Index

12-step approaches 23
AA 27, 108
ABC schedules, functional analysis 73–5
abnormal behaviour 9
see also behavioural therapy
abstinence aims, alcohol misuse 27
abstinence violation effect 14
abuse 131–3
see also trauma...
acamprosate 27
accreditation, therapists 145–6
action phase, motivational interviewing 83–5
action stage of change 38, 81–2, 84–5
activated beliefs 15–18
activity schedules 107–8, 109–16, 124–5, 129, 161–2
activity-monitoring-schedule behavioural technique
concepts 37, 52–3
example 52–3
problem types 52–3
acupuncture, complementary therapies 28
adapting lifestyle and combating boredom
core-topic-7
activity schedules 106–8
aims 107
concepts 25, 106–8
out-of-session assignments 108
techniques 107–8
addictions
see also substance misuse
CBT 12–34
overview 1–5
proposed CBT model 24–34
research evidence 19–24
types 5
addressing-ambivalence/enhancing-motivation cognitive technique 35, 36–8, 40, 44, 80, 81–5, 138, 152
advantages/disadvantages-analysis
cognitive technique
concepts 37, 44–5, 46–7, 115, 127, 140
example 45
problem types 45
agendas
see also structure of sessions
agreed agendas 65–6
group therapy 34
setting 61–7
aggression 95–6, 129–31
see also anger
assessments 130
concepts 95–6, 129–31
elective-topic-4 129–31
interventions 130–1
alcohol misuse 2–3, 9, 12–14, 19–20, 26, 34, 70–80, 103, 120, 142–4, 147
see also substance misuse
abstinence aims 27
CBT 19–20, 27, 34, 70
co-morbidity 27
detoxification 27
proposed CBT model 27
research evidence 19–20
self-esteem 27
sleep effects 142–4
withdrawal symptoms 28, 143
ambivalence 35, 36–8, 40, 44, 80, 81–5, 138, 152
amphetamines
research evidence 20–1
sleep effects 143
anger 16, 41–2, 89, 95–6, 129–31
see also aggression
concepts 129–31
elective-topic-4 129–31
interventions 130–1
anticipated problems 106
INDEX

anxiety 2, 9, 22, 27, 41–2, 53–6, 72, 78, 119, 120, 125–7, 131–3, 141–4
assessments 125–6
concepts 125–7, 131–3, 141–2
distancing techniques 127
elective-topic-2 125–7
GAD 125–7
insomnia 141–2
interventions 126–7
probability techniques 127
anxiety management training, trauma 132–3
apologies, assertiveness 97
arbitrary inferences, cognitive processing distortions 10–11
aromatherapy, complementary therapies 28, 143
‘as if’ techniques, behavioural-experiments
behavioural technique 56–7
assertiveness 29, 55, 57, 61–2, 88, 94–100
apologies 97
characteristics 95
concepts 94–100
DESC routine 97–9
eye contact 97
negative consequences 99
out-of-session assignments 99–100
social networks 96–9
techniques 97–9
see also case formulation; functional analysis
aggression 130
aims 69
anxiety 125–6
comprehensive-assessment stage 69
concepts 69–80, 120
current patterns of drug use 70–2
depression 122–3
developmental profile 75–6, 79–80
education in the cognitive-behavioural model 78–9
examples 69–70, 77–9
out-of-session assignments 74–5
reasons for seeking treatment 74, 81–2
relationship problems elective-topic-6 134–5
repeated criminal behaviour
elective-topic-9 140–1
risky behaviours/injecting behaviours
elective-topic-8 139
screening stage 69, 74
self-esteem 128
sleep management elective-topic-10 142
stages 69–70
substance use history 75–6
topic 1 70–5
topic 2 70, 75–80
topic 3 70, 78–80
trauma 132–3
treatment history 76
treatment planner 1–2, 15–16, 79–80, 84–5
triage stage 69, 74
attention
control/switching training 42–3
distractions 42–4
focus of attention 42–4
authoritarian approaches 32–3
aversive conditioning
see also behavioural therapy
concepts 19
research evidence 19, 20
avoidance 9, 15–18, 33–4, 55–6, 87–91, 92–4, 120, 132–3
see also relief-inducing behaviour
fear 9, 56, 132–3
‘recognize, avoid and cope’ motto 25, 92–3
BABCP (British Association for Counselling and Psychotherapy) 145–6, 151
Bandura, A. 12
BAPCP (British Association for Counselling and Psychotherapy) 145–6
Beck, A.T. 2–3, 9, 14–19, 24–34, 39, 70, 122
see also cognitive model of substance abuse
behaviour contracting see contingency management
behavioural self-control training (BSCT), research evidence 20
behavioural therapy (BT)
see also classical conditioning; operant conditioning
abnormal behaviour 9
activity-monitoring-schedule behavioural technique 37, 52–3
behavioural-experiments behavioural technique 35, 36, 37, 55–8, 127, 141
behavioural-rehearsal (role-play/reverse role-play) behavioural technique 37, 54–5, 125, 129, 130–1, 133, 136, 140, 146
concepts 7–9, 19–21, 23–6, 35–7, 52–60
contingency management 19–24, 58–60
distractions 41, 42–3, 93, 94
list of techniques 37
relaxation-training/physical-exercise behavioural technique 37, 53–4, 89, 92, 94, 126, 133, 143–4
research evidence 20–4
techniques 35–7, 52–60
behavioural-experiments behavioural technique
concepts 35, 36, 37, 55–8, 127, 141
examples 36
problem types 57
behavioural-rehearsal (role-play/reverse role-play) behavioural technique
concepts 37, 54–5, 125, 129, 130–1, 133, 136, 140, 146
examples 54
problem types 55
beliefs
see also schemas
cognitive therapy 9–11, 14–18, 24–6, 33–4, 75–80
core beliefs 9–11, 15–18, 25–34, 47–9, 75–80, 123–9
self-dialogues 17–18, 87–8
benzodiazepines
concepts 21, 28, 30, 141–4
research evidence 21
sleep effects 141–4
boredom 16, 29–30, 41–5, 52–4, 87, 103, 106–8, 109–16, 120
see also adapting lifestyle...; managing boredom...
acceptance needs 116
activity schedules 109–16
concepts 109–16
global pessimism 111
out-of-session assignments 116
planning ahead 111
practical tasks 114
‘bottom line’, self-esteem 128–9
brainstorming 82, 107–8
breathing exercises 92
brief interventions, research evidence 19–21
briefness characteristic, CBT 11–12, 24, 34, 154
British Association for Counselling and Psychotherapy (BABCP) 145–6, 151
broken records 98–9
BSCT see behavioural self-control training
BT see behavioural therapy
building/maintaining motivation for change core-topic-1 25, 81–5, 93–4, 116
see also motivational interviewing
action phase 83–5, 116
aims 82
concepts 81–5
decision-balance matrix 81–5, 92–3
importance/confidence rulers 81–5
outline 81–2
out-of-session assignments 85
buprenorphine treatment 22–3, 29
caffeine 143
cannabis 30, 103, 142–4
Carroll, Kathleen 3, 14, 24–6, 70
case examples 3
case formulation 4, 15–18, 24–6, 30–1, 34, 36, 40, 41, 62, 65, 69–80, 87–8, 121, 122–3, 125–44
see also assessments
concepts 24–6, 30, 36, 40, 62, 65, 69–80, 87–8, 121, 122–3, 125–6
critical CBT component 26, 36, 40
definition 75, 76
model 76–7
parts 76–8

