

# ADDICTIONS: AN APPLIED APPROACH



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## What is an Addiction?

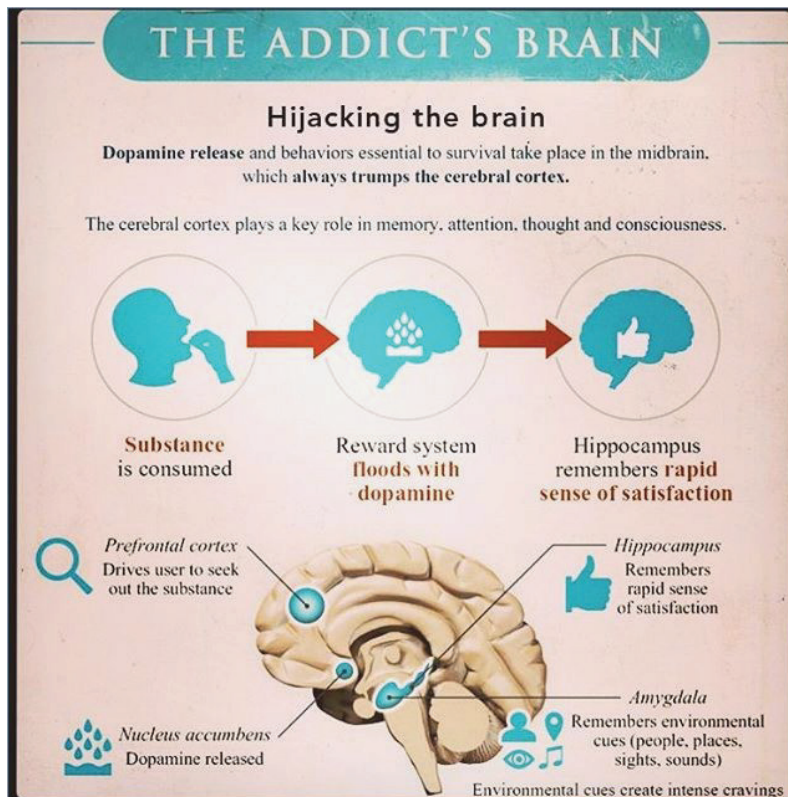
ad-dic-tion - ə'dikSH(ə)n/ *noun*

the fact or condition of being addicted to a particular substance, thing, or activity.

a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence.

Addiction - a practical definition  
The 3 "C's"

- **Control** - there are repeated attempts to cut back or control use, with episodes or loss of control in between.
- **Compulsion** - a person experiences a sense that they must use. *Can be due to tolerance, withdrawal or psychological need.*
- **Consequences** - substance use is continued despite significant negative consequences.



## Withdrawal

Withdrawal from some substances can be lethal – particularly Alcohol and Benzodiazepines (ex. Xanax)

**Acute withdrawal** is characterized primarily by physical symptoms and dependent on type of drug used. May include:

- Tremors
- Seizures
- Disorientation
- Autonomic nervous system hyperactivity (sweating, nausea, rapid heart rate)
- Intense drug craving

## Post acute withdrawal

In contrast to acute withdrawal, symptoms of PAWS:

- Generally appear 1-2 months or more after drug cessation
- Are primarily psychological in nature
  - Mood – depression, irritability, anxiety
  - Mood swings
  - Fatigue
  - Sleep pattern disruption
  - Reactivity to stress
- Detox/Withdrawal
- Early Recovery - Concrete changes in daily living
- Middle Recovery – Stabilization
- Late/Sustained Recovery - Maintenance

The **symptoms of PAWS can come and go and last for several months to more than a year**

