Integrative Addiction Psychotherapy

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Foundational Concepts
Mechanisms of Change

Leonardo Da Vinci
People use substances in problematic ways for a range of reasons

- Reasons that need to be respected

In many cases, they will need to be addressed directly

- Sometimes before the person is ready to decrease or cease their use of substances

(Tatarsky)
Multiplicity of Self

Dancing of the Selves

By Brenda Clews
In this model, the internal world of patients is conceived of as containing different parts, selves, modes, or identities –

Many of which may not only play a role in a patient’s suffering and drug use,

But also in his or her healing and recovery. (Kellogg)
Therapeutic Relationship
Therapeutic Alliance

- A central factor in successful recovery
- Therapists demonstrate:
  - Love
  - Empathic Listening
  - Authenticity and Optimism
  - Courage and Determination
- Within the Context of their Personal Style
Complexity and Multiplicity
Patient Voices

“I’ve always felt like I wanted to die since I was a little kid. I don’t know why…

I want to see a therapist or psychiatrist about it but I don’t go ‘cause I’m afraid to tell them I still do dope.

I still just really love to get high.” (Welch, 2011)
Addicted Woman: “People are, like, crackheads and alcoholics and whatever because they’re covering up [stuff], you know what I mean?

And, if they don’t deal with that… they’re not going to get anywhere.

Interviewer: Are you going to have to deal with some personal [stuff]?
Addicted Woman: Oh yeah. But .... I’m scared.
.... I stay up for days, you know, because I don’t want to sleep, cause I get nightmares.

Interviewer: ...What’s scary about going to sleep? What gave you the nightmares?

Addicted Woman: ... I’ve been like sexually abused....and raped, you know.” (Wild, 2002)
Substance Use Domains

Self-Stimulation Domain
Drug Use to Feel Alive, Experience Pleasure; Access Creative and Spiritual Aspects of Self

Self-Soothing Domain
Drug Use to Treat Inner Anguish, Pain, and Psychopathology

Somatic Domain
Drug Use to Address Brain Changes, Withdrawal, Mood Dysregulation, Cravings, and Medical Illness

Social Identity Domain
Drug Addiction Lifestyle; Addict Identity

Social Justice Domain
Social Oppression: Sexism, Racism, Homophobia, Disenfranchisement; Poverty
Motivations to Change

- Family/Parental/Relational Threats
- Job Loss/Economic Damage/Prestige Threats
- Existential/Spiritual Concerns
- Health Concerns
- Legal Problems
- Role Strain/Role Conflict
Decisional Balance
Decisional Balance

- The heart of Addiction Psychotherapy
- Assesses the many forces supporting the drug use
- And the forces favoring change and/or recovery
- A way to identify and clarify the Drug-Use Modes
## Decisional Balance

<table>
<thead>
<tr>
<th>Positives of Drug Use</th>
<th>Positives of Change</th>
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<tbody>
<tr>
<td>Immediate physical pleasure (10)</td>
<td>Feel a greater sense self discipline (9)</td>
</tr>
<tr>
<td>Escape/Feeling more “there” (10)</td>
<td>Would be more productive (10)</td>
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<tr>
<td>Feels more emotion (10)</td>
<td>Help him be more comfortable with self (8)</td>
</tr>
<tr>
<td>Reduces social anxiety (6)</td>
<td>Greater confidence (6)</td>
</tr>
<tr>
<td>Shuts out critic (7)</td>
<td></td>
</tr>
<tr>
<td>People will know “real” self (7)</td>
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<table>
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<tr>
<th>Negatives of Drug Use</th>
<th>Negatives of Change</th>
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<tbody>
<tr>
<td>Feels guilty (7)</td>
<td>Would not enjoy life as much (9)</td>
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<tr>
<td>Others are concerned (6)</td>
<td>Would be ignoring a part of himself (10)</td>
</tr>
<tr>
<td>Not as productive (10)</td>
<td>Breaking up with something he loves – a hard breakup (9)</td>
</tr>
<tr>
<td>Feels like it a crutch (10)</td>
<td></td>
</tr>
<tr>
<td>Feels bad (7)</td>
<td></td>
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<tr>
<td>Health Problems (7)</td>
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</tbody>
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Motivational Work

- The part that wants to use:
  - Feels more comfortable and alive
  - The Inner Critic is shut off
  - He is able to connect with other people more easily

- The part that wants to change/stop:
  - Embodies his ambitions
    - He has goals that he is not pursuing
  - Feels he is betraying himself
  - Is concerned that he might be damaging himself
Creating a Mode Map
Positive Goals; Desire for Something Better

Violates Personal Moral Standards

Improve Relationships With Significant Others

Concerns About Health And Wellbeing

Provides Great Pleasure; Feels Alive; Hedonic Experience

Reduces Inner Pain; Depression and Anxiety

Facilitates Social Interaction
Transformational Chairwork

Northern Tide
By Tim Wallace
Basic Motivational Dialogue

Desire to Stop, Reduce, Or Change The Pattern

Desire to Continue Using Substances
A Complex Motivational Dialogue

Desire to Stop, Reduce, Or Change The Pattern

Self-Stimulation: Using To Feel Alive, Powerful, Good, and Joyful

Self-Soothing: Using To Reduce Pain and Suffering; Using To Feel More Comfortable
Positive Goals; Desire for Something Better

