

# BASIC VOLUME

## Elements of Drug Dependence Treatment

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## MODULE 1

**Drug dependence  
concept and principles  
of drug treatment**

Biology of drug  
dependence

Addiction and the  
brain

Principles of drug  
dependence  
treatment and care

## MODULE 2

**Motivating clients for  
treatment and  
addressing resistance**

Basic counselling  
skills for drug  
dependence  
treatment

Special  
considerations when  
involving families in  
drug dependence  
treatment

Principles of  
motivational  
interviewing

## MODULE 3

**Principles of CBT and  
relapse prevention  
strategies**

Introduction to  
Cognitive Behavioural  
Therapy

Basics of  
pharmacological  
treatment

**MODULE 2**  
**MOTIVATING CLIENTS**  
**FOR TREATMENT AND**  
**ADDRESSING**  
**RESISTANCE**



# Module 2

## Training goals

- ▶ Understand conceptual approaches to the treatment of drug dependence
- ▶ Increase knowledge about role of counselling in drug dependence treatment and
- ▶ Learn how to employ basic counselling skills
- ▶ Understand why and how to work with patients'/clients' families
- ▶ Become familiar with the concept and principles of motivational interviewing

# Module 2

## Motivating clients for treatment and addressing resistance



**Basic counselling skills for drug dependence treatment**



**Special considerations when involving families in drug dependence treatment**



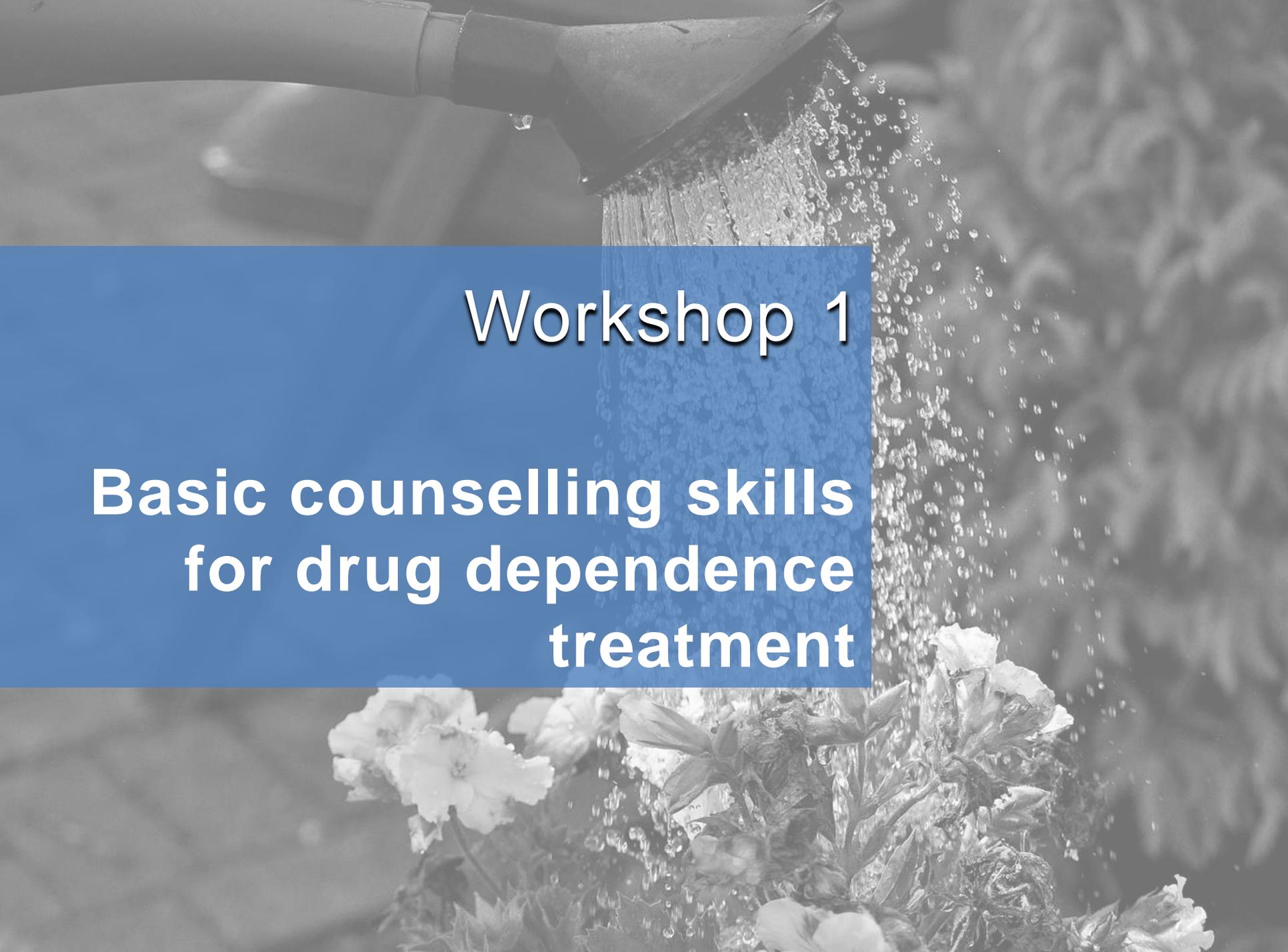
**Principles of motivational interviewing**

