Why is group therapy important for dual diagnosis clients?

- Substance abuse often occurs in a social context
- Opportunity for social support with a healthier social network
- More economical treatment
- Peer feedback valued by clients
- Modeling from clients in later stages
Types of groups

- Stage-wise:
  - Persuasion - for clients in engagement and persuasion
  - Active treatment - for clients in active treatment and relapse prevention
  - Combined
- Self help - 12 step
- Social skills training

Persuasion groups characteristics

- Clients in stages of engagement and persuasion
- Expect clients to use substances
- Education about substance use and mental illness
- Examine substance use in supportive environment
- Peer interaction and support
Persuasion groups characteristics

- Engagement activities
  - Refreshments, drawings for prizes, outings
- Check in with each client, then focus on topic
- Use motivational counseling approaches
- Short, weekly meetings with break
- Co facilitation
- Members in and out over time

Persuasion group guidelines

- Confidentiality
- Alcohol and drug use
- No disruptive behavior
- Member check in
Persuasion group topics/activities

- Guest speakers
- Genograms
- Pay-off Matrix
- Skills training
  - Social skills, coping skills
- Printed materials
- Health topics
  - Hepatitis and HIV

Active treatment groups characteristics

- Clients in stages of active treatment and relapse prevention
- Expect motivation, significant reduction or no substance abuse
- Education and skills building
  - Social skills
  - Managing stress
  - Dealing with relapses
  - Skills practice - role-plays
Active treatment groups characteristics

- More peer interaction
- Supportive
- Weekly meetings
- Long term
- Co-facilitated
- Self help materials useful

Active treatment group topics

- Cues/triggers and high risk situations
- Skills training e.g., anger management, assertiveness, coping, drink/drug refusal skills
- Relaxation
- Stress management
- Healthy behaviors
  - Reducing risk for infectious disease
  - Getting treatment for infectious disease
More active treatment group topics

- Social skills
  - Starting conversations
  - Maintaining conversations
  - Expressing negative feelings
  - Refusing offers to drink or use drugs
- Finding alternative leisure activities
- Cognitive skills
  - Identifying and challenging self-defeating thoughts

Self help overview

- What is self help
- Characteristics of 12 step programs
- Who can benefit from self help
- How to engage clients in self help
Self help and 12 step programs

- Alcoholics Anonymous (AA)
  - Narcotics anonymous (NA)
  - Cocaine Anonymous (CA)
- Double Trouble and Dual recovery Anonymous (DRA)
- Emotions Anonymous

Self help and 12 step programs

- 12 steps
- 12 traditions
- Mutual responsibility
- Non-professional/peer run and support
- World-wide
- Free
- Effective
The 12 steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Made a searching and fearless moral inventory of ourselves.
The 12 Steps

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

The 12 Steps

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.
The 12 Steps

11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

How does self help work?

- Education
- Observation of peers for recovery strategies
- Coaching by sponsor
- Social support
- Structured activity
Is it religious?

- Spiritual component
- Belief in God not necessary
- Rational Recovery is alternative

Sponsorship

- Sponsor is person in 12 step who agrees to help guide another through 12 steps and avoid substances
- Choose someone same sex, in solid recovery
Who should go to self help?

- Persuasion, active treatment, relapse prevention stage of treatment
- People who want to go
- People without sober social support
- People who want non-professional support
- Do not push self help on people who are angry or who do not want to go

Factors suggesting need for extra support to use self help

- Poor social skills
- Fear of large groups
- Paranoia
- Delusions about spirituality
- Inability to understand abstract concepts
- Inability to relate to losses
- View medication as a drug of abuse
Self help

- Use Dual Recovery or Double Trouble if available to address many of the potential problems with self help

How to help a client become involved in 12 step groups

- Attend some meetings
- Learn which ones are accepting of dual disorder clients
- Discuss with client, prepare for appropriate behavior
- Pick a meeting, attend with client
- Give positive feedback and discuss
- Attend another meeting with client
- Link with peer to attend