INDEX
case simulations 146

case studies 8

catastrophisation 18, 53, 56, 125–7

CBMT (cognitive-behavioural marital therapy) 20

CBT see cognitive-behaviour therapy

CE see cue exposure

CES (cumulative evidence score) 20

challenges

behavioural-experiments behavioural technique 55–8, 127

change

process of change model 37–8, 81–5
stages 38, 81–2

child care 29–30

choice points, SIDs 100–1, 118

Choosing Talk Therapies (Department of Health, 2001) 148

classical conditioning

see also behavioural therapy

concepts 8–9, 19

clients 64–5, 67, 113, 116–18

collaborative approaches 4–5, 11–12, 16–18, 24–5, 29–33, 36–8, 63–7, 69–80, 120–1, 137–9, 147
difficult clients 154

education in the cognitive-behavioural model 78–9, 153

memory deficits 153

overview 2–5

overwhelming therapists 153

reasons for seeking treatment 74, 81–2

resistance 37–8, 69, 81–2, 152

responsibilities 16–17, 25–6, 29, 37–8, 63, 137–9

reviews 64–5, 67, 116–18

sex life 147–8

speeding problems 152–3
terminology 2

clinicians 1–5

see also therapists

CM see contingency management

cocaine 3, 14, 16, 20–1, 24–5, 30, 78, 101, 103, 143–4, 151

como-rbidity 1–2, 14, 22–3, 27, 119–44, 147, 154

research evidence 20–1

sleep effects 143–4

cognitive analysis, importance 17–18

cognitive coping skills training model, concepts 13–14

cognitive decision-making process, awareness 16–18, 33–4, 41–2

cognitive model of substance abuse, concepts 14–18, 24–34

cognitive therapy (CT)

addressing-ambivalence/enhancing-
motivation cognitive technique 35, 36–8, 40, 44, 80, 81–5, 138, 152

advantages/disadvantages-analysis cognitive technique 37, 44–5, 46–7, 115, 127, 140

concepts 7, 9–11, 14–18, 19, 20–1, 23–6, 35–52, 121, 122–5

daily-thought-record cognitive technique 35, 36, 41–2, 65, 72–5, 89–90, 92, 94, 106, 124–5, 141
distortions 10–11, 15–18, 37–8, 40, 55–8, 63, 124–5
distraction cognitive technique 18, 36, 41, 42–4
downward-arrow-exercise cognitive technique 37, 44–5, 47–9, 115, 127

flashcards cognitive technique 37, 41, 44, 46–7, 87, 90, 94, 124, 131

imagery cognitive technique 37, 49–52, 54, 93, 130–1, 136, 141

interpretation of experiences 9–11, 15–18, 24–5

list of techniques 36–7

motivational interviewing 1, 19, 20–4, 33–4, 37–8, 40, 81–5, 139

research evidence 20–1, 23–4

techniques 35–52

cognitive therapy manual 3, 14, 24–5, 145–54

cognitive-behaviour theory 1

cognitive-behaviour therapy (CBT)

