

# 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*