# Pre-assessment



# Icebreaker



A black and white photograph of a shower head spraying water onto a bouquet of white flowers. The water is captured in mid-air, creating a misty effect. The shower head is in the upper left, and the flowers are in the lower right. A blue rectangular box is overlaid on the left side of the image, containing white text.

# Workshop 1

## Basic counselling skills for drug dependence treatment

# Training objectives

**At the end of this workshop you will be able to:**

- ▶ Conduct a minimum of 3 counselling strategies
- ▶ Structure a regular counselling session
- ▶ Identify a minimum of 4 counselling strategies useful in drug dependence treatment
- ▶ Understand the importance of clinical supervision/support
- ▶ Employ a minimum of 3 listening strategies and 3 responding and teaching strategies in counselling for drug dependence treatment



# Introduction to counselling



# What is counselling?

## Counselling involves the following:

- ▶ Interactive relationship
- ▶ Collaboration
- ▶ Set of clinical skills & teaching techniques
- ▶ Positive reinforcement
- ▶ Emotional support
- ▶ Formal record

# What is counselling?

**In counselling, it is important to establish the following:**

- ▶ Goals of treatment
- ▶ Treatment modality
- ▶ Treatment plan
- ▶ Scheduling of sessions
- ▶ Frequency and length of treatment
- ▶ Potential involvement of others
- ▶ Termination of treatment

# Principles of counselling

## An addiction treatment professional should

- ▶ Respect the client
- ▶ Be a role model
- ▶ Control the therapeutic relationship
- ▶ Emphasise the client's personal responsibility for recovery
- ▶ Provide direction and encourage self-direction
- ▶ Be conscious of his or her own issues



# Basic counselling skills

# Basic counselling skills



ACTIVE LISTENING

PROCESSING

RESPONDING

TEACHING

# Active listening

Active listening by the clinician encourages the client to share information by providing verbal and nonverbal expressions of interest.



# Active listening skills

**Active listening includes the following skills:**

- ▶ Attending
- ▶ Paraphrasing
- ▶ Reflection of feelings
- ▶ Summarizing

# Attending

Attending is expressing awareness and interest in what the client is communicating both verbally and nonverbally.



