

**GROUP
COGNITIVE
BEHAVIOURAL
THERAPY (CBT)
FOR SUBSTANCE
USE DISORDERS**

FACILITATOR TRAINING

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Workshop Overview

- Group Therapy Overview – Theory, Practice, Experience
- Theories of Addiction (The “Science”)
- CBT Basics – Theory, Practice, Experience
- Cognitive Conceptualization of Addiction
- Patient Assessments and Stages of Change
- Let’s Get Started ... (Fundamentals, Structure, Format)
- Modules / CBT skills
- Challenges
- Further Reading (Reference List)
- Wrap-up

Let's get started

CBT Addictions Group Fundamentals

Overarching Tenants / Principles:

- Therapeutic relationship
- Collaboration
- Alliance / Trust
- Curiosity
- Motivational techniques
- Think about what you are thinking
- Teach patients to become their own therapists.

Skills / Tools / Techniques:

- Modules
- Focused in real time
- Shared experience

Let's get started

Structure of Group

- Active, directed, structured yet flexible
- Often 2 trained facilitators
- Compatible with other treatment
- Typically 90-120 mins
- Small (5) to large (12), brief
- Heterogonous makeup
- Collaborative, educational, supportive
- Combination of Socratic questioning and didactic teaching.
- Goals: harm reduction vs. abstinence
- Balance between skills development and group process
- Open versus closed

Let's get started

Introductions and Ground Rules. Risks



Introductions

Modelled by therapist
Who they are, why here,
addictions



Ground Rules

Come on time and every week
(call)

- Be supportive to each other
- Be constructive
- Equal time for all
- Keep it practical
- Do the homework

CONFIDENTIALITY
Tell us if you are unhappy

BE RESPECTFUL OF GROUP
(intoxication)



Risks

Let's get started

Format of Sessions

- Check in (Daily Wellness Scale)
- Feedback from previous session, review of previous session's activities and agenda items.
- Review of homework
- Discussion of common themes from check-in
- Collaboratively agree on module or module(s) for agenda – based on check in themes
- Work through module – using specific examples from members
- Elicit input from all group members.
- Summarize
- Assign homework



Let's get started

Format of Sessions (Daily wellness Scale)

Cognitive Behavioral Therapy Group
Daily Wellness Scale

Week # ()	M	Tu	We	Th	Fr	Sa	Su
Best	9	9	9	9	9	9	9
Very Good	8	8	8	8	8	8	8
Good	7	7	7	7	7	7	7
Better than Avg	6	6	6	6	6	6	6
Average	5	5	5	5	5	5	5
Worse than Avg	4	4	4	4	4	4	4
Low	3	3	3	3	3	3	3
Very Low	2	2	2	2	2	2	2
Worst	1	1	1	1	1	1	1

Daily Wellness Score

Positive Factors:

Negative Factors:

Lets get started T/F Question

In Cognitive Behavioral Therapy for addictions you want a large group of people that all struggle with the same addiction.

- True or False ?

False



Let's get started Modules



1) Stress Vulnerability and Harmful Effects of Substances



2) Cravings

Triggers, Cues & Urges
Coping with Craving



3) Refusal Skills and Assertiveness



4) Thought Records

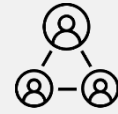
Thoughts & Feelings
Biases / Cognitive Distortions



5) Behavioral Chain Analysis



Let's get started Modules



6) Relationships

Healthy Dependency



7) Rebuilding Trust



8) Goal Setting



9) All Purpose Coping Plan

Module 1 – Effects of Substances

- Stress Vulnerability Model and Harmful Effects of Substances.
 - Discuss the stress vulnerability model of psychiatric illness
 - Review examples of information available pertaining to various substances
 - “The Harmful Effects of
 - AFM resource brochures – “The Basics”

Harmful Effects of Alcohol

shrinking brain

Long-term exposure to alcohol can shrink the frontal lobes of your brain.

blackouts

Alcohol can interfere with how your brain makes memories. It's possible to wake up with no recollection of what you did while you were drinking, or even before.

