

Professional Certificate in  
Substance Abuse Counseling  
Session 10: Important Strategies and Skills  
of Counseling for People with  
Drug Abuse Experience  
(A Practical Approach)

By

Dr. Harris HAR

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1400 - 1700

# Important Strategies and Skills of Counseling for People with Drug Abuse Experience (A Practical Approach)

## Aims:

1. To give an overview of the basic components of counseling for people with drug abuse experience
2. To highlight some practice wisdom of the counseling process

# I. Clarification of some terms:

1. Why not using 'addicts' or 'substance/drug abusers', but 'people with drug use experience'?
2. What does 'practical approach' refer to here?

## II. What is counseling for people with drug abuse experience?

- A. The features of counseling for people with drug abuse experience
- What are the differences between counseling for people who take drugs and counseling for people without drug issues?  
(Group discussion 1)
  - The reflexive relationship between drugs and the troubles which the people who take drugs are confronted.

## II. What is counseling for people with drug abuse experience? (Cont.)

### B. Theories commonly used for counseling for people with drug abuse experience

1. Motivational Interviewing
2. Cognitive-behavioral Relapse Prevention Model
3. Different family therapy/ psychotherapeutic approaches

## III. Overview of the Basic Components of Counseling for people with drug abuse experience

### The main intervention components

1. Engagement (Motivational Enhancement)
2. Detoxification
3. Relapse Prevention
4. Assessment
5. Psychotherapies

### III. Overview of the Basic Components of Counseling for people with drug abuse experience (cont.)

#### A. Engagement

1. Many clients (adult in particular) are quite involved in kicking drugs at the early stage of the treatment, but they withdraw from/ become much less devoted to it after a few months. Why?
2. Balanced Rapport Building

## III. Overview of the Basic Components of Counseling for people with drug abuse experience

### A. Engagement (cont.)

#### 3. Four main Strategies of Motivational Enhancement

- a. Assertive Outreach Approach
- b. Negative Effects Approach
- c. Positive Effects Approach
- d. Analytical Effects Approach



### III. Overview of the Basic Components of Counseling for people with drug abuse experience. A. Engagement (cont.)

#### Advantage-Disadvantage Analysis of Taking Drugs

|            | Ads (FOR)   | DisAds (AGAINST)   |
|------------|---|--|
| SHORT TERM | <ul style="list-style-type: none"> <li>• Enjoy the buzz it gives me</li> <li>• Makes me feel relaxed and light</li> <li>• Made new friends</li> </ul> | <ul style="list-style-type: none"> <li>• Can end up spending all my money on it</li> <li>• Dealers can be a bit rough if I can't pay them</li> <li>• Family don't like me smoking... causes arguments</li> </ul> |
| LONG TERM  | <ul style="list-style-type: none"> <li>• ?Enjoy the buzz</li> </ul>   | <ul style="list-style-type: none"> <li>• Health will get worse</li> <li>• Won't be able to buy anything else for myself</li> <li>• Will lose my family</li> </ul>  |

### III. Overview of the Basic Components of Counseling for people with drug abuse experience. A. Engagement (cont.)

## Decision Matrix of Kicking Drugs

|            | 'PROS' (FOR)  | 'CONS' (AGAINST)  |
|------------|---|---|
| SHORT TERM | <ul style="list-style-type: none"> <li>• Use money to buy things I want such as a radio/stereo</li> <li>• Learn how to drive</li> <li>• When I'm drinking I don't eat properly</li> <li>• Drinking can make me have hallucinations</li> </ul> | <ul style="list-style-type: none"> <li>• The friends I have and the people I live with all drink like I do</li> <li>• I have always enjoyed drinking with my mates</li> </ul> |
| LONG TERM  | <ul style="list-style-type: none"> <li>• I'll be much healthier</li> <li>• I can look after myself better</li> <li>• Find a job</li> </ul>  | ?   |