# Attending

## Attending helps the clinician

- ▶ Understand the client through careful observation
- ▶ Attending helps the client
- ▶ Relax and feel comfortable
- ▶ Express their ideas and feelings freely in their own way
- ▶ Trust the counsellor
- ▶ Take a more active role in their own sessions

# Attending

## Proper attending involves the following:

- ▶ Appropriate eye contact, facial expressions
- ▶ Maintaining a relaxed posture and leaning forward occasionally, using natural hand and arm movements
- ▶ Verbally “following” the client, using a variety of brief encouragements such as “Um-hm” or “Yes,” or by repeating key words
- ▶ Observing the client’s body language

# Example of attending



# Let's practice!



## How should the clinician respond?

The client asked the clinician about the availability of medical help to deal with his withdrawal symptoms. The clinician noticed that the client is wringing his hands and looking very anxious.

# Paraphrasing



**Paraphrasing is when the clinician restates the content of the client's previous statement**

- ▶ Paraphrasing uses words that are similar to the client's, but fewer
- ▶ The purpose of paraphrasing is to communicate to the client that you understand what he or she is saying

# Paraphrasing

## **Paraphrasing helps the clinician**

- ▶ Verify their perceptions of the client's statements
- ▶ Spotlight an issue

## **Paraphrasing helps the client**

- ▶ Realise that the counsellor understands what they are saying
- ▶ Clarify their remarks
- ▶ Focus on what is important and relevant

# Example of paraphrasing

1

My mum irritates me. She picks on me for no reason at all. We do not like each other.

3

Yes!

2

So...you are having problems getting along with your mother. You are concerned about your relationship with her.

# Reflection of feelings



Reflection of feelings is when the clinician expresses the client's feelings, either stated or implied. The counsellor tries to perceive the emotional state of the client and respond in a way that demonstrates an understanding of the client's emotional state.

# Reflection of feelings

## **Reflection of feelings helps the clinician**

- ▶ Check whether or not the clinician accurately understands what the client is feeling
- ▶ Bring out problem areas without the client being pushed or forced

## **Reflection of feelings helps the client**

- ▶ Realise that the counsellor understands what they feel
- ▶ Increase awareness of own feelings
- ▶ Learn that feelings and behaviour are connected

# Example of reflection of feelings

1  
When I get home in the evening my house is a mess. The kids are dirty... my husband does not care about dinner... I do not feel like going home at all.

2  
You are not satisfied with the way the house chores are.

3  
Yes!

# Summarising



Summarising is an important way for the clinician to gather together what has already been said, make sure that the client has been understood correctly, and prepare the client to move on. Summarising is putting together a group of reflections.

# Summarising

## **Summarising helps the clinician**

- ▶ Provide focus for the session
- ▶ Confirm the client's perceptions
- ▶ Focus on one issue while acknowledging the existence of others
- ▶ Terminate a session in a logical way

## **Summarising helps the client**

- ▶ Clarify what they mean
- ▶ Realise that the counsellor understands
- ▶ Have a sense of movement and progress