## Active Listening

Attending

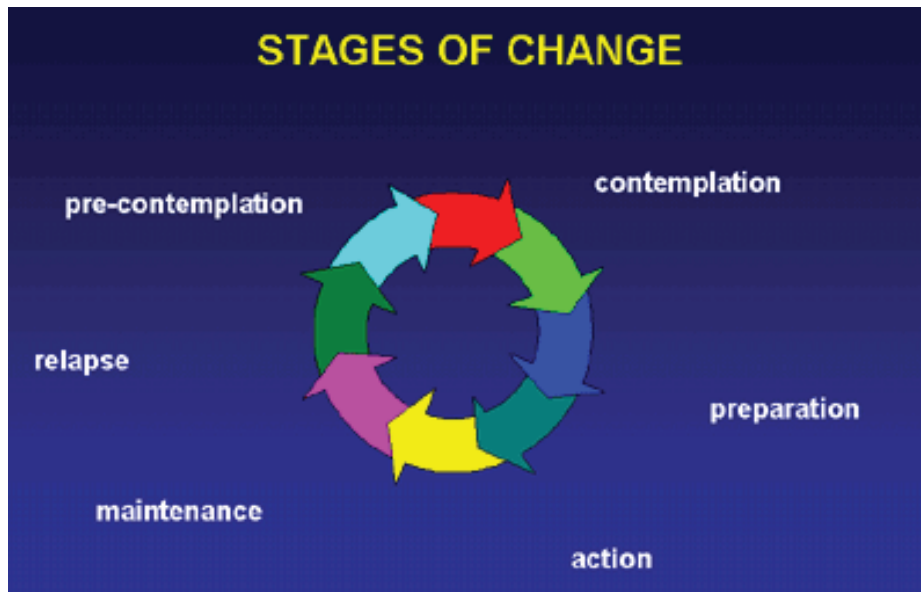
Paraphrasing

Reflection of feelings

## Motivational Interviewing

The individual has the responsibility to change their behavior – or not.

- Our goal is to elicit reasons to change vs. advising them why they should change
- Exploring ambivalence



Individual's Stage	Counselor's task
Precontemplation (not ready)	Raise doubt and increase perception of risk and problems with continued use
Contemplation (getting ready)	Weigh pros and cons of change and help tip the balance <ul style="list-style-type: none"> <li>• Explore ambivalence</li> <li>• Identify reason for change and risks of not changing</li> <li>• Increase confidence in ability to change</li> </ul>
Action (preparation)	Clear goal setting – help develop a realistic plan for making changes and steps to do so
Maintenance	Help identify and use strategies to prevent/minimize relapse
Relapse (learning)	Help individual renew the process of contemplation and action without becoming stuck/demoralized

# Motivational Interviewing

- Listen more than you talk
- Open ended questions vs. Yes/No
- Roll with the resistance! Don't take it personal
- Affirmations – compliments or statements of appreciation/understanding

Eliciting Change Talk	Questions
Disadvantage of the status quo	What worries you about... What future goals or values are impacted by the use/behavior? What difficulties have resulted from your use/behavior?
Advantages of change	How would you like your health/life/relationships to be in 5 years time? What are the advantages of reducing your drinking? What would be different in your life if you...
Optimism for change	What have you made a significant change in your life before? How did you do it? What strengths do you have that would help you make the change?
Intention for change	In what ways do you want your health/life/relationships to be in 5 years time? For how you would get there for a moment – if you could do anything, what would you change?

## Values Clarification and Hierarchy of Values

Values – your idea about what is most important to you in your life

These activities can help by making priorities clearer and identifying discrepancies between ideals and behaviors

Can help identify what behaviors/actions can be taken to live more congruently

## VALUES CLARIFICATION

Your values are your ideas about what is most important to you in your life –what you want to live by and live for. They are the silent forces behind many of your actions and decisions. The goal of "values clarification" is for you to become fully conscious of their influence, and to explore and honestly acknowledge what you truly value at this time in your life. You can be more self-directed and effective when you know which values you really choose to keep and live by as an adult, and which ones will get priority over others. Identify your values first, and then rank your top three or five.

