Toward a Humanistic Addiction Psychotherapy

Diana Calvario

Scott Kellogg, PhD
Mechanisms of Change

Leonardo Da Vinci
Drug Use is Meaningful
Drug Use is Meaningful

- 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
Id, Ego, and Superego
Schema Mode Therapy
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
Gestalt Chairwork

Frederick “Fritz” Perls, MD Developed Chairwork into a Psychotherapeutic Art Form

Taken by Stanislav Grof, MD, PhD
Goals
Increased Personal Complexity
Gradualism

Crossing
Infinity

Diana
Calvario
Gradualism

- Embrace and Work with Complexity
- Harm Reduction as a Method
  - Not a Goal in Itself
- Small Steps
Short-Term

- Monitoring Use
- Harm Reduction
- Moderation
- Cessation
Long-Term

- Abstinence
- Moderation
- “Non-addictive” Use
Methods of Healing

Wide Rothko (2008) by Joao Vasco Paiva

Therapeutic Relationship
Therapeutic Relationship

- Love
- Empathic Listening
- Authenticity and Optimism
- Courage and Determination
Herod Self

Margaret Mark and Carol Pearson
Before Treatment

- Heroic Self/Healthy Adult
  - Inner Critic Attack
  - Difficult External Realities
- Self-Stimulation Drug Use
- Self-Soothing Drug Use
- Physical Pain
- Trauma and Loss
- Social Oppression
- No Future Orientation
- Anxiety and Internal Suffering
During and After Treatment

- Reducing Harm
- Claiming the Future
- Controlling Drug Use
- Facing Fear
- Resisting Pressure
- Confronting Self-Hatred
- Self-Directed Choices
- Self-Compassion
- Taking Action

Heroic Self/Healthy Adult
Existential Language

This is the Language of the Heroic Self

- “I want”
- “I am deciding to”
- “I am choosing to”
- “I will”
- “I will not”
Horizontal and Vertical Interventions
Interventions

- Horizontal Interventions
  - Those focused on controlling and/or discontinuing drug use

- Vertical Interventions
  - Those that are used to address and treat the underlying issues and co-occurring psychopathology
Horizontal Interventions
Decisional Balance
## Decisional Balance

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Motivational Forces

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

Existential Issues:
Desire For a Better Future

Self Medication:
Using To Reduce Pain and Suffering; Using To Feel More Comfortable

Fear: Health and Life Concerns
Relapse Prevention

Maintenance Strategies in the Treatment of Addictive Behaviors

Edited by G. Alan Marlatt and Dennis M. Donovan
Relapse Prevention

- Involves working with patients to:
  - Understand triggers and cues
  - Identify high-risk situations
  - Develop such coping skills as:
    - Cognitive Restructuring,
    - Assertiveness – Drink and Drug Refusal
    - Urge Surfing
Substance-Use Management

http://www.drcnet.org/links/
Substance Use Management

- Helping people use drugs in ways that are safer
- Including
  - Reducing the amount consumed
  - Changing methods of use
  - Reducing the time of involvement
  - Changing the context of use
  - Drug substitution (Dan Bigg, 2008)
  - Overdose Prevention/Naloxone
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
Contingency Management

- Uses positive reinforcement principles to:
  - Improve retention
  - Decrease substance use
  - Encourage harm-reducing and recovery-related behaviors
Contingency Management

- Harm Reduction, Moderation or Abstinence
  - Patient Choice
- Set Weekly Goal
- Decrease the Fee if They Achieve Goal
- Increase the Fee if They Do Not Achieve the Goal
- Profoundly Empowering
- Increasing Control – Small Steps
Vertical Interventions
“The Heart of Addictive Disorders is Suffering”
– Edward J. Khantzian, MD
Healing the Past
Grief and Loss
Interpersonal Trauma
Claiming the Present
Your Harsh Inner Critic…

Methanie Dempsay Binder
Creating the Future
Voice Work/Assertiveness

Helping Patients Develop and Strengthen their Voice of Respectful Desire

http://buildyourbridges.com/wp-content/uploads/2013/08/AssertiveVennDiagram-300x197.jpg
“We like to be reminded that our central calling, our main task on this planet, is the heroic.”

– Dr. Ernest Becker
Heroic Existentialism

- An Injustice to be Remedied and Corrected
- A Suffering to be Healed and Relieved
- Something of Beauty to be Protected and Preserved
- Someone or Something that is Loved to be Nurtured and Developed
Identity Theory
The Case of N

"Agape" by Jane Korins
Identity and Recovery

The core idea:

- Drug use will decrease and eventually cease or moderate as:
  - Nondrug-using identities become more central, reinforcing, and important to individuals
  - And as they compete with and replace the Drug-Using Identity

Identities are a Way for the Heroic Self to Create a New Future
The War on Drugs interferes with Identity Creation; Therefore the War on Drugs interferes with Healing and Recovery
Dialogues and Encounters

Jane Uitti – Two Chairs
(www.janeuitti.com)
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Basic Motivational Dialogue

Desire to Stop, Reduce, Or Change The Pattern

Desire to Continue Using Substances
Strategic Guidelines
Strategic Guidelines

“Superego-Based Change says: “I should...”; however,

“Ego-Based” Change says: “I want...”

Patients heal and recover by:

- Strengthening the part that wants to change
- Not by persuading the part that wants to use to desire recovery

Desire Engages with Desire
scott.kellogg@nyu.edu

http://gradualismandaddiction.org/

http://transformationalchairwork.com/