# Example of summarising

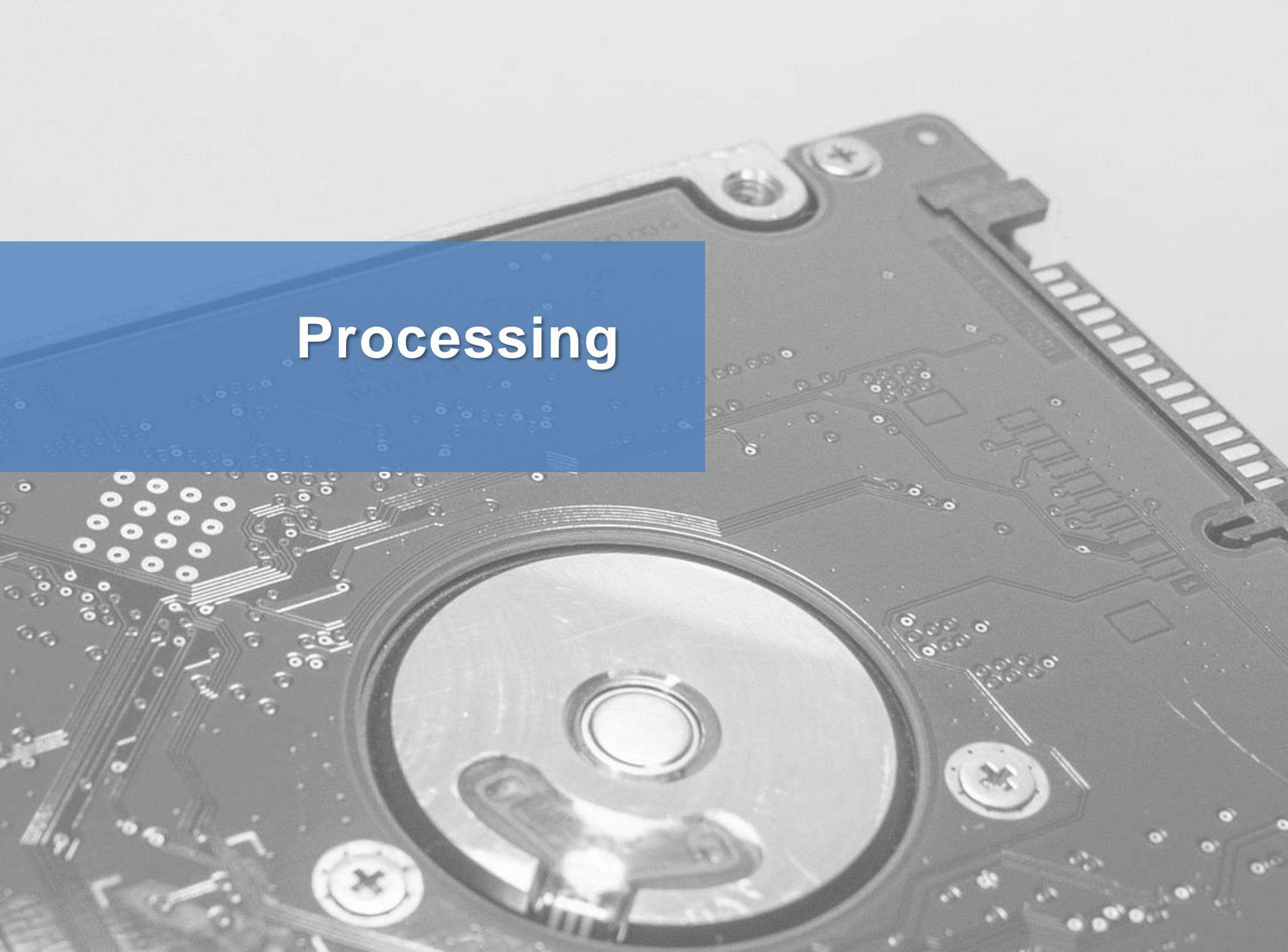


2

Yes, that is it!

1

We discussed your relationship with your husband. You said there were conflicts right from the start related to the way money was handled, and that he often felt you gave more importance to your friends. Yet on the whole, things went well and you were quite happy until 3 years ago. Then the conflicts became more frequent and more intense, so much so that he left you twice and talked of divorce, too. This was also the time when your drinking was at its peak. Have I understood the situation properly?



# Processing

# Processing

Processing is the act of the clinician thinking about his or her observations about the client and what the client has communicated.



# Processing

**Processing allows the counsellor to mentally catalogue the following data:**

- ▶ Client's beliefs, knowledge, attitudes and expectations
- ▶ Information given by his or her family
- ▶ Counsellor's observations

# Responding



# Responding

Responding is the act of communicating information to the client that includes providing feedback and emotional support, addressing issues of concern, and teaching skills.

# Expressing empathy



Empathy is the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experiences of another.

# Example of expressing empathy

1 I am so tired, but I cannot sleep...so I drink some wine.

3 When I wake up...I am already too late for work. Yesterday my boss fired me...

5 ...but I do not have a drinking problem!

2 I see.

4 I understand, I am sorry about your job.

# Probing

Probing is the counsellor's use of a question to direct the client's attention to explore his or her situation in greater depth.