- \* Being with people
- \* Being loved
- \* Being married
- \* Having a special partner
- \* Having companionship
- \* Loving someone
- \* Taking care of others
- \* Having someone's help
- \* Having a close family
- \* Having good friends
- \* Being liked
- \* Being popular
- \* Getting people's approval
- \* Being appreciated
- \* Being treated fairly
- \* Being admired
- \* Being independent
- \* Being courageous
- \* Having things in control
- \* Having self-control
- \* Being emotionally stable
- \* Having self-acceptance
- \* Having pride or dignity
- \* Being well-organized
- \* Being competent
- \* Learning and knowing a lot
- \* Achieving highly
- \* Being productively busy
- \* Having enjoyable work
- \* Having an important position
- \* Making money
- \* Striving for perfection
- \* Making a contribution to the world
- \* Fighting injustice
- \* Living ethically
- \* Being a good parent (or child)
- \* Being a spiritual person
- \* Having a relationship with God
- \* Having peace and quiet
- \* Making a home
- \* Preserving your roots
- \* Having financial security
- \* Holding on to what you have
- \* Being safe physically
- \* Being free from pain
- \* Not getting taken advantage of
- \* Having it easy
- \* Being comfortable
- \* Avoiding boredom
- \* Having fun
- \* Enjoying sensual pleasures
- \* Looking good
- \* Being physically fit
- \* Being healthy
- \* Having prized possessions
- \* Being a creative person
- \* Having deep feelings
- \* Growing as a person
- \* Living fully
- \* "Smelling the flowers"
- \* Having a purpose

## GOALS CLARIFICATION

OK, so there are your ideas about which values come top of your priorities. Where does this take us? Values are fine things to have, but what we are doing in SMART is changing behavior – so what you might like to do is to translate your personal values into your intended changes in behavior.

The next task is to have a look at your goals, expressing them in terms of behavior change. Here's a worksheet way to set it out.

In the left hand column goes the VALUE that you defined earlier. Your values may be reflected in your life, in which case your goal might be to keep things going along steadily. Or you may feel that your life doesn't reflect your values too well, in which case you would probably want something different to happen. What you want to happen is a GOAL, and it goes in the next column.

And the third column is what **you** (and this means you alone) are going to try to do about it which is a BEHAVIOR. Or maybe, in some cases, a specific action.

Value	What do I want to happen?	What am I going to do about it?
Having a close family	I want us not to argue over my boozing I want us to enjoy time together as a family I want to be able to give my kids reasonable amounts of spending money I want my family not to feel let down by what I do	Stick to my resolution not to drink Not drinking will help. Be less bossy as well as less boozy Tricky ... spending less on booze will help Try to make realistic commitments and keep them
Being competent	I want to feel more competent in my work or to mind less if I don't feel completely competent at all times.	Work out a continuing work skills development program and carry it through. Learn to accept that I'm fallible by disputing the belief that I have to be marvelous at everything.
Being emotionally stable	I want not to lose my temper at all, or at least far less often. I want to stay cool under provocation!	Practice skills of REBT in handling feelings, particularly the ones that sneak up on me

# Cost Benefit Analysis

## What do I enjoy about my addiction – what does it do **for** me?

- Find alternate ways to achieve the same goal
- Recognize positive thinking about addiction as a potential relapse warning sign
- What you enjoy about addiction – is it worth the price?
- You aren't stupid – you did get something from your use – it's just not working anymore.

## What do I hate about my addiction – what does it do **to** me and other?

- Use specific examples
- If my addiction was a used car, would I pay this much for it? Why not?
- Encourage them to review the list often – especially if/when they are romanticizing their addiction.

## What do I think I will like about giving up my addiction?

- What good things do you think will happen when you stop your use?
- This provides a list of goals to achieve and things to look forward to as a result of the new addiction free lifestyle?
- Helps with reality testing and opens up a conversation about how unrealistic goals can contribute to relapsed based on disappointment, depression self-pity

## What do I think I won't like about giving up my addiction?

- What are you going to hate, dread or dislike about living without your addiction?
- Tells you what kinds of new coping skills, behaviors, and lifestyle changes they need to develop
- Can serve as a relapse warning list if thoughts are on how life is harder in recovery

## Change-Plan Worksheet

Changes I want to make:	
How important is it to me to make these changes? (1-10 scale)	
How confident am I that I can make these changes? (1-10 scale)	
The most important reasons I want to make these changes are:	
The steps I plan to take in changing are:	
How other people can help me:	
Person	Kind of help
I will know my plan is working when:	
Some things that could interfere with my plan are:	



### Help them think about:

- What they want to change
- Why they want to do it
- What they are going to do
- Who can help them
- How will they know its working
- What could interfere with my plan