see also behavioural therapy; cognitive therapy

addiction research evidence 19–24

alcohol misuse 19–20, 27, 34, 70

anger/aggression/impulse control 129–31
briefness characteristic 11–12, 24, 34, 154
case-formulation critical component 26, 36, 40
characteristics 11–12, 24–6, 154
cognitive-restructuring critical component 26
collaborative characteristic 11–12, 18, 24–5, 29–33, 36–8, 63–7, 69–80, 120–1, 137–9, 147
complexity factors 23–4
compliance with treatment 137–9
concepts 7–8, 11–34, 35–6, 122–7, 147–54
costs 19, 22, 24
critical components 26, 36
dangers 147–8
definition 11–12, 24, 35–6
depression 122–5
development 2–3
‘dose and process’ research 23–4
education in the cognitive-behavioural model 78–9, 153
effectiveness determinants 23–4, 26–7, 79, 140, 146–7
focus characteristic 11–12, 24–6, 32–3, 42, 63, 154
GAD 125–7
historical background 7–12
introduction 7–12
low self-esteem 127–9
medications for pain control 23, 30–3
nonspecialist centres 33–4
opioids 2–4, 21–3, 26, 28–30
overview 1–5
poly substance use 21, 23, 30–1
proposed model 24–34, 77–80
Rating Scale 150–1
‘recognize, avoid and cope’ motto 25, 92–3
relationship problems 134–6
research evidence 3, 7, 19–24
skills-training critical component 26, 36
stimulant drugs 20–1, 27–8
structured characteristic 11–12, 24–5, 32–3, 154
substance misuse 12–34
techniques 35–60, 69, 81–5, 97–9, 104–8, 109–16, 146
Therapist Checklist 150–1
trauma 131–3
cognitive-behavioural marital therapy (CBMT), research evidence 20
cognitive-restructuring critical CBT component 26
collaborative approaches 4–5, 11–12, 16–18, 24–5, 29–33, 36–8, 63–7, 69–80, 120–1, 137–9, 147
collaborative characteristic, CBT 11–12, 18, 24–5, 29–33, 36–8, 63–7, 69–80, 120–1, 137–9, 147
community reinforcement approaches (CRA)
concepts 19, 20–1, 23–4, 27–31
research evidence 20–1, 23–4
community staff 1–2, 5
complementary therapies 28, 143–4
compliance with treatment elective-topic 7 22, 29, 79–80, 119, 136–9
assessments 137–8
concepts 136–9
ground rules 137–8
interventions 138–9
comprehensive-assessment stage, assessments 69
compulsive cleaning 120
conditional beliefs, cognitive therapy 10–11, 15
conditioned craving 13–14, 15–18
certainty rulers 81–5
confidentiality issues 72
confrontations 94–100
contemplative stage of change 38
contingency management (CM)
concepts 19–24, 37, 58–60
research evidence 20–2, 24
problem types 59
research evidence 20–2, 24
rewards 58–9
tests 58
contingency-management behavioural technique 37
continuous professional development (CPD) 147
controlled drinking, alcohol misuse 27
anger 89
cognitive processing distortions 11
generic coping plans 90, 153–4
coping (continued)
lapses 88–9
plans 85–91
‘recognize, avoid and cope’ motto 25, 92–3
relapse prevention model 13–14, 85–91
self-efficacy 13–14, 16–17, 24–5, 56–7
coping with craving core-topic-3 25, 61–2, 86, 89–94
aims 91
concepts 25, 61–2, 86, 89–94
outline 91–2
out-of-session assignments 94
coping with stimulus conditions 61–2, 85–91
core beliefs
see also schemas
concepts 9–11, 15–18, 25–34, 47–9, 75–80, 123–9
core topics
adapting lifestyle and combating boredom core-topic-7 25, 106–8
building/maintaining motivation for change core-topic-1 25, 81–5, 93–4, 116
concept 3–4, 24–5, 35, 61–2, 65, 69, 81–120
coping with craving core-topic-3 25, 61–2, 86, 89–94
identifying/dealing with stimulus conditions and developing an all-purpose coping plan core-topic-2 25, 85–91, 120
managing boredom core-topic-8 25, 109–16
overview 3–4, 25, 61–2
problem solving core-topic-6 104–6, 107–8, 159
refusal skills, handling confrontations and building assertiveness core-topic-4 25, 55, 57, 94–100
relapse prevention, maintenance of stability and ending treatment core-topic-9 116–18
wise decision taking at choice points core-topic-5 25, 100–3
costs, CBT 19, 22, 24

CPD (continuous professional development) 147
CRA see community reinforcement approaches

crack cocaine, research evidence 20–1, 30, 31

coping with craving core-topic-3 25, 61–2, 86, 89–94
dissonance 16, 18, 45, 54
distractions 18, 36, 41, 42–4, 89–90, 93, 94
going with the craving 87, 93

ocean waves 87, 93
physical sensations 16, 91
‘recognize, avoid and cope’ motto 25, 92–3
urge-surfing techniques 87, 93
criminal behaviour 3, 28–30, 119, 120, 140–2


crisis-driven approaches, therapists 152
CT see cognitive therapy
cue-controlled relaxation 53
cue exposure (CE) 20

cues 13–14, 15–18, 25–34, 41–2, 85–91, 92–4
see also stimulus conditions; triggers
cultural issues, alcohol misuse 26, 27

cumulative evidence score (CES) 20
current patterns of drug use, assessments 70–2
daily-thought-record cognitive technique
concepts 35, 36, 41–2, 65, 72–5, 89–90, 92, 94, 106, 124–5, 141
example 41
problem types 42
dangers, CBT 147–8