Violates Personal Moral Standards

Improve Relationships With Significant Others

Concerns About Health And Wellbeing

Provides Great Pleasure; Feels Alive; Hedonic Experience

Reduces Inner Pain, Depression, and Anxiety

Facilitates Social Interaction
Identify and Label Specific Mode-Use Patterns
Denning Case (2000)

- “Party Woman”
  - Recreational Cocaine Use
  - Social
  - Snorting

- “Suicidal Woman”
  - Solitary
  - Self-Endangering
  - IV Cocaine Use
Kellogg Case

- Social Drinking with Friends
  - “Moderate”
- “Life of the Party” Drinking*
- Sexual Drinking*
- Self-Soothing Solitary Drinking*
- Depressive Drinking – At Home*
- Family-Centered Drinking
- In the Context of a Deep, Personal Conflict
Goal Setting and Problem List Development
Mode-Use Patterns

- Work with Drug Use First?
- Work with Underlying Problem/Psychopathology First and Monitor the Drug Use?
- Do Both Simultaneously?
- Drug Use Goals:
  - Harm Reduction, Moderation, “Nonaddictive” Use, or Cessation?
Institutional Goals

- Embrace them
- Ally with Patient Against Them and Use Harm Reduction Strategies (Wallace)
Vertical and Horizontal Interventions
Interventions

- **Vertical Interventions**
  - Those that are used to address and treat the underlying issues and co-occurring psychopathology

- **Horizontal Interventions**
  - Those focused on controlling and/or discontinuing drug use
Vertical Interventions
Three Therapeutic Domains

- Problems Connected to the Past
  - Trauma, Grief, and Moral Failure

- Problems Connected to the Present
  - Depression, Anxiety Disorders, Assertiveness, Personality Disorders

- Problems Connected to the Future
  - Existential Life Decisions, Identity Creation, Anxiety, Recovery, Hero’s Journey
Core Psychotherapeutic Strategies

- Relational
- Cognitive
- Behavioral
- Experiential
- Existential
- Meditative/Self-Soothing
Horizontal Interventions
Substance Use Management

- Helping people use drugs in ways that are safer
  - Reducing the Amount Consumed
  - Changing Methods of Use
  - Reducing the Time of Involvement
  - Altering the Context of Use
  - Drug Substitution (Bigg, 2008)
  - Overdose Prevention Measures/Nalxone
Relapse Prevention

http://www.religion.utoronto.ca/Assets/Religion/assets/marlatt.jpg
Relapse Prevention

- Working with patients to:
  - Understand triggers and cues
  - Identify high-risk situations
  - Develop such coping skills as:
    - Cognitive Restructuring, Relaxation Therapy, Distraction, Social Support
    - Assertiveness – Drink and Drug Refusal
    - Awareness/Mindfulness/Urge Surfing
Ideal Use Plan

- “If you were to use drugs or alcohol in such a way as to maximize the pleasure and benefit you gain from them while minimizing the pain and danger involved, what would that look like?”

- Can they implement this?

- What interferes or stops this from happening?

  - (Tatarsky & Kellogg, 2010)
Contingency Management in the Treatment of Addictive Disorders

- Uses positive reinforcement principles to:
  - Improve retention
  - Decrease substance use
  - Increase group attendance
  - Improve medical compliance
  - Encourage harm-reducing and recovery-related behaviors
Identity Theory
Identity Theory

- Addresses the questions:
  - Why do people change?
  - How do they change?
  - How do they maintain long-term abstinence, sobriety, or moderation?
Identity Theory

Recovery Capital
Identity Theory

- Identity processes are a core component of psychosocial treatments
- People have Multiple Identities
- Organized into a Hierarchy of Importance
Identity and Recovery

The core idea:

- Drug use will decrease and eventually cease as:
  - Nonaddict identities become more central, reinforcing, and important to individuals
  - And as they compete with the Addict Identity

The Case of N

"Agape" by Jane Korins
Identity Restructuring

- Long-term recovery can be seen as involving identity creation and restructuring
- Treatment programs may specifically seek to create a Recovery Identity
  - “My name is Bob and I am an Alcoholic.”
Individual Psychotherapy

- Individual Psychotherapy can involve:
  - Transforming the drug-using self
  - Creating or empowering competing identities
- The Addict Identity can dialogue with the
  - Work
  - Family
  - Religious/Spiritual
  - Athletic
  - And other past, present, or future selves/identities
Identity Dialogues
Identity and Harm Reduction

- Harm reduction organizations have the potential to provide users with
  - New identities
  - New roles
A needle exchange program that is run by active drug users.

Their involvement in this process also led to positive identity changes.

“Not only are user-run programs the most viable and effective way to reach active drug users, the users become activists through their work.”
Since becoming active in our organization,

Many council members have been able to move away from ‘unmanageable’ drug use towards the stability that maintenance brings” (Zibbell, 2005)
Countertransference
Countertransference

- Working with drug-using patients in this manner can evoke strong emotions including:
  - Love
  - Admiration
  - Fear
  - Anger
  - Grief

- It is important to have places where it is safe to process these feelings.