dependence

Alcohol dependence varies from person to person so it's hard to define. You may become physically dependent on alcohol if drinking alcohol starts to affect your ability to perform well in school or work and affects your relationships.

heart damage

Chronic heavy drinking is one of the leading causes of cardiovascular disease.

liver damage

Chronic alcohol use can damage the liver and prevent it from properly removing harmful substances from your body.

pancreatitis

Excessive alcohol consumption or abuse is a leading cause of chronic pancreatitis.

frequent diarrhea

Alcohol consumption can damage your intestines, which may lead to bouts of diarrhea or stomach pain.

infertility

Over a longer period of time, drinking excessive amounts of alcohol may cause infertility.

sexual dysfunction

Men who have alcohol use disorder are more likely to experience erectile dysfunction.

malnutrition

Alcohol prevents your body from properly absorbing the vitamins and minerals from foods you eat.

diabetes complications

Excessive alcohol consumption may prevent your organs from properly balancing your blood sugar levels.

numbness

Tingling, numbness, or pain in your hands and feet may be a sign of damage to your central nervous system.

behavior changes

Alcohol can change your typical behaviors and leave you without the mental clarity to make smart decisions.

hallucinations

For people with alcohol dependence, a sudden withdrawal may cause serious complications, including hallucinations.

slurred speech

Slurred speech is one of the first symptoms of excessive alcohol consumption.

cancer

Chronic drinkers of alcohol are more likely to develop throat, mouth, or esophagus cancers. Breast cancer is also more common in women who drink excessively.

lung infections

People who drink frequently have a hard time fighting off bacteria and viruses, and are more susceptible to illnesses like tuberculosis and pneumonia.

fatigue

Fatigue or feeling tired may be a sign of anemia, which is a possible complication of alcoholism.

stomach distress

Drinking too much can lead to bloating, gas, and painful ulcers.

birth defects

A pregnant woman's heavy drinking can increase a baby's risk for several conditions, including fetal alcohol syndrome and issues with mental development.

thinning bones

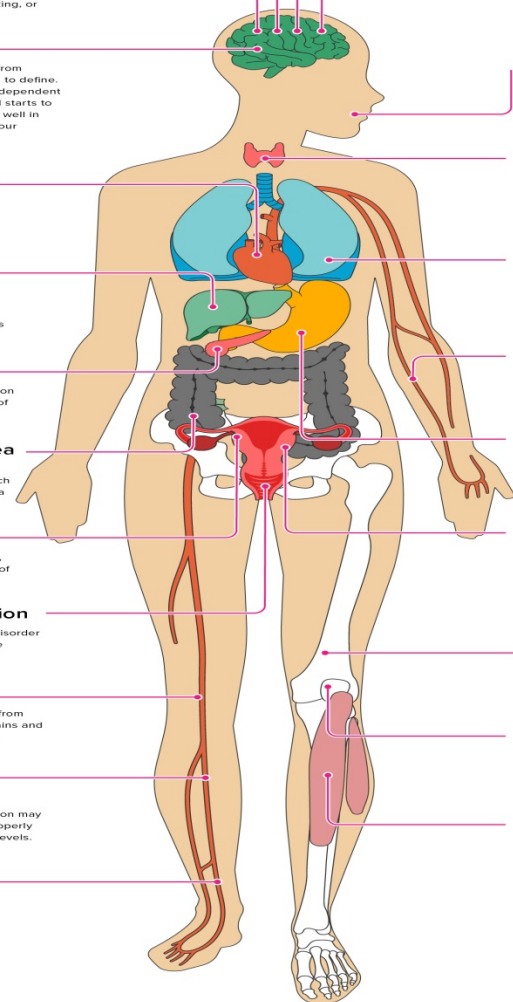
Drinking increases your risk of osteoporosis, or thinning bones.

changes in coordination

Too much alcohol can interfere with your coordination and your ability to balance or walk.

muscle cramps

People who drink often experience muscle cramping, weakness, and eventually muscle death.



Harmful Effects of Substances: The Basics / Beyond the Basics

<https://afm.mb.ca/resources/publications/>

THE BASICS
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Alcohol (Booze)

What it is:
Alcohol based drinks contain ethyl alcohol (ethanol). Ethanol is a depressant (a drug that slows down your brain functioning).

