

## Continuum of Treatment of Dependence

A multitheoretic approach

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### First Stages

- Detoxification
  - If addictive drugs then medical model
    - Opiates: fast detoxification
      - opioid antagonist
      - long half life sedative hypnotic, sleep agent
    - Sedative hypnotics: Medical detoxification
      - Assessment of organic brain syndrome
      - Nutritional interventions
  - Process addictions
    - Isolation from substance
    - Diversion
    - Socialization
    - Immediate family intervention

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- Behavioral interventions
  - Craving intensity assessment
  - Strategy building
  - “sobriety” reinforcement
    - Rewarded attendance at counseling
    - Rewarded “sobriety”
    - Medical interventions for craving
      - Naltexone, catapres, etc.
    - Support group meetings
- Assess and treat co-occurring disorders

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## Post Detoxification Syndrome

- Cognitive behavioral interventions
  - Continued monitor, strategies and reinforcement for “sobriety
  - Dealing with “brain lies”: negative internal dialogues of addiction
- Underlying coexisting disorders
  - Medical, cognitive, Gestalt interventions
- Systems counseling
  - Changing family messages of addiction support/encouragement
    - Family counseling separately
    - Individual family counseling
  - Normalizing/demoralizing discussion of addiction

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## Ongoing “sobriety”: Quality of Life

- 18 months treatment most effective
- Existential and Adlerian therapies
  - Relational issues
  - Values clarification
  - Alternative lifestyles
  - Ongoing support
  - Learning to give back
- Cognitive therapies
  - Problem solving
  - Relaxation training
  - Assertiveness to care for self

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