dialectical behavior therapy (DBT) is a modified type of CBT. Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.
- Originally developed for those with borderline but is used with many mental health D/O present day. It can help people who have difficulty with emotional regulation or are exhibiting self-destructive behaviors (such as eating disorders and substance use disorders).
- Structured program (typically a year)





# Video : DBT





# Dialectical Behavioral Therapy (DBT)

- **Mindfulness:** the practice of being fully aware and present in this one moment
- **Distress Tolerance:** how to tolerate pain in difficult situations, not change it
- **Interpersonal Effectiveness:** how to ask for what you want and say no while maintaining self-respect and relationships with others
- **Emotion Regulation:** how to change emotions that you want to change

## 4 Ways to Respond to a Problem

1. Solve the Problem
  - *Change or leave the situation.*
2. Feel Better about the Problem  
(or change how you think about it)
  - *Regulate the emotions that the problem elicits.*
3. Tolerate the Problem
  - *Accept and tolerate the problem, as well as your response to it.*
4. Stay Miserable
  - *Don't make any changes. (Get validation first).*







If you are going through  
hell, keep going.

Winston Churchill



**CRISIS MEANS  
TO SIFT.  
LET IT ALL  
FALL AWAY  
AND YOU'LL BE  
LEFT WITH  
WHAT  
MATTERS.**

GLENNON DOYLE  
MELTON

# Case Study Vignettes

- [https://docs.google.com/document/d/1gMK9sEGWcdfLDu\\_3SC7caw4Q5dtImfYSrqhAKHHA2P8/edit?usp=sharing](https://docs.google.com/document/d/1gMK9sEGWcdfLDu_3SC7caw4Q5dtImfYSrqhAKHHA2P8/edit?usp=sharing)





# Extra Slides; Videos

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## Video 2

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Life-threatening  
behavior



Quality-of-life-  
interfering behavior



- Impulsive sexual behavior
- Impulsive spending
- Being jobless or homeless