DANOS (Drug and Alcohol National Occupational Standards) 145–6
dealers 71–2
de-catastrophisation 18, 53, 127
decision making 14–18, 25–6, 33–4, 40, 41–2, 43, 46, 48, 51, 55, 57, 59, 62, 73, 100–6, 157
see also problem solving; seemingly irrelevant decisions
concepts 100–6
decision-balance matrix 81–5, 92–3, 108, 115–16, 155
Department of Health Substance Use Initiative (2000–2004) 2
depression 2–3, 7, 9, 14–18, 22, 27–8, 72, 109, 111, 114–15, 119, 122–5, 128, 141–2
basic conceptualization 123
cognitive-behavioural model 122–5
concepts 111, 122–5, 141–2
elective-topic-1 122–5
global pessimism 111
insomnia 141–2
interventions 123–5
meta-cognition 124–5
rational–emotional role-play 125
suicidal risks 125
symptoms 122–3
treatments 123–5
DESC routine, assertiveness 97–9
determination stage of change 38
detoxification
alcohol misuse 27
opioids 29, 136–7
stimulant drugs 27–8
developmental profile, assessments 75–6, 79–80
dialogues, self-dialogues 17–18, 87–8, 133
diaries, daily-thought-record cognitive technique 35, 36, 41–2, 65, 72–5, 89–90, 92, 94, 106, 124–5, 141
diazepam 28, 31
see also benzodiazepines
dichotomous thinking, cognitive processing distortions 10–11
didactic training 146, 152
differential relaxation 53
difficult clients 154
direct therapeutic exposure, trauma 132–3
disadvantages,
advantages/disadvantages-analysis cognitive technique 37, 44–5, 46–7, 115, 127, 140
dissonance, cravings 16, 18, 45, 54
distancing techniques, anxiety 127
distortions, cognitive processing errors 10–11, 15–19, 37–8, 40, 55–8, 63, 124–5
distraction cognitive technique 18, 36, 41, 42–4, 89–90, 93
concepts 42–4, 89–90, 93
disulfiram naltrexone 27
’dose and process’ research, CBT 23–4
downward-arrow-exercise cognitive technique 37, 44–5, 47–9, 115, 127
concepts 47–9, 115, 127
example 48
problem types 48
Drug and Alcohol National Occupational Standards (DANOS) 145–6
drug keyworking 28–30
drug-paired stimuli 13–14
drug-related beliefs, concepts 15–18, 24–34, 42–4, 56–7, 75–6, 87–91
drugs 2, 13–18, 20–4, 26–34, 70–80
see also benzodiazepines; illicit substances; opioids; stimulant drugs
categorizations 26–7
current patterns of drug use 70–2
dealers 71–2
legal-status categorization 26–34
polysubstance use 21, 23, 30
psychopharmacological-properties categorization 26–34
terminology 2
treatment-aims/philosophy categorization 26–34
duration of sessions 34, 62, 63–4, 147
dynamic model of relapse 14
dysfunctional beliefs, cognitive processing errors 11, 19–24
eyear life experiences, schemas 9–11, 24–6, 75–80, 122–4, 128
eating disorders 7, 9, 11, 15, 120
education in the cognitive-behavioural model 78–9, 153
effectiveness determinants
CBT 23–4, 26–7, 79, 140, 146–7
supervision 151
efficacy expectancies, concepts 12–13
elective topics
anger, aggression and impulse control
  elective-topic-4 129–31
choice 119–20
collaborative approaches 120–1
compliance with treatment
  elective-topic-7 22, 29, 79–80, 119, 136–9
definition 119
depression elective-topic-1 122–5
examples 120–1
low self-esteem elective-topic-3 127–9
overview 3–4, 61–2, 119–21
relationship problems elective-topic-6
  133–6
repeated criminal behaviour
  elective-topic-9 3, 28–30, 119, 120, 140–2
risky behaviours/injecting behaviours
  elective-topic-8 28–30, 81, 120, 139–40
trauma and abuse elective-topic-5 9, 131–3
usage guidelines 121
worry and anxiety elective-topic-2 125–7
‘eliciting change talk’ techniques 81–5
emergency plans, relapse prevention, maintenance of stability and ending treatment core-topic-9 117, 118
see also anger; boredom; depression
rational–emotional role-play 125, 129, 140
thought processes 41–2, 73–80, 124–5, 135–6
empathy 37–8, 146–7
employment issues 71–2, 147
enhanced outreach counselling 21–2
environmental influences, behavioural therapy 8–9
ethics 19, 147–9
exercises
downward-arrow-exercise cognitive technique 37, 44–5, 47–9, 115, 127
physical-exercise behavioural technique 37, 53–4, 89, 144
exit points 18, 25–34
expectancy theory, concepts 12–13, 15, 18, 121–7
eye contact, assertiveness 97
Eysenck, Hans 9
facilitating beliefs see permission-giving beliefs
facilitators, supervision 148–54
family histories 14, 133–6
family members 71–2, 74, 90, 133–6
fear
  avoidance 9, 56, 132–3
  sleeplessness 141–2
feedback
  CBT Rating Scale 150–1
  sessions 64–5, 66, 116–18, 150–1, 152–3
Fennell, Melanie 127–9
financial circumstances 71–2
‘fire drills’, stimulant drugs 90
first part, structure of sessions 64–5
flashcards cognitive technique 37, 41, 44, 46–7, 87, 90, 94, 124, 131
concepts 46–7, 87, 90, 94, 124, 131
example 46
problem types 46–7
flexibility needs, treatments 4–5, 11–12, 79–80, 112–13, 152
focus
  concepts 11–12, 24–6, 32–3, 42–4, 63, 154
  distraction 42–4
Freud, Sigmund 8
functional analysis 4, 70–1, 72–80, 86
see also assessments
ABC schedules 73–5
concepts 4, 70–1, 72–80, 86
definition 72–3, 77
example 77–8
key points 77–8
processes 73–4
questions 73–6
GAD see generalized anxiety disorder
gambling 5
general hospitals
  see also nonspecialist centres
  proposed CBT model 33–4
generalized anxiety disorder (GAD) 125–7
generic coping plans 90, 153–4
genetic predisposition 76–8
global pessimism, boredom 111
going with the craving 87, 93
Gordon, J.R. 3, 12–14, 20
GPs, medications for pain control 32
ground rules, sessions 137–8
group therapy 27, 34
agendas 34
duration of sessions 34

