

VOLUME B

Elements of Psychological Treatment

A conceptual illustration of a hand holding a tree. The hand is rendered in a light, textured, almost stone-like material, with the palm facing up. A small, detailed tree with a thick trunk and a full canopy of leaves is growing from the center of the hand. The background is a soft, light green gradient. The overall image conveys a sense of care, support, and growth.

Treatnet

Module 1

Drug dependence and basic counselling skills



**Biology of
drug
dependence**



**Principles of
drug
dependence
treatment**



**Basic
counselling
skills for drug
dependence
treatment**



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



Workshop 1

**Basic counselling skills
for drug dependence
treatment**

Training objectives

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

- ▶ Identify a minimum of 4 counselling strategies useful in drug abuse treatment
- ▶ Conduct a minimum of 3 counselling strategies
- ▶ Structure a regular counselling session
- ▶ Understand the importance of clinical supervision
- ▶ Conduct a minimum of 3 listening strategies and 3 responding and teaching strategies to be used in counselling for drug abuse 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 Your 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



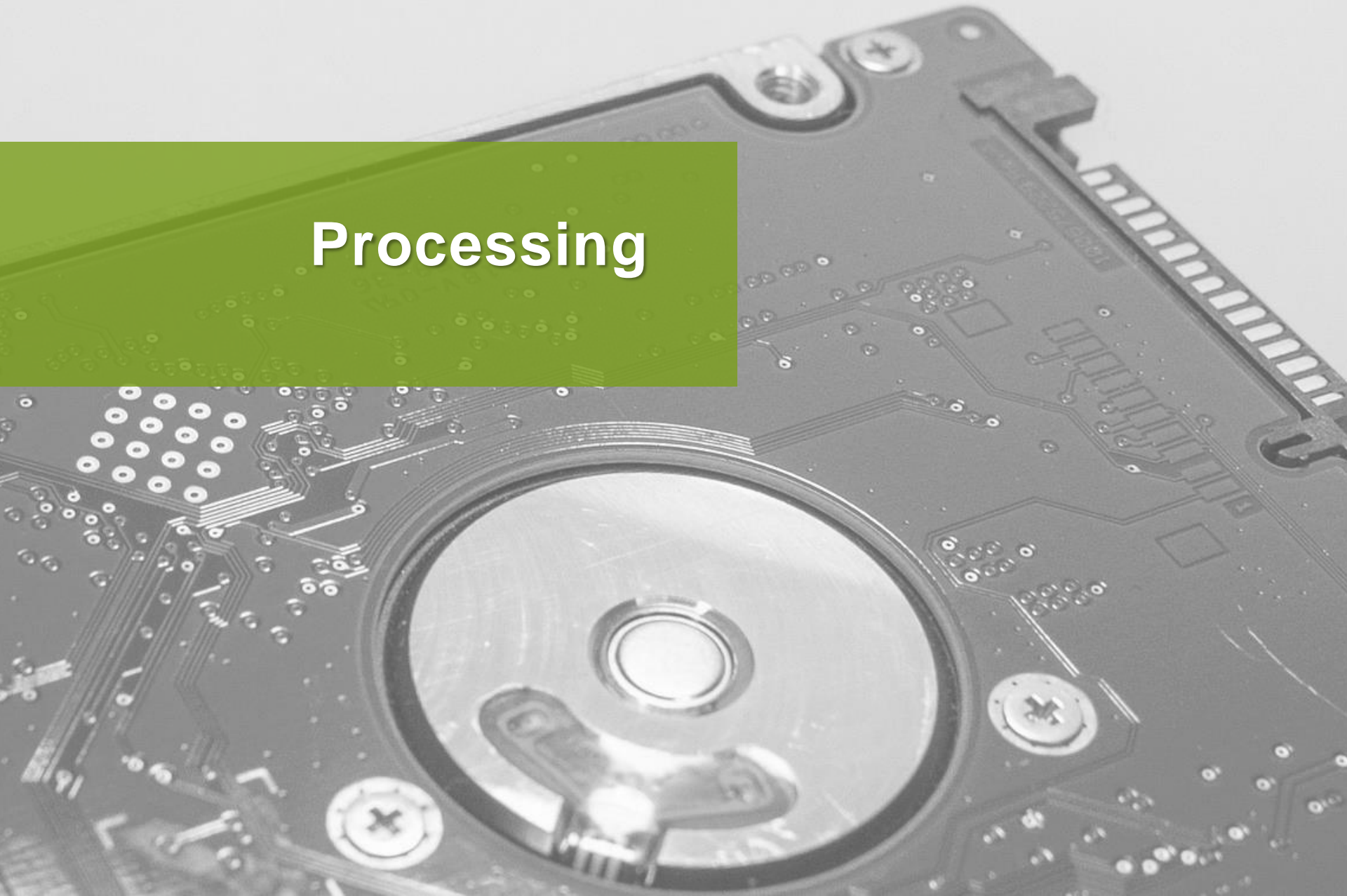
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Yes, that is it!