Do you know?

- Globally, alcohol is a leading cause of death, disability, and more than 60 major diseases.
- A standard drink is one 355 mL bottle of beer, one 150 mL glass of wine or approximately 40 mL of spirits, such as whiskey, vodka, rum or scotch.
- The more alcohol you put into your body the longer it takes for the alcohol to leave your body.
- It takes about 1 – 2 hours for an adult's liver to break down the alcohol in one standard drink. If a person drinks more than this the alcohol builds up in the body. For example, if you have 2 drinks in 1 hour, it could take your body up to 4 hours to get rid of all the alcohol.
- You do not have to be drunk to be affected by the alcohol (impaired). Impairment can begin after the first drink. That is why drivers should not drink at all.
- Because of biological differences, it takes less alcohol for a female to become affected by it than a male.

Effects

Short-Term:
While using, a person may:

- Feel more relaxed and sociable
- Feel drowsy, dizzy and flushed
- Do things the person would not normally do
- Make poor decisions
- Have trouble walking or moving
- Have slurred speech and blurred vision
- Have lowered blood pressure, breathing, pulse
- Be aggressive or violent
- Not be able to remember what happened (called a blackout) or pass out (become unconscious).

Long-Term:
After repeated heavy use (5 or more drinks per occasion for men and 4 or more drinks per occasion for women) over a long period of time, a person may experience:

- Skin problems and stomach ulcers
- Vitamin deficiencies
- Sexual problems, such as decreased sperm production, impotency (the inability to have sexual intercourse) and infertility (the inability to have children)
- Mood changes and emotional changes
- Brain damage and memory loss
- Liver damage, heart and circulatory problems, and many types of cancers.

Binge Drinking:
(Drinking 5 or more standard drinks in a row for men and 4 or more for women)

- A person may binge drink for a few hours or for several days, often or once in a while.
- No matter how often it happens, binge drinking is considered to be heavy or excessive drinking.
- Because alcohol is entering the body quickly, there are risks including alcohol poisoning, seizures, passing out, vomiting (which may lead to choking), breathing problems, blackouts (no memory of what was done or said) and death.
- Immediate medical care is needed if a person shows signs of an alcohol overdose.
- Never place someone who has passed out from alcohol on his or her back due to choking risk. A person who has passed out should never be left alone.
- Longer-term effects of binge drinking are similar to the long-term abuse of alcohol.

Tolerance and Dependence

- People who use alcohol regularly can develop a tolerance, so more is needed to get the same effect.
- Tolerance (a need for more alcohol to get the desired effect) builds up the more a person drinks. This means a person may drink large amounts of alcohol, but does not show signs of intoxication. This is a sign of problem drinking.
- Users can become psychologically dependent (feel they need alcohol).
- Physical dependence (the body needs alcohol) does occur, especially with regular use.

Withdrawal Symptoms

- Less severe symptoms include hangovers (headaches, shakiness, sensitivity to light and sound, nausea and vomiting).
- More serious withdrawal symptoms can occur after long periods of regular, heavy drinking. They include aches, pains, increased blood pressure, rapid pulse and breathing, vomiting, panic, seizures, hallucinations, depression and death.

If you or someone else is experiencing serious withdrawal symptoms, contact a medical professional immediately or call 911.

Continued on Back...
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Beyond the Basics
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REMEMBER
A person's experience with any drug can vary. Some things that may affect the experience: the amount and strength of the drug, the setting, a person's mood and expectations before taking the drug, gender, overall health, past experience with the drug, and whether more than one drug is being used at the same time. Using alcohol and other drugs at the same time can be dangerous.