hallucinogens 143
health service staff, types 1–2
Hepatitis B/C 139–40
see also opioids
research evidence 22–3
withdrawal symptoms 28, 30, 136, 142–4
high-risk situations see stimulus conditions
HIV 28, 90, 139–40
Home Office initiatives 30
housing problems 29–30

identifying/dealing with stimulus
conditions and developing an
all-purpose coping plan core-topic-2
25, 85–91, 120
adaptive strategies 87
aims 86
concepts 85–91
example 87–8
generic coping plans 90, 153–4
outline 86–7
out-of-session assignments 90–1

illicit substances
see also drugs
research evidence 20–4
terminology 2
imagery cognitive technique 37, 49–52, 54, 93, 130–1, 136, 141
concepts 49–52, 54, 93, 130–1, 136, 141
example 50–1
problem types 51
importance/confidence rulers 81–5
impulse control, elective-topic-4 129–31
incentive, positive reinforcement approaches see contingency
management

indirect behaviour 96
information, cognitive processing
distortions 10–11
information gathering see assessments
injecting behaviours see risky...

insomnia 141–4
see also sleep...

instrumental conditioning
see also community reinforcement;
contingency management
concepts 18–24, 25–34, 78–80
research evidence 20–2, 24
see also automatic thoughts; cravings;
emotional states

interpersonal skills, cognitive coping skills
training model 14

interpretation of experiences, cognitive
therapy 9–11, 15–18, 24–5
interventions 1, 17–19, 25–34, 123–9, 150–1
aggression 130–1
anxiety 126–7
CBT Rating Scale 150–1
compliance with treatment
elective-topic-7 138–9
depression 123–5
relationship problems elective-topic-6
135–6
repeated criminal behaviour
elective-topic-9 141
risky behaviours/injecting behaviours
elective-topic-8 139–40
self-esteem 128–9
sleep management elective-topic-10
142–4
Therapist Checklist 150–1
trauma 132–3
intrapersonal skills, cognitive coping skills
training model 14
introspection 8

joining the club, stimulus conditions 88
judgemental/authoritarian approaches
32–3, 139, 146–7

keyworking 28–30
Kolb’s learning cycle 148–9
Kuehlwein, K.T. 123–4
INDEX

lapses 88–9, 100, 117, 118
learning
  conditional beliefs 10
  from experience 18
legal-status categorization, drugs 26–34
legal systems 29–30, 72
LFT (low frustration tolerance) 130
lifestyle changes 18, 24, 29–30, 36, 42, 44–5, 52–3, 55, 57, 59, 81–5, 92, 106–8
  concepts 106–8
listening skills, good therapists 147
longer term planning 118
low frustration tolerance (LFT) 130
low self-esteem elective-topic-3 127–9
  see also self-esteem
main part, structure of sessions 65
maintenance agonist treatments 21–3, 28–30
  see also methadone
research evidence 21–3, 28–9
maintenance stage of change 38
managing boredom core-topic-8
  activity schedules 109–16
  aims 109
  concepts 25, 109–16
  outline 109–10
  out-of-session assignments 116
  practical tasks 114
  techniques 109–16
manual-guided therapies 3, 14, 24–5, 145–54
  Marlatt, G.A. 3, 12–14, 20
medical problems 5, 23, 30–3, 72
medications for pain control 5, 23, 30–3
  GPs 32
  opioids 30–1
  proposed CBT model 23, 30–3
  providers of CBT 32–3
  research evidence 23
memories
  deficits 153
  refocused attention 42–4
mental health 1–2, 15, 27–8, 72, 122, 141–2
  ‘Mesa Grande’ review 20
meta-cognition, depression 124–5
methadone 2, 21–3, 26, 28–30, 101, 136–7, 142–4, 147
  see also maintenance agonist treatments
  compliance with treatment 136–7
methadone maintenance treatment (MMT)
  co-morbidity factors 22–3
  research evidence 22–3, 28–9
MI see motivational interviewing
MMT see methadone maintenance treatment
Models of Care 29–30, 31
monitoring of practice 145–54
Monti, P.M. 3, 14
mood disorders 122–5
  see also depression
morphine 23
  see also opioids
motivational enhancement therapy
  concepts 19–20, 22–3, 29–30, 33–6, 37–8, 44, 69, 80
  research evidence 19–20, 22–3
motivational interviewing (MI)
  action phase 83–5, 117–18, 147
  concepts 1, 19, 20–4, 33–4, 37–8, 40, 81–5, 139, 147, 152
  decision-balance matrix 81–5, 92–3
  definition 37–8
  essential principles/practices 37–8
  importance/confidence rulers 81–5
  research evidence 19, 20–4, 81
  uses 81, 147, 152
NA 108
Naltrexone 23
negative cognitive triad 122–5
  see also depression
negative consequences 93–4, 155
negative expectancies 17–18, 74, 114–15, 122–7
negative thoughts 114–15, 122–5
negotiation of goals, treatments 79–80, 84–5
neurotic disorders 9
nicotine addiction 5, 12, 21, 81, 103, 143
nonattendance problems, sessions 137–8
nonspecialist centres
  see also general hospitals
  proposed CBT model 33–4
  number of sessions 62, 119–20, 121, 147
ocean waves, cravings 87, 93
operant conditioning
  see also behavioural therapy
  concepts 8–9, 19, 58–60
opioids 2–4, 12–13, 15, 21–3, 26–7, 28–33, 136–9, 142–4

