Developing and Implementing CBT Strategies for Co-Occurring Disordered Clients

Hal Baumchen, PsyD, LP, LADC

Presentation at NAADAC
Sunday, October 7, 2018
2:00 pm to 3:30 pm
DEFINING CO-OCCURRING DISORDERS
Co-occurring disorders refers to an individual having one or more substance abuse disorders and one or more mental health disorders.

IDENTIFYING CO-OCCURRING DISORDERS

RECOGNIZING ADDICTION
The Addicted Life

The co-occurring disorder begins to run and ruin your life.

Substance Use Interacts with Mental Health

I was in and out of trouble since I was 14 years old. I couldn't sit still. I was rowdy and obnoxious. My mom took me to a doctor – some kind of shrink. They told me I had ADHD and anxiety…
UNDERSTANDING THE PROGRESSION

Some people have mental health problems and start abusing drugs and alcohol as a way to self-medicate. Others use alcohol and drugs long enough to develop mental illness symptoms or make existing mental illness symptoms worse.

RECOGNIZING MENTAL HEALTH ISSUES

Illnesses that frequently co-occur with addiction include the following:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Bipolar disorder
- Conduct disorders
- Personality disorders
- Anxiety disorders
- Depression
- Minimal brain injury
- Thought disorders (including schizophrenia, hallucinations, and delusions)
- Paranoia
- Post-Traumatic Stress Disorder (PTSD)

THE COMPLEXITY OF CO-OCCURRING DISORDERS IS LIKE A RUBIK’S CUBE

There are 43,252,003,274,489,856,000 different configurations.

The three axes of COD are psychiatric, psychological, and substance use.

Here’s the good news, it doesn’t take 43 quintillion different moves to solve the cube. Although without knowledge of how to solve the problem and a good game plan – it might seem that way.

Current world record is 4.69 seconds.

COGNITIVE PROCESSING DIFFICULTIES IN COD

Cognitive processing is more difficult because of:

- Withdrawal effects
- Detoxification complications
- Sleep-deprivation and sleep problems
- Chemical imbalance
- Anxiety
- Depression
- Trauma
- Thought disorders
- Brain injury
- Learning Disabilities
- ADHD
- Nutritional deficiencies

These syndromes, symptoms, and effects lead to significant cognitive impairments.

Treatment interventions must be sensitive to those impairments.
CBT SPECIALIZED AND SIMPLIFIED
Our secret to working with the complexities of co-occurring disorders was not to make the interventions more complex, but rather make the interventions simpler and more effective.

MAKING A DIFFERENCE
- Sequential Treatment
- Parallel Treatment
- Fully Integrated Treatment

Being different makes a difference.

Alcohol and Panic Disorder
I grew up in a medium size city in Michigan. My mom and dad divorced when I was about 10. I was in the fourth grade. I was then raised by my mom but I saw my dad every other weekend. I remember being anxious even when I was a little kid. I would get these awful stomach aches and I'd worry about getting sick. I'd especially worry about having to throw up…

Treatment for Co-Occurring Disorders has two major goals:
1. Reduce Symptoms
2. Prevent Relapse

IMPLEMENTING 10 SPECIFIC INTERVENTIONS FOR CO-OCCURRING DISORDERS

CBT Intervention #1: Illustrate How CBT Works in Co-Occurring Disorders

NEGATIVE THINKING

1. A situation or circumstance develops
2. An intense or distressing thought occurs
3. A distressing and intense emotion follows, such as fear, worry, anger, or depression
4. An urge to avoid the feeling or seek comfort occurs. The craving increases in its intensity
5. As the desire to avoid intensifies, a plan to seek and obtain the preferred substance is formulated
6. Relapse occurs

POSITIVE THINKING

1. A situation or circumstance develops
2. Desire to use decreases, and is replaced with increased energy and focus on the solution
3. Urges to use are less intense, don’t last as long, and are less frequent
4. The positive thought leads to feeling hopeful, confident, and empowered
5. Recovery is strengthened
6. An intense or distressing thought occurs, and then is challenged and replaced with a positive thought
Thoughts, Feelings, and Behavior

- I have a thought and a belief that there is a ferocious dog on the other side of the door.
- I have strong, corresponding feelings such as fear, worry, apprehension, and irritability.
- I have corresponding actions and behaviors that fit what I think and believe such as “I’m going to stay put” or “I’m going to have someone remove the dog.”
- Then it turns out, there is no dog.
- My behavior and my strong feelings perfectly fit what is not true.
- Anxiety, depression, and substance abuse are filled with thoughts that are not true.
- If you want to change the way you feel or behave, you have to change the way you think.

To reduce symptoms and prevent relapse you must change the way you think.

CBT Intervention #2: Outline How Long-Lasting Change Occurs

The goal of treatment is not how fast you can get out. **The goal of treatment is to get as strong as you can before you leave.**
CBT Intervention #3: Teach Positive Self-Talk to Change Negative Thinking

THE 5Rs OF CHANGED THINKING

- RECOGNIZE negative thoughts
- REFUTE negative thoughts
- REPLACE negative thoughts with positive thoughts
- REHEARSE the positive substitution
- REPEAT the process as necessary

Now I’ve Got It Going On

People used to try to tell me I was pretty. I could never believe that. I’d be like…what do you want? Get out of my face! And drop, dead why don’t you! I used to call myself worthless and you’re a loser...