Other Risks

- Mixing drugs (including medications) with alcohol can be dangerous.
- Using alcohol during pregnancy can cause permanent damage to the baby's brain and other body systems. It is best not to drink alcohol at all while pregnant.
- If a mother uses alcohol or other drugs while nursing her baby, she can pass these substances to her baby through the breast milk. This can reduce the amount of milk the mother can produce, make it harder to release the milk, affect the baby's sleep, and have an effect on development and learning.
- People can put themselves and others in risky situations when drinking, including driving while impaired, having unprotected sex, or taking other unsafe actions that could harm themselves or others.
- Alcohol use can also lead to bad decision-making and embarrassing actions that the person might regret.
- Substance use may increase the risk of mental health problems. People with mental health problems are at higher risk of developing substance abuse problems.
- Alcohol use during one's youth (a time of important brain development) may affect physical, mental, and emotional development.

We're Here For You
If alcohol, drugs or gambling are causing problems for you or someone you know, call us at **1-866-638-2561 (toll free)** for information about our programs and services.

* Contact us if you would like the sources for this info sheet or more information on the subject.

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If you or someone else is experiencing serious withdrawal symptoms, contact a medical professional immediately or call 911.

Module 1 – Homework Exercise

Harmful effects of substances.

1) Review “The Harmful Effects of” as they pertain to you. List at least 2 harmful effects you did not know about.

2) Review “The Basics” handouts and complete the table below.

Substance	Effects	Withdrawal Symptoms



Module 2 : Cravings

- Discuss Cravings
 - Physical Sensations, Cognitions, Emotions
 - Graphical depiction of cravings (minutes, hours, days, months)
- Triggers & Cues
- Coping with Cravings

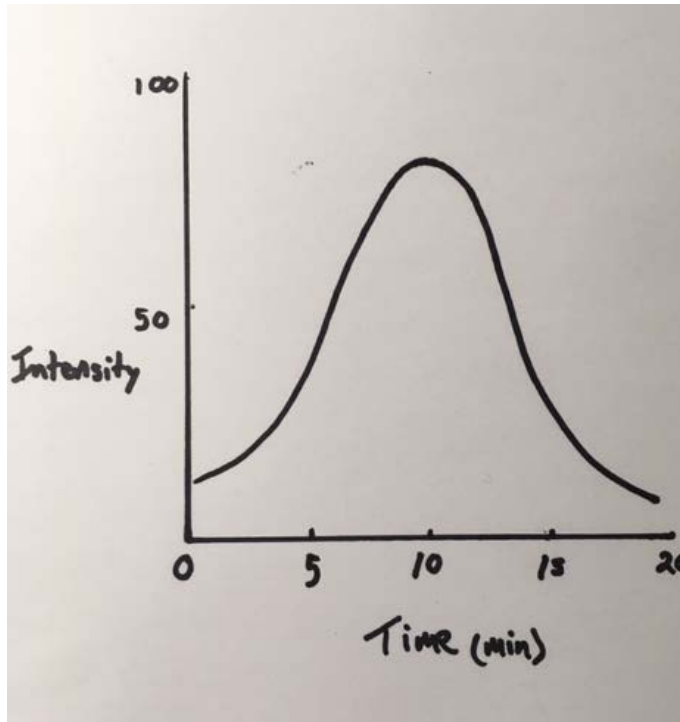
Module 2: Cravings MCQ

- Cravings are typically time limited and last for:
 - A) 10-20 min
 - B) 5 min
 - C) Until you satisfy the craving
 - D) 2 hours