see also heroin; morphine

CBT 2–4, 21–3, 26, 28–30

detoxification 29, 136–7

insomnia 142–4

medications for pain control 30–1

proposed CBT model 28–30

research evidence 21–3

sleep effects 142–4


adapting lifestyle and combating boredom core-topic-7 108

assessments 74–5

basic principles 66

building/maintaining motivation for change core-topic-1 85


coping with craving core-topic-3 94

identifying/dealing with stimulus conditions and developing an all-purpose coping plan core-topic-2 90–1

managing boredom core-topic-8 116

problem solving core-topic-6 106

refusal skills, handling confrontations and building assertiveness core-topic-4 99–100

relapse prevention, maintenance of stability and ending treatment core-topic-9 118

reviews 65

SIDs 103

outcome expectancies, concepts 12–14, 15, 17–18, 74, 121–7

overdoses 139

overgeneralizations, cognitive processing distortions 10–11

overlearning strategies 54–5

overview 1–5

oxycodone 23

pain control see medications for pain control

Pain Society 31–2

panic disorder 7

parents

see also family...

relationship problems elective-topic-6 133–6

parts

case formulation 76–8

structure of sessions 61, 62–7

passive behaviour 95–6

patients, terminology 2

Pavlov, I.P. 8

pay-off matrix see decision-balance matrix

peer supervision 151–2

see also supervision

perceptions

cognitive therapy 9–11, 15–18, 24–5, 37–8

distortions 10–11, 15–19, 37–8, 40, 55–8, 63, 124–5

permission-giving beliefs 16–18, 25–34, 78–80, 128

personality disorders 7, 11, 127

personality traits 15–16, 76–8

personalization, cognitive processing distortions 10–11

pessimism, boredom 111

pharmacological interventions 19, 20, 27, 28–30

pharmacotherapies, research evidence 21–3

physical-exercise behavioural technique 37, 53–4, 89, 144

physical sensations, cravings 16, 91

plans

coping plans 85–91

emergency plans 117, 118

longer term planning 118

planning ahead 111

treatment planner 1–2, 15–16, 79–80, 84–5

polysubstance use 21, 23, 30–1

CBT 21, 23, 30–1

proposed CBT model 30–1

research evidence 21, 23

positive behaviours 17–19, 124

positive expectancies 17–18, 74, 124

positive memories, refocused attention 42–4

positive self-statements 92–3
post-traumatic stress disorder (PTSD) 131–3
pre-contemplative stage of change 38
primary health staff 1–2, 5, 29
primary reinforcement consequences, operant conditioning 8–9
problem solving core-topic-6 3, 24–5, 36, 44–5, 48–9, 57, 104–6, 107–8, 153, 159
see also decision making
aims 104
anticipated problems 106
concepts 104–6, 107–8, 153, 159
example 106
out-of-session assignments 106
SMART targets 105–6, 108
techniques 104–6
process of change model 37–8, 81–5
progressive relaxation 53, 92
Project Match trial 14
proposed CBT model 24–34, 77–80
prostitution 139
psychoanalytic approaches 7
psychopharmacological-properties categorization, drugs 26–34
psychosis 28
psychosocial interventions
see also cognitive-behaviour therapy; motivational interviewing
concepts 19, 21–2, 27
psychotherapeutic interventions, uses 1, 9
psychotic disorders 7, 9
PTSD (post-traumatic stress disorder) 131–3
quality assurance 145
questions
functional analysis 73–6
randomized controlled trials (RCTs) 21–2
rapid relaxation 53
rating of therapists 149–51
rational–emotional role-play 125, 129, 140
rational responses 41–2
RCTs (randomized controlled trials) 21–2
reasons for seeking treatment, assessments 74, 81–2
‘recognize, avoid and cope’ motto 25, 92–3
record sheets 82
reflective practices 7–9, 39–40, 83–5, 115–16, 124, 134, 137, 148–9
refusal skills, handling confrontations and building assertiveness core-topic-4
aims 95
concepts 25, 55, 57, 94–100
out-of-session assignments 99–100
outline 95–6
social networks 96–9
rehearsed skills 25–6, 54–5
reinforcement consequences, operant conditioning 8–9, 58–60
relapse prevention, maintenance of stability and ending treatment core-topic-9
aims 116–17
courses 116–18
emergency plans 117, 118
handouts 118
longer term plans 118
out-of-session assignments 118
outline 117
techniques 117–18
relapse prevention model (RP)
concepts 2–3, 12–14, 19, 20–4, 61, 85–91, 116–18
research evidence 19, 20–4
relationship problems elective-topic-6
assessments 134–5
concepts 133–6
interventions 135–6
relaxation-training/physical-exercise behavioural technique
concepts 37, 53–4, 89, 92, 94, 126–7, 133, 143–4
