

Integrative Addiction Psychotherapy

Foundational Concepts

People take drugs for reasons, reasons that need to be respected and, in many cases, directly addressed – sometimes before the patient will be willing to make changes in their drug and alcohol use. (Tatarsky)

Multiplicity of Self: In this model, the internal world of patients is conceived of as containing different parts, selves, modes, or identities – many of which are playing or may play a role in the patient’s suffering, drug use, and healing and recovery. Patients change, heal, and recover in fundamental ways as they re-balance, re-organize, and re-structure their inner worlds. (Kellogg)

Components of Treatment

Therapeutic Alliance

1. A central factor in successful recovery
2. Therapists demonstrate
 - a. Love
 - b. Empathic Listening
 - c. Authenticity and Optimism
 - d. Courage and Determination
 - i. Within the context of their own personal style

Complexity and Multiplicity

1. The Reasons for Problematic Drug and Alcohol Use Can Generally be Organized into Five Domains
 - a. Self-Stimulation/Avoidant Coping
 - b. Self-Soothing/Avoidant Coping
 - c. Drug-Based Biological Changes/Medical Issues
 - d. Social Identity – Groups, Subcultures, Friendship Networks
 - e. Social Oppression

2. Identifying and Respecting the Motivations for Change
 - a. Threats to Family/Parental/Relational Roles
 - b. Job Loss/Economic Damage/Prestige Threat
 - c. Existential/Spiritual Issues
 - d. Health Concerns
 - e. Legal Problems
 - f. Other Reasons

Decisional Balance

1. Positives and Negatives of Drug Use
2. Positives and Negatives of Change

Creating a Mode Map

1. Identifying the Different Parts, Modes, Energies, and Archetypes

Dialogue Work/Chairwork

1. Giving Voice to all of the Different Parts, Modes, Energies and Archetypes – on Both Sides
 - a. Clearly and Strongly
 - b. Everyone Speaks Several Times
 - c. Both a Diagnostic and a Motivational Practice
2. Identify, Connect with, and Begin to Empower the Inner Leader, Healthy Adult Mode, Ego, etc.
 - a. Usually a Part that is Concerned About the Drug Use

Identify and Label Specific Mode-Use Patterns

1. Use the Five Domains as a Guide
2. Some Modes may be Substance-Specific

Goal-Setting/Problem List Development (Persons)

1. Mode-Use Patterns
 - a. Work with the Drug Use First?
 - b. Work with the Underlying Problem/Psychopathology First and Monitor the Drug Use?
 - c. Do Both Simultaneously?
 - d. Harm Reduction, Moderation, “Nonaddictive” Use, or Cessation?
2. Institutional Goals (If Applicable)
 - a. Embrace Them
 - b. Ally with Patient Against Them and Use Harm Reduction Strategies (Wallace)
3. Work with Other Therapeutic Problems

Techniques: Vertical Interventions

1. Treating the Underlying Pain and Psychopathology
2. Psychotherapeutic Domains
 - a. Problems Connected to the Past
 - i. Trauma, Grief, and Moral Failure
 - b. Problems Connected to the Present
 - i. Depression, Anxiety Disorders, Assertiveness, Personality Disorders
 - c. Problems Connected to the Future
 - i. Existential Life Decisions, Identity Creation, Anxiety, Recovery, Hero’s Journey
3. Six Categories of Intervention
 - a. Relational
 - b. Cognitive
 - c. Behavioral
 - d. Existential
 - e. Experiential
 - f. Meditative/Self-Soothing

Techniques: Horizontal Interventions

1. Substance Use Management/Harm Reduction (Bigg)
 - a. Reducing the Amount Consumed
 - b. Changing the Methods of Use
 - c. Reducing the Time of Involvement
 - d. Altering the Context of Use
 - e. Drug Substitution
 - f. Learning Overdose Prevention Measures/Naloxone
2. Relapse Prevention (Marlatt)
 - a. Understanding and Identifying Triggers, Cues, and High-Risk Situations
 - b. Skills Training
 - i. Cognitive Restructuring, Relaxation Therapy, Distraction, Social Support, Mindfulness/Urge Surfing
 - c. Assertiveness
 - d. Drink and Drug Refusal
 - e. Ideal Use Plan (Tatarsky)
3. Contingency Management/Positive Reinforcement Systems
 - a. Mutually Choosing a Target Behavior
 - i. Safer Use, Reduction, or Cessation
 - ii. Attendance
 - iii. Other Treatment Goals

Identity Transformation

1. The Foundation of Long-Term Recovery
2. Developing Identities that are Reinforcing and Meaningful
 - a. Which Challenge and Replace Those Based on Drug Use
3. Creating and Restructuring Identities
 - a. Self-Definitions – Values and Choices
 - b. “Who Are You and Who Do You Want To Be?”
 - c. Reference and Membership Groups
 - d. Identity-based Actions
4. Identity Dialogues

Monitoring and Working with Countertransference