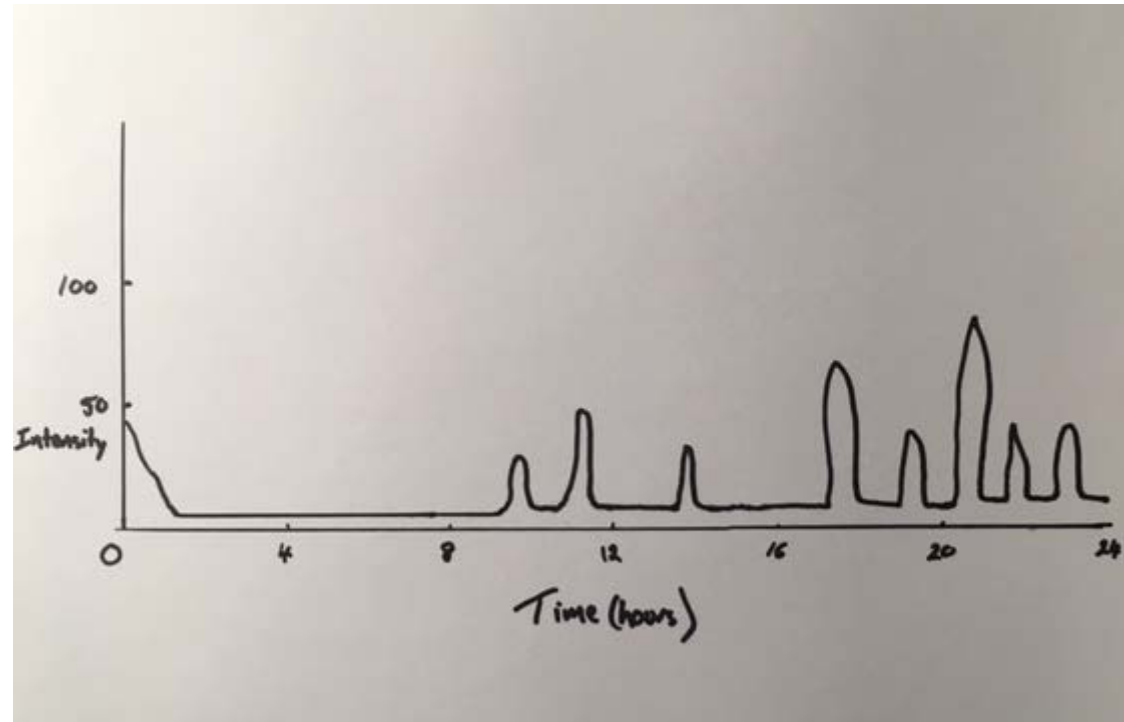
A) 10-20 min

Cravings

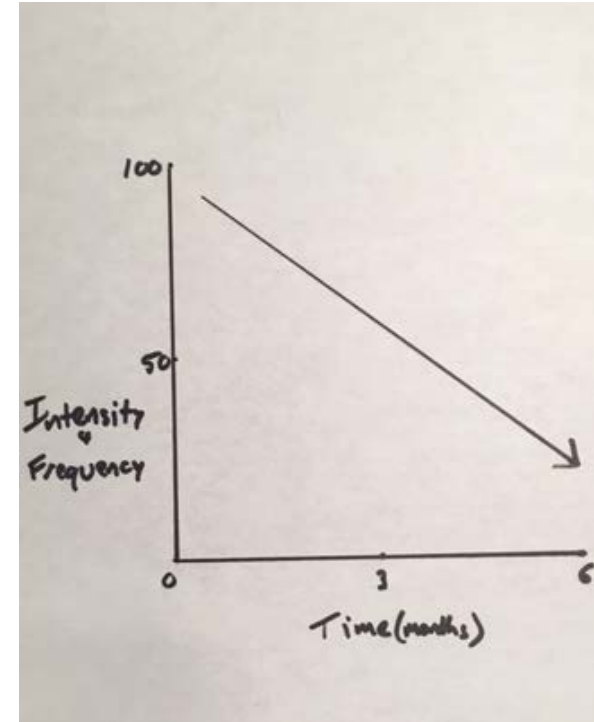
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2



3



Triggers and Cues

- Distinguish Triggers and Cues for Cravings
 - Triggers – typically interactions with others that generate strong emotional responses.
 - Disagreements with partners or family members
 - Interactions with supervisors or co-workers
 - Anxiety producing interactions or situations
 - Cues – typically the inanimate forces in our environment (Classical Conditioning)
 - Day of the week, time of the day, physical environment
 - Smells, sights, sounds, settings (commercials/shows, MLLC, drug paraphernalia, odours)
 - Events paired with use – beach, BBQ's, sports
 - Paycheques, cash

Coping with Cravings

- Cravings come and go, 10-20 min blocks
 - Distraction (prepare a list of activities)
 - Recalling the negative consequences (index cards or wallet cards, phone notes) (pictures) (“rock bottom”)
 - Talking through cravings with trusted individual
 - Utilizing self-talk
 - Guided imagery / mindfulness
 - Contingency management
 - Avoiding triggers / cues
 