types 53
release only relaxation 53
relief-inducing behaviour 15–18
see also avoidance
fear 9
religions 27
REM sleep 143
repeated criminal behaviour elective-topic-9
assessments 140–1
concepts 3, 28–30, 119, 120, 140–2
interventions 141
skills 141
research evidence 3, 7, 19–24
addictions 19–24
alcohol misuse 19–20
benzodiazepines 21
critique 23–4
medications for pain control 23
opioids 21–3
polysubstance use 21, 23
stimulant drugs 20–1
resistance, clients 37–8, 69, 81–2, 152
responsibilities 16–17, 25–6, 29, 37–8, 63, 137–9
restructuring critical CBT component 26
reviews
activity schedules 113
relapse prevention, maintenance of stability and ending treatment
core-topic-9 116–18
sessions 64–5, 67, 116–18
rewards, contingency management 58–9
risky behaviours/injecting behaviours elective-topic-8
assessments 139
concepts 28–30, 81, 120, 139–40
handouts 140
interventions 139–40
role-plays 37, 54–5, 90–1, 94, 97–8, 125, 129, 130–1, 133, 136, 140, 146
rows, stimulus conditions 87–8
RP see relapse prevention model
rules, importance/confidence rulers 81–5
rules of therapy 79, 140
ruminative cycles 54
SBNT see social behaviour and network therapy
schemas
see also beliefs
cognitive therapy 9–11, 15–18, 24–6, 75–80, 122–4, 128
scientific justification, behavioural therapy 9
screening stage, assessments 69, 74
secondary reinforcement consequences, operant conditioning 8–9
seemingly irrelevant decisions (SIDs) 40, 42, 43, 46, 48, 51, 55, 57, 59, 62, 73, 100–3, 157
aims 101
choice points 100–1, 118
common SIDs 103
concepts 62, 73, 100–3
definition 100
examples 100–1
outline 101–2
out-of-session assignments 103
rational decisions 103, 157
recognition exercises 102
safe decision making 102–3
selective abstraction, cognitive processing distortions 10–11, 55
self-change manuals, research evidence 20
self-defeating thoughts 112
self-dialogues, challenges beliefs 17–18, 87–8, 133
self-efficacy
see also relapse prevention model
concepts 12–14, 16–17, 24–5, 38, 56–7, 152
coping 13–14, 24–5, 56–7
self-esteem 27, 49, 94–5, 119, 127–9, 141
alcohol misuse 27
assessments 128
‘bottom line’ 128–9
concepts 127–9, 141
elective-topic-3 127–9
enhancement 49
interventions 128–9
treatment programme 128–9
self-harm 28
self-help groups, AA 27
self-medication 122, 125
self-monitoring 110–14, 126–7, 129
self-respect 96
self-statements 92–3
sensory inputs, distraction 42–3, 49
sessions
see also agendas; core topics; elective topics; structure of sessions
CBT Rating Scale 150–1
CBT Therapist Checklist 150–1
duration of sessions 34, 62, 63–4, 147
feedback 64–5, 66, 116–18, 150–1, 152–3
ground rules 137–8
manual-guided therapies 3, 14, 24–5, 145–54
nonattendance problems 137–8
number of sessions 62, 119–20, 121, 147
sessions (continued)
parts 61, 62–7
reviews 64–5, 67, 116–18
speeding problems 152–3
topics contrast 61–2
set-ups 100–3, 117
see also seemingly irrelevant decisions
sex life, clients 147–8
SIDs see seemingly irrelevant decisions
skills-training critical CBT component 26, 36, 54
Skinner, B.F. 8
sleep management elective-topic-10
assessments 142
concepts 141–4
effects of substances 142–4
interventions 142–4
SMART targets 105–6, 108
social behaviour and network therapy (SBNT) 20
social learning theory, concepts 2–3, 12–14
social networks, assertiveness 96–9
social problems 29–30
social skills training 20, 124–5, 141
social support 14, 29, 71–2, 90, 94–5, 106–8, 133–6, 147
Socratic-method cognitive technique
example 40
problem types 40
speeding problems, sessions 152–3
staff, substance-misuse field 1
stimulant drugs
see also amphetamines; cocaine; crack
cocaine
CBT 20–1, 27–8
complementary therapies 28
cravings 28
detoxification 27–8
proposed CBT model 27–8
research evidence 20–1
sleep effects 142–4
types 20–1
withdrawal symptoms 28
stimulus conditions 3, 8, 15–18, 25–34,
40, 41–2, 48, 54–7, 59, 61–2, 71,
77–80, 85–91, 120
see also cues
‘fire drills’ 90
identifying/dealing with stimulus conditions and developing an all-purpose coping plan core-topic-2
25, 85–91, 120
joining the club 88
lapses 88–9
rows 87–8
specific examples 87–8
unpredictable future conditions 90
structure of sessions
see also agendas; treatments
concepts 2–5, 62–7, 70, 79–80, 119–20
examples 64, 65
feedback 64–5, 66
first part 64–5
main part 65
overview 2–5, 61–2
parts 61, 62–7
reviews of sessions 64–5, 67
