

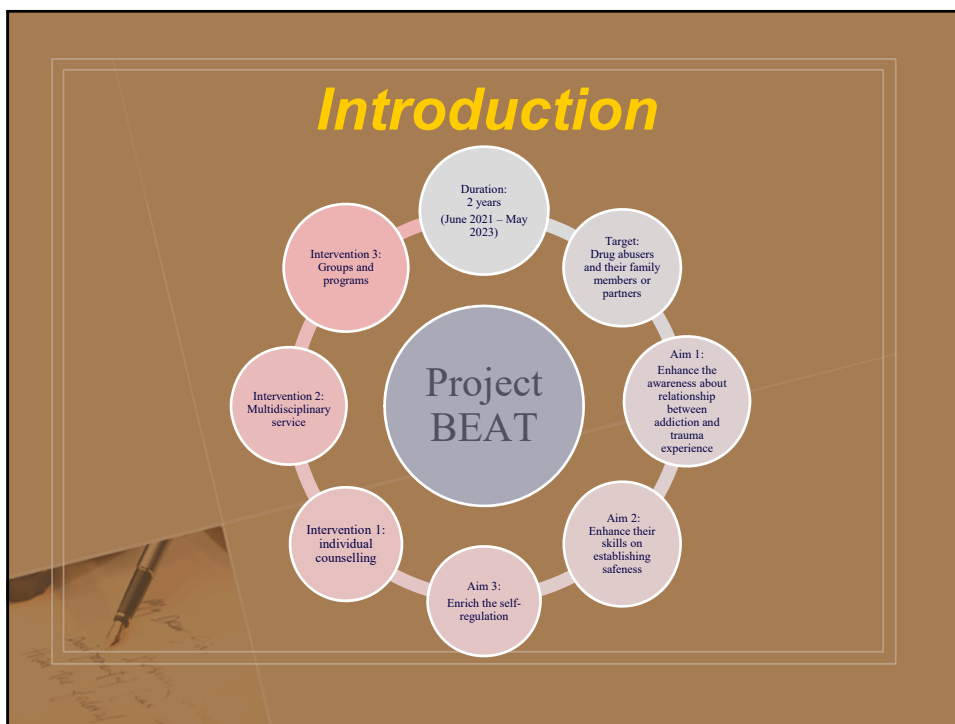


Project BEAT - Trauma-focused Intervention for Substance Abuse Families

BDF200038

Project implementation period
01 June 2021 – 31 May 2023

Hong Kong Christian Service



Project Content

Intervention 1: **Counselling Service**

Form: Individual counselling / Family counselling

Method: Face-to-face / Online interview

Objective: 1. Emotion processing
2. Enhance the connection between
the body and emotions

Project Content

Intervention 2: **Multidisciplinary Service**

Form: Individual service cooperate with other professions

Method: Face-to- face therapeutic session

Applied therapy in the project: Craniosacral therapy (CST), Focusing, Somatic Experiencing, Animal-Assisted Therapy (AAT), Sound therapy and Traditional Chinese Medication

Objective: 1. Enhance emotion regulation and trauma recovery
2. Build up the connection of emotions and
body sensations

Project Content

Intervention 3: Group (Psychoeducational Group)

Objective:

Provide psychoeducational groups for different service users to help them understand the relationship between trauma and emotions.

Project Content

3. Group (Psychoeducational Group)



A group designed for service users who have experienced relationship trauma to understand how trauma affects their current relationships.



A group designed for service users who abuse sleeping pills to understand the concept of sleep hygiene for reducing the situation of insomnia.

Project Content

Intervention 3: Group (Experiential Program)

Objective:

Provide experiential program using body-mind intervention for service users to connect between body and emotion.

Project Content

3. Group (Experiential Program)



Shinrin Yoku (森林浴) is the process of experiencing nature in a way that enhances health and happiness. Participants can slow down, awaken their senses, experience the forest with their five senses, and establish a deep, healing relationship with nature.



Sound Bath (頌鉢浴) uses different singing bowls and cooperates with mindfulness meditation guidance to lead participants to relax their bodies and release their emotions in the sound resonance.

Project Content

Intervention 3: Group (Therapeutic Group)

Objective:

Provide therapeutic group using expressive art for service users to explore and regulate emotions.

Project Content

3. Group (Therapeutic Group)



Using dance therapy for service users to explore inner psychological processes through body movements and promote the integration of individuals' physiology, cognition and emotions.



Using expressive art therapy for service users to complete the creation in a safe and accepting environment, through the process of describing art works, it helps service users to express buried emotions and thoughts.

Output and Outcome Evaluation

Output Evaluation:

Data is retrieved from participant's enrolment or registration record.

Outcome Evaluation:

Pre and post test are in used in the project for the evaluation.

Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	Provide 800 case follow-up sessions to 50 drug abusers and 30 family members/partners of drug abusers	1048 (131%) case follow-up sessions to 56 (112%) drug abusers and 30 (100%) family members/partners of drug abusers
Output Indicator 2	Provide 160 activity or group sessions to 25 drug abusers and 15 family members/partners of drug abusers with not less than 667 man-times	174 (108.8%) activity or group sessions to 100 (400%) drug abusers and 30 (200%) family members/partners of drug abusers with 829 (124.3%) man-times
Output Indicator 3	Provide 120 sessions of individual multi-disciplinary professional support service to 25 drug abusers and 15 family members/partners of drug abusers	139 (115.8%) sessions of individual multi-disciplinary professional support service to 41 (164%) drug abusers and 21 (140%) family members/partners of drug abusers

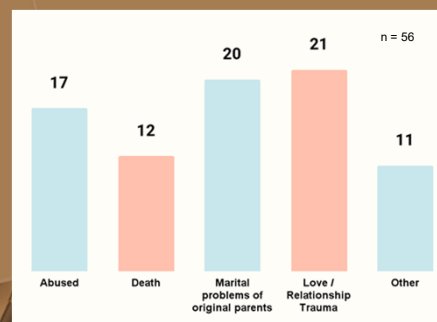
Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	70% of participants show improvement in their quitting motivation or statistical significant improvement in quitting motivation as indicated by paired t-test	Statistically significant improvement in quitting motivation as indicated by paired t-test (P<0.05)
Outcome Indicator 2	70% of participants show improvement in their capability to support drug abusing family members or statistical significant improvement as indicated by paired t-test	87.5% participants showed improvement in their capability to support drug abusing family members
Outcome Indicator 3	70% of the participants show improvement in their ability to self-regulate emotions or statistical significant improvement in ability to self-regulate emotions as indicated by paired t-test	91.7% participants showed improvement in their ability to self-regulate emotions

Experience Gained

- Reason behind success

Type of traumatic experiences from the project service users



Suffered from traumatic experiences will lead to the emotional unstable, the project aimed to enlarge their emotional containment which responding to their service needs.

Experience Gained

- **Reason behind success**

Connecting emotions with body sensations



By using body intervention in trauma counselling helping the service users to connect their own emotions which facilitated their mood regulation.

Experience Gained

- **Reason behind success**

The importance of co-work with different parties



Work closely with different stakeholders to develop personalized services, such as, Chinese medicine has produced significant improvements for service users with sleep disorders.

Experience Gained

- Reason behind success

Tailor made treatments for different service users



Diversified multidisciplinary support services are designed to meet the needs of different service users. Such as, singing bowl therapy is more effective for service users who are prone to anxiety.

Experience Gained

- Reason behind success

Integration between emotions, body senses and cognition



The service not only focus on the emotional process but also the cognitive functioning. Combined with the body intervention, which help the service user integrated the whole body with the emotion changes finally enhance the motivation of quitting drugs.

Experience Gained

- Lesson learnt

Substance Abuse Behavior/
Responding to drug addictive family members

Life events

Physical/emotional response

Project Intervention Point

Trauma, emotions and physical status are closely related to drug abusers' detoxification state. When traumatic experiences has been dealt with, it would be easier for service users to aware of their emotions, so they would be able to change their behavior patterns.

Experience Gained

- Lesson learnt

A trusting relationship can facilitate the progress of counseling

Traumatic experiences make the service users difficult to trust strangers and feel unsafe in the environment. Creating a trustworthy atmosphere can enable them to enter the state of processing traumatic experiences through the counselling.

Experience Gained

- Lesson learnt

Mutually beneficial with counseling and group

Body interventions require practice and gradual progression. When individual counseling combined with psychoeducation in a group setting which can enhance service users' emotional awareness and regulation.



Experience Gained

- Lesson learnt

Nature helps open up participants' five senses

It has been discovered that nature possesses healing capabilities, as service users are more likely to engage their five senses when immersed in nature. This aids them in accessing their emotions and connecting with their bodies. Shinrin Yoku is an effective way to expand their awareness.



Conclusion

- Suggestions

Pay attention to childhood experiences

From the project experiences, most of the users were suffered from adverse childhood experiences (ACEs). Traumatic experiences might happen in childhood, ACEs plays an essential role in the emotion regulations and physical health.



Conclusion

- Suggestions

"Groundwork" is the most important base

Providing a safe, relaxing and trustworthy environment to the service users is important for the emotion stability and it is the start of trauma counselling.



Conclusion

- Way forward

Interprofessional collaboration

Establish interdisciplinary collaboration within the trauma-informed counseling program, involving professionals such as psychotherapists, social workers, etc., to comprehensively address individuals' physical and mental needs, offering a more holistic and diverse support system.

Conclusion

- Way forward

Integrative counseling approach

Utilize integrative counseling methods such as Cognitive Behavioral Therapy (CBT), Narrative Practice (NP) or Accelerated Experiential Dynamic Psychotherapy (AEDP) to address different trauma symptoms and needs. Individualized treatment plans should be adjusted based on the individual's circumstances.

Conclusion

- Way forward

Emphasis on self-care and autonomy:

Encourage individuals to engage in active self-care and exercise autonomy, promoting their self-healing process. Provide relevant education and resources to help them learn effective self-regulation skills and establish positive and healthy lifestyle habits.

Conclusion

- Way forward

Systemic processing for trauma recovery:

Recognizing the complexity of trauma experiences, expand the focus of treatment to encompass the individual's entire life system, including the family, social, and cultural environments. This systemic approach helps understand the impact of trauma on individuals and their social systems, fostering comprehensive recovery.