CBT Intervention #4: Teach Character Goals

The 10 Essential Traits of Recovery

Getting Honest

I was making excuses like everybody, I guess. But most of my excuses were just bold faced lies. If I was late for work...

Identifying Vulnerabilities

Whenever I would get around my friends – I would just give in. I didn’t want to ruin their good time by not using. What would they say if I turned them down? They’d pour me something or pass me something and I’d be like, all right then, I’m in! Serve it up.

Recovery is not the goal.
Recovery is the avenue to reach the goal.

CBT Intervention #5: Identify and Reduce Selfishness

Reducing Selfishness

I always wanted my way. I didn’t really get mean or anything. I wasn’t a bully, I was more of a baby. If I didn’t get what I wanted, I’d complain and get upset. I’d throw a fit...

www.JourneyToRecovery.com
CBT Intervention #6: Develop a Can Do Attitude

Confidence-Boosting Thoughts

Self
- I am getting stronger
- I'm growing
- I am patient, kind, and understanding
- I have strengths, talents, gifts, and abilities
- My life has meaning and what I do matters

The World
- I'm happy for the opportunities I have
- I have a blessed, interesting, and fulfilling life
- I'm choosing to be a lifelong learner
- I can survive and thrive in the environment where I live

Other People
- Other people have helped me along the way
- People have contributed to my success
- When I've failed along the way, I've been forgiven by others
- Some people have helped me without expecting anything in return

CBT Intervention #7: Cultivate Acceptance

Common Exceptions
- I don't drink anything, except beer
- This is a special occasion
- I only drink on the weekend
- I couldn't pass up free beer
- She offered me a drink

Accepting Responsibility
- I couldn’t accept responsibility for my own problems. I blamed anything and everyone. When I got my second DWI ticket – I blamed the bartender who served me, the cop who arrested me, my attorney for not helping me, my girlfriend...

Common Excuses
- One drink won't hurt
- Everybody drinks sometimes
- Hey, we're all going to die
- You drink, why can't I?
- No one is going to tell me how to live my life

No More Excuses
- I can't handle this. I must have said that a million times. I don't even know who I was saying it to. I guess anybody who'd listen.
- I grew up in a home with a lot of problems. My dad was a drunk. He was always drunk and he'd come home and yell...

CBT Intervention #8: Develop Frustration Tolerance

Challenge Thoughts
- I can tolerate frustration
- I'm getting stronger
- Practice makes progress
- When I tolerate, overcome, and endure, I get stronger
Managing Frustrations

I’m learning how to tolerate frustration even when things don’t go my way. I know now, that in every situation I actually have a choice. I can be frustrated or I can let it go. And I’m getting better at tolerating those silly things that happen in everyday life...

CBT Intervention #9: Teach the Power of Gratitude

Gratitude:
- Improves psychological health
- Reduces toxic emotions
- Increases happiness
- Reduces depression
- Raises self-esteem
- Increases happiness

CBT Intervention #10: Instill Hope

Hope is the belief that there are good things and better days ahead.

Strategies to Build Hope
- Hang out with positive people
- Confide in a sponsor or an accountability partner
- List three things for which you are grateful
- Focus on your strengths not your weaknesses
- Make a commitment to someone for a future event
- Complement someone else on their character

ABOUT THE SPEAKER

Dr. Hal Baumchen is a psychologist, author, and speaker. He is the President and Clinical Director of NorthStar Regional and the Executive Director of Northland Counseling Services. He is a Licensed Clinical Psychologist (LP) and a Licensed Alcohol and Drug Counselor (LADC) with over 30 years of counseling experience. He received his Master’s Degree from Wheaton Graduate School, his Doctorate of Psychology (PsyD) from the Illinois School of Professional Psychology, and his Certificate in Co-Occurring Disorders from Adler Graduate School. He is the author of Journeys, a co-occurring disorders resource manual, Destinations, a practical guide for overcoming addictions and improving your mental health, the Destinations Companion Workbook, the Journeys Companion Workbook, Reflections - Insight for the Journey, and he coauthored Finding Hope Again: Overcoming Depression with Dr. Neil T. Anderson. He is the author and founder of Journey to Recovery, a resource site with materials for the treatment of co-occurring mental health and substance use disorders.

CONTACT MY OFFICE:
Info@journeytorecovery.com
952-777-8755
www.journeytorecovery.com

For more information about Journey to Recovery, visit www.journeytorecovery.com. Explore more resources, blogs, and audio and video podcasts.
Event Feedback Form

Name: _________________________________ Email:_____________________________________________________

1. How would you rate the overall quality of the presentation?

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2. How would you rate the presenter’s knowledge of the topic?

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3. How would you rate your familiarity with the topic prior to the presentation?

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4. How would you rate your familiarity with the topic after the presentation?

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5. Would you be interested in additional information on this topic?  YES  NO

6. Would you recommend this presenter for future presentations?  YES  NO

Comments:

- I would like an email with PDF versions of the posters (The Ten Principles of Self-Change, 5Rs of Changed Thinking, and The 10 Essential Traits of Recovery)
- I would like an email with all of the infographics in the presentation
- I would like an email with PDF versions of following 6 lessons:
  - Understanding Co-Occurring Disorders
  - The Ten Essential Traits of Recovery
  - Strategies to Change Your Thinking
  - Eliminating Exceptions and Excuses
  - Staying Positive
  - Developing Frustration Tolerance
- I would like to be added to the Journey to Recovery email list