# Probing

- ▶ A probing question should be open-ended
- ▶ Probing helps to focus the client's attention on a feeling, situation or behaviour
- ▶ Probing may encourage the client to elaborate, clarify or illustrate what he or she has been saying
- ▶ Probing may enhance the client's awareness and understanding of his or her situation and feelings
- ▶ Probing directs the client to areas that need attention

# Example of probing

1 I was always known to be a good worker. I even received an award. Lately I had some issues... my husband is just not helping...that is why I am always late.

2 Tell me about the problems you have been having at the work place.

3 Actually I have had lots of problems, not only being late.

Work problems related to use?

# Interpreting

Interpreting is the clinician's explanation of the client's issues after observing the client's behaviour, listening to the client and considering other sources of information.

# Interpreting

## Effective interpreting has three components:

- ▶ Determining and restating basic messages
- ▶ Adding ideas for a new frame of reference
- ▶ Validating these ideas with the client

# Example of interpreting



I always  
thought I could  
control

1

You say you had difficulty in getting along with your boss. Once you mentioned that sometimes you simply broke the rules for the sake of breaking them. You also said that you are always late, even when your husband had everything ready for the children. In the past, you said it was because of the negative behaviour of your boss.

This time you blamed your husband. **Is it possible that your problems at work, like being late, are related to your alcohol use?**

# Silence

Silence can encourage the client to reflect and continue sharing. It also can allow the client to experience the power of his or her own words.



# Let's practice!



- ▶ Practice with your colleague the new counselling skills you have learned. A third colleague will be an observer. After 10 minutes switch roles.
- ▶ Each observer should provide feedback at the end of each session.

A black and white photograph of a glass of iced water with a straw on a wooden table. The glass is filled with ice and water, and a black straw is inserted into it. The glass has a textured, diamond-patterned design. The glass is sitting on a white napkin on a dark wooden table. The background is blurred, showing what appears to be an outdoor setting with trees and a building.