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 you 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.

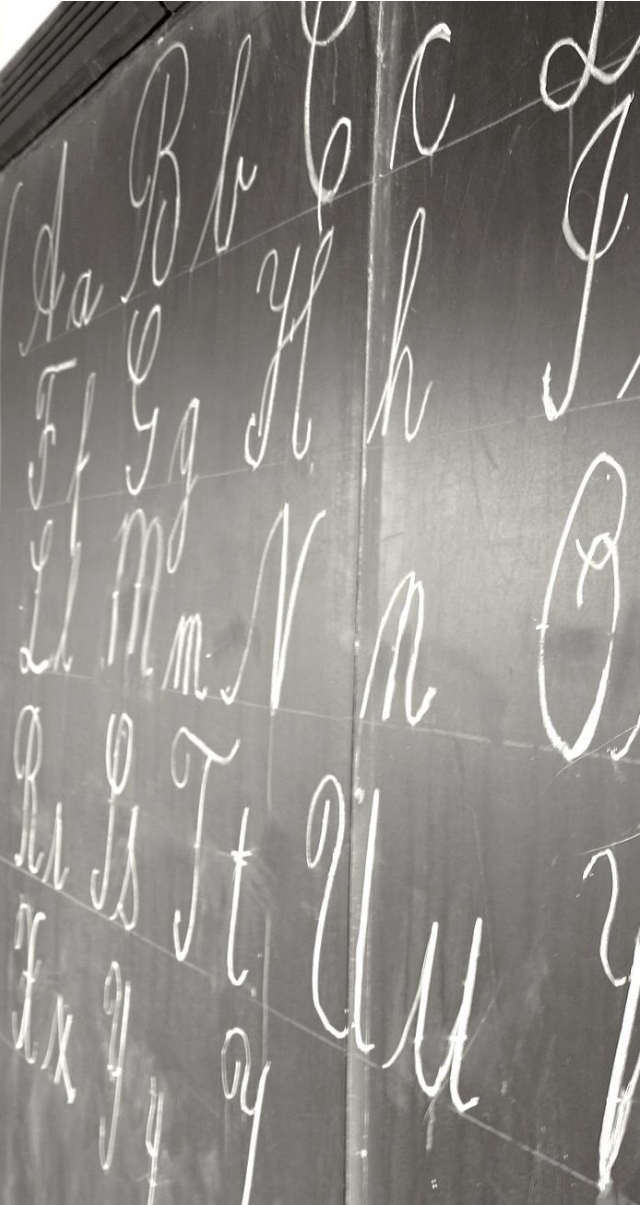


**Teaching clients
new skills**

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?”

Any
Questions

Wrap-up



- ▶ What are the counselling strategies useful in drug abuse treatment?
- ▶ Which counselling strategies did you practise today?
- ▶ Why is clinical supervision important?
- ▶ What kind of listening strategies, responding and teaching strategies can be used in counselling for drug dependence treatment?

Thank you for your time!

End of workshop 3

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