third part 65–7
structured characteristic, CBT 11–12,
24–5, 32–3, 154
substance abuse 2, 14–18
substance misuse
see also alcohol…; benzodiazepines;
opiods; stimulant drugs
categorizations 26–34
CBT 12–34
definition 2
legal-status categorization 26–34
overview 1–5
polysubstance use 21, 23, 30
proposed CBT model 24–34
psychopharmacological-properties categorization 26–34
research evidence 19–24
sleep effects 142–4
treatment-aims/philosophy categorization 26–34
substance use history, assessments 75–6
substitution treatments 2, 16, 26, 28–30, 144
see also methadone
suicidal risks, depression 125
superficial cognitive techniques, uses 35–6
supervision 1–2, 4, 12, 23, 36, 121, 145–54
see also training
CBT Rating Scale 150–1
CBT Therapist Checklist 150–1
concepts 145–54
dangers 147–9
effectiveness determinants 151
facilitators 148–54
functions 148–51
Kolb’s learning cycle 148–9
peer supervision 151–2
problems 147–9, 152–4
rating of therapists 149–51
specific guidelines 151–2
styles 149, 151
systematic desensitization, behavioural therapy 9
techniques 3–5, 35–60, 69, 81–5, 97–9, 104–8, 109–16, 145, 146
assertiveness 97–9
behavioural therapy 35–7, 52–60
cognitive therapy 35–52
list 36–7
overlaps 35–6
overview 3–5, 35–7
quality assurance 145
termination topic 61, 116–18
terminology 2
tests, contingency management 58
therapists
see also supervision
accreditation 145–6
aims 16–18, 25–6, 29–30, 36, 121, 140, 148–9
approaches 82, 121, 140, 146–54
CBT Rating Scale 150–1
CBT Therapist Checklist 150–1
collaborative approaches 4–5, 11–12, 61–2, 63, 71, 75, 78–80, 81, 116–18
overview 2–5, 24–5
sessions contrast 61–2
training 1–2, 4, 12–14, 23, 26, 36, 121, 145–54
see also supervision
cognitive coping skills training model
13–14
concepts 145–54
courses 145–6
skills-training critical CBT component
26, 36
therapists 1–2, 4, 12, 23, 36, 121, 145–54
trauma and abuse elective-topic-5
assessments 132
concepts 9, 131–3
interventions 132–3
phasic model 133
empathy 37–8, 146–7
examples for the client 153
Kolb’s learning cycle 148–9
manual-guided therapies 3, 14, 24–5, 145–54
overview 1–5
overwhelming the client 153
problems 147–9, 152–4
rating of therapists 149–51
reviews 64–5, 67, 116–18
rules of therapy 79, 140
styles 82, 121, 140, 146–54
therapy for therapists 145
unclear strategies 153
third part, structure of sessions 65–7
thought processes
emotional states 41–2, 73–80, 124–5, 135–6
negative thoughts 114–15, 123–5
time allocations 3–5
topic 1, assessments 70–5
topic 2, assessments 70–80
topic 3, assessments 70, 78–80
topics
see also core…; elective…
overview 2–5, 24–5
sessions contrast 61–2
training 1–2, 4, 12–14, 23, 26, 36, 121, 145–54
see also supervision
cognitive coping skills training model
13–14
concepts 145–54
courses 145–6
skills-training critical CBT component
26, 36
therapists 1–2, 4, 12, 23, 36, 121, 145–54
trauma and abuse elective-topic-5
assessments 132
concepts 9, 131–3
interventions 132–3
phasic model 133
treatment aims/philosophy categorization, drugs 26–34
treatment history, assessments 76
treatment planner 1–2, 15–16, 79–80
treatment sessions see sessions
see also core topics; elective topics; sessions
aims 11, 16–18, 25–6, 79–80
anxiety 126–7
compliance 22, 29, 79–80, 119, 136–9
depression 123–5
effectiveness determinants 23–4, 26–7, 79, 140, 146–7
flexibility needs 4–5, 11–12, 79–80, 112–13, 152
interventions 1, 17–19
low self-esteem 128–9
negotiation of goals 79–80, 84–5
number of sessions 62, 119–20, 121, 147
overview 3–5
service attendance 22
triage stage, assessments 69, 74
triggers see also cues
concepts 15–18, 25–34, 41–2, 85–94
types 15–16, 92
UK, research evidence 24
UKCBTMM (United Kingdom Cognitive-Behaviour Therapy study in Methadone Maintenance) 2–4, 29, 146
unclear strategies, therapist problems 153
the unconscious 8, 9
United Kingdom Cognitive-Behaviour Therapy study in Methadone Maintenance (UKCBTMM) 2–4, 29, 146
United Kingdom Council for Psychotherapy 145
urge-surfing techniques, cravings 87, 93
urges 15–18, 25–34, 78–80, 87, 93
see also cravings
US, research evidence 24
video uses, training 146, 149–50
Watson, John 8
wise decision taking at choice points
core-topic-5
see also seemingly irrelevant decisions
concepts 25, 100–3
withdrawal symptoms 16–18, 28, 30, 136, 142–4
Witkiewitz, K. 14
Woody, G.E. 15
worry and anxiety elective-topic-2, concepts 125–7