### III. Overview of the Basic Components of Counseling for people with drug abuse experience. A. Engagement (cont.)

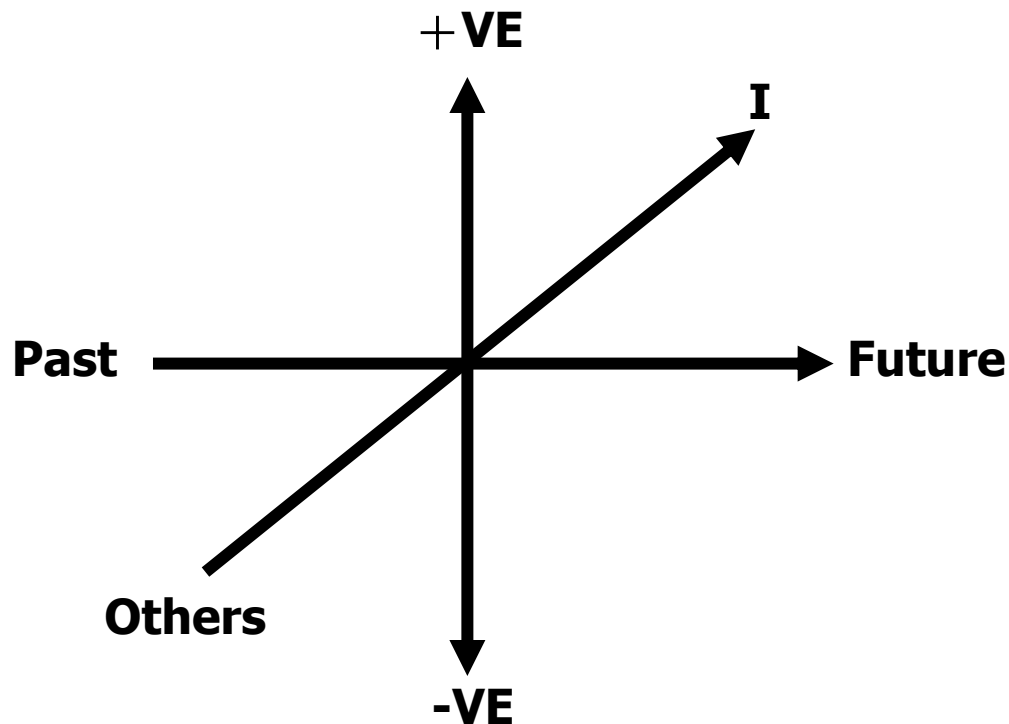
## Decision Matrix

Immediate Consequences      Delayed Consequences

|                  | Positive | Negative | Positive | Negative |
|------------------|----------|----------|----------|----------|
| Remain abstinent |          |          |          |          |
| Resume drug use  |          |          |          |          |

### III. Overview of the Basic Components of Counseling for people with drug abuse experience. A. Engagement (cont.)

## 4. Questions Often Used for M.E



### III. Overview of the Basic Components of Counseling for people with drug abuse experience. A. Engagement (cont.)

5. Many clients regarded as genuine and (highly) motivated appear to only give 'lip-service' regarding taking even small steps to change their habits. Why?

(Group discussion 2)

5a. Contextual issues...

5b. Subjective issues...

5c. Intentional Issues...

### III. Overview of the Basic Components of Counseling for people with drug abuse experience.

#### B. Detoxification

1. Negotiate a \_\_\_\_\_ term goal of reducing drug consumption or stop taking drugs
2. Instill a concept that ‘treatment and rehabilitation’ is a journey with twists rather than a one-off shot.
3. If a client cannot achieve what has been planned, what would you do? (Group Discussion 3)

III. Overview of the Basic Components of Counseling for people with drug abuse experience. B. Detoxification (Cont.)

4. Clients may be frustrated by many live issues and fall back into drugs → skills building/ couple therapy/ psychotherapy/ family therapy.
5. If there is no progress, what would you do? (Group discussion 4)

### III. Overview of the Basic Components of Counseling for people with drug abuse experience. B. Detoxification (Cont.)

6. Drug taking behavior is rooted in underlying needs/troubles/beliefs... without fully address them, drug taking behavior cannot be eradicated.
7. If possible, it is best to have relatives/friends around the clients involved in the treatment, acting as an informant, a monitor, a helper...