**Break**

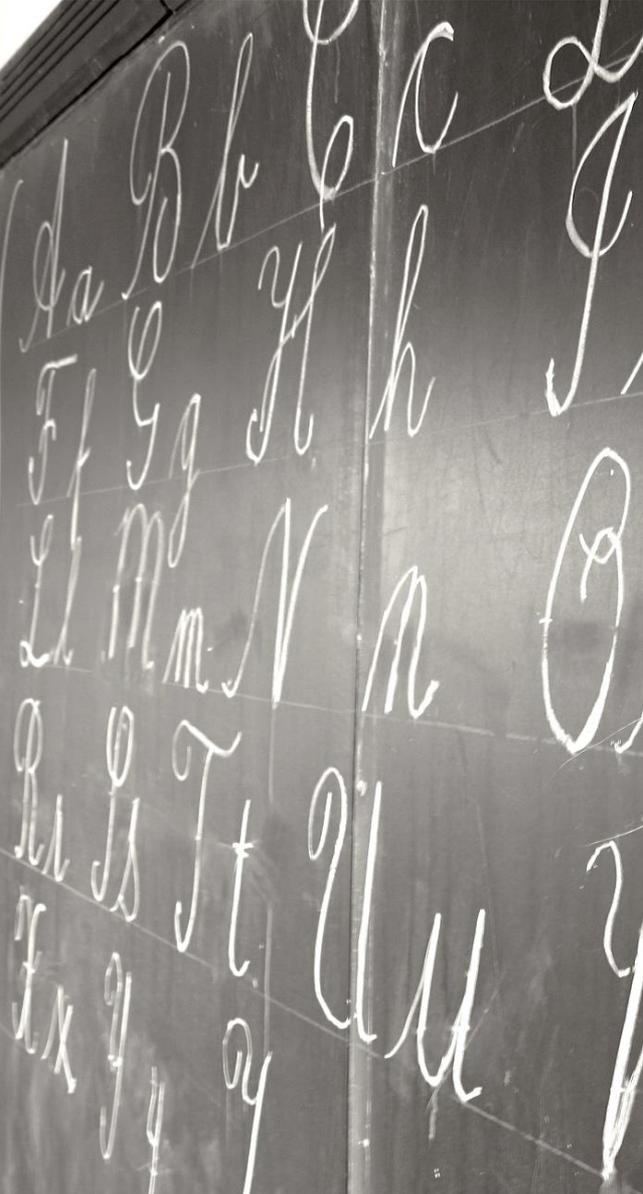
# Teaching clients new skills



# Teaching clients new skills

Teaching is the clinician's transfer of skills to the client through a series of techniques and counselling strategies.

# Use repetition



Repetition entails counsellors restating information. It also helps clients practise new/important skills, which they need to upscale knowledge and to control their drug use.

# Encourage practice

Mastering a new skill requires time and practice. The learning process often requires making mistakes and being able to learn from them. It is critical that clients have the opportunity to try new approaches.



## Give a clear rationale

- ▶ Clinicians should not expect a client to practise a skill or do a homework assignment without understanding why it might be helpful
- ▶ Clinicians should constantly stress how important it is for clients to practise new skills outside of the counselling session and explain the reasons for it

# Let's think!



## What teaching strategies does this clinician employ?

*“It will be important for us to talk about and work on new coping skills in our sessions, but it is even more important to put these skills into use in your daily life. It is very important that you give yourself a chance to try new skills outside our sessions so we can identify and discuss any problems you might have putting them into practice. We’ve found, too, that people who try to practise these skills tend to do better in treatment. The practise exercises I’ll be giving you at the end of each session will help you try out these skills.”*

# Monitoring and encouraging

- ▶ **Monitoring:** to follow-up by obtaining information on the client's attempts to practise the assignments and checking on task completion. It also entails discussing the clients' experience with the tasks so that problems can be addressed in session
- ▶ **Encouraging:** to reinforce further progress by providing constructive feedback that motivates the client to continue practising new skills outside of sessions

# Use the assignments

Use the information provided by the patients in response to their assignments to give them constructive feedback and motivate them.

Focus on the client's:

- ▶ Coping style
- ▶ Resources
- ▶ Strengths and weaknesses

# Explore resistance

Failure to implement skills outside of sessions may be the result of a variety of factors, e.g. feeling hopeless. By exploring the specific nature of a client's difficulty, clinicians can help them work through it.



# Praise approximations

Counsellors should try to shape the patients' behaviour by praising even small attempts at working on assignments, highlighting anything they reveal as helpful or interesting.

# Let's think!



## What teaching strategies does this clinician employ?

*“I noticed that you did not fully complete your homework, but I am really impressed with the section that you have completed. This is great...in this section you wrote that on Monday morning you had cravings but you did not use. That is terrific! Tell me a little more about how you coped with this situation. In this other section, you wrote that you used alcohol. Tell me more about it...let's analyse together the risk factors involved in this situation.”*

## Develop a plan

A plan for change enhances your client's self-efficacy and provides an opportunity for them to consider potential obstacles and the likely outcomes of each change strategy.

# Develop a plan

- ▶ Offer a menu of change options
- ▶ Develop a behaviour contract or a Change Plan Worksheet
- ▶ Reduce or eliminate barriers to action



# Let's practice!



## Change plan

Practice as a clinician and complete the Change Plan Worksheet form.

Ask the client:

- ▶ “When do you think is a good time to start this plan for change?”
- ▶ “Who can help you to take action on this plan?”



# Questions



# Wrap-up



- ▶ What are the counselling strategies useful in drug abuse treatment?
- ▶ Why is clinical supervision/support important?
- ▶ What kind of listening strategies, responding and teaching strategies can be used in counselling for drug abuse treatment?
- ▶ Which counselling strategies did you practice today?
- ▶ Can you structure a regular counselling session?

Thank you for your time!

End of workshop 1

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