
CBT in Rehabilitation Programs



Overview

- Logan House Rehabilitation Centre
- Cognitive Behavioural Therapy (CBT)
- Program Rationale
- CB Program Sessions

Logan House

- Medium term residential rehabilitation centre
- Approximately 12 week program
- Accommodates 36 residents
- Accepts clients over 18 years old
- Program based on CBT.

Cognitive –Behaviour Therapy

- CBT is a skilled based therapy designed to promote positive behaviour change by assisting clients to develop and use specific skills or techniques to overcome a psychological disorders.
- CBT in Rehabilitation Programs is designed to identify and change patterns of AOD dependence.

Rationale

- AOD dependence is partly the result of irrational thought processes that have manifested into maladaptive behaviours.
- Many thoughts are automatic, habitual and resistant to change.
- CBT works on techniques to change or challenge such irrational thought processes.

Rationale

- Developing self –awareness and coping skills will provide an opportunity to make choices between adaptive and maladaptive behaviours.
- The choice of coping action will either reinforce/challenge old patterns of behaviours.

CB Interplay

- CBT does not intend to imply a straight forward cause and effect (thinking being the cause and feelings and actions the result).
- CBT makes the assumption that there is an interplay between thoughts, feelings and actions.

CB Program Aims

- Exploring motivation to change
- Developing Self-awareness (story)
- Building skills for *cognitive* restructuring
- Exploring alternatives to high risk *behaviours*
- Developing management plan

Wanberg and Milkman's (1998) '*Pathways to Self-discovery and Change Program*'.

CBT Session

- Group Session
- Session Review
- Homework activities
- Preview of the following session
- Group Reflection

Session on Awareness

Thoughts often arise automatically and are based on beliefs and attitudes. It is important to monitor irrational thoughts.

- Self talk (negative talk)
- Thinking Errors (common thinking errors)
- Catching automatic thoughts (which leads on to challenging).

Session on Ellis's ABC model

Events can lead to automatic thoughts & beliefs. Thinking influences the way a person feels and the way they behave.



Thinking Report

Learning to pay attention to thinking,

Event – describe a situation

Thoughts – what thoughts do you remember?

Feelings – make a list of the feelings

Beliefs – what beliefs are related to this event?

Outcome – what was your action taken?

Homework

- Describe a past event/ situation and then identify your beliefs, attitudes and thinking patterns associated with event/situation.
- Identify an attitude or belief that has lead to AOD use.
- Between sessions identify a situation that has led to automatic thoughts.
- Read handout on Common Thinking Errors.

Session on Relapse

This session is focused on helping the client to identify and manage both **high-risk situations** and **high-risk thinking**.

High-risk situation may be defined as any situation that has lead to AOD use in the past or any situation that increases the craving or desire for AOD use.

Session on Relapse

High-risk thinking often occurs when you begin to think about AOD use as an option to deal with stressful situations you are unprepared to deal with.

Medicate feelings with AOD



Session on Relapse

Understanding Feelings (knowing self/ how we feel in certain situations)

Explore triggers (conflict, peers, stress, anxiety, etc).

Role-play ineffective coping responses and effective coping responses.

Homework

In what kind of situations do you use AOD?

What are your triggers?

Can you remember your thoughts /feelings at the time?

What were the positive consequences of AOD involvement?

What were the negative consequences?

Individual Differences within the Program

Over the entire program the client will be unpacking (telling) their story, sorting out (hearing) their story and integrating (acting on) their story.

- Case management (individual issues)
- Autobiography (story to date)
- Journal work (reflection of feelings)
- Self disclosure (sharing self awareness)

Final Thought

The Better You Get To Know Yourself, The
Less Chance Of Repeating The Same Old
Patterns.