### III. Overview of the Basic Components of Counseling for people with drug abuse experience. B. Detoxification (Cont.)

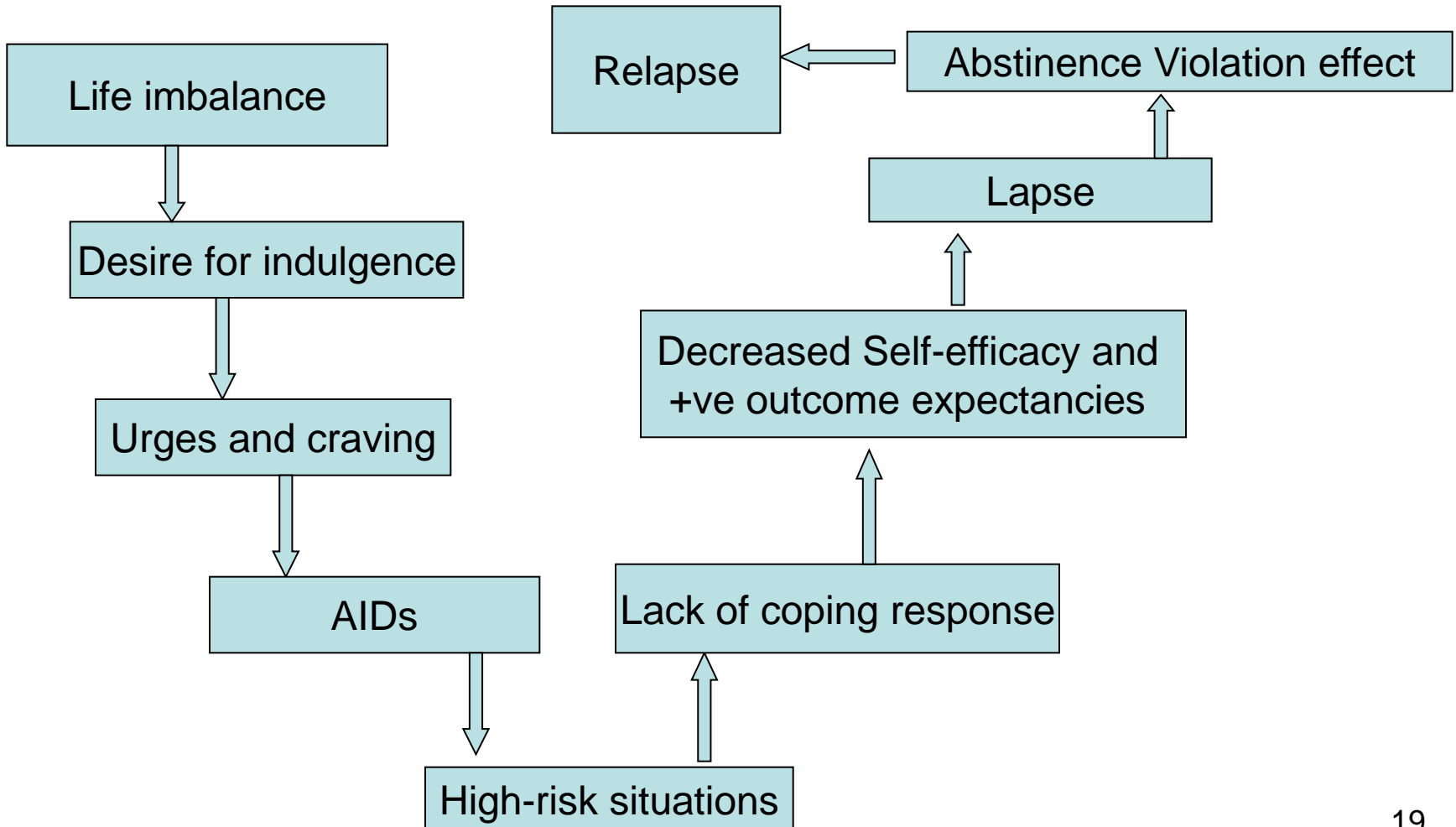
8. Have a good communication with the doctors the clients consult
  - a. whether they follow the doctors' prescriptions.
  - b. the effects of the prescribed drugs on the clients.

### III. Overview of the Basic Components of Counseling for people with drug abuse experience.

#### C. Relapse Prevention

1. Relapse is not solely induced by addicts' internal factors
2. Relapse is a process
3. High Risk Situations is central to RP
  - a. Help addicts prevent themselves from entering HRS (covert antecedents)
  - b. Help the addicts cope with the challenges initiated by HRS in order to prevent themselves from falling into a full-blown relapse

# The Flowchart of Covert Antecedents and Immediate Determinant



### III. Overview of the Basic Components of Counseling for people with drug abuse experience. C. Relapse Prevention (Cont.)

#### HRS: Statistics of PS33 (from 2009 to 2010)

#### HRS: Statistics of PS33 (from 2009 to 2010)

- No. 1. Negative emotional states (51.7%)
- No. 2. Peer influence/stress (41.8%)
- No. 3. Getting along well with friends (24.4%)
- No. 4. Craving and urges (19.9%)
- No. 5. Interpersonal conflict (10.9%)
- No. 6. Negative physical-psychological states (8%)
- No. 7. Testing personal control over drugs (6.5%)
- No. 8. Positive-emotional states (6%)

### III. Overview of the Basic Components of Counseling for people with drug abuse experience.

#### D. Assessment

##### 1. Data collection

How do you treat what your clients tell you?

a) Elaboration

b) Resource or a topic?

c) Descriptive or subjective?

III. Overview of the Basic Components of Counseling for people with drug abuse experience. D. Assessment (Cont.)

## 2. Data analysis/ Assessment

How do you analyze the data collected from your clients?

- a) Empathic thinking (Right Brain)
- b) Point-line-plane thinking (Left Brain)
  - i. Points—traits, contexts and drugs
  - ii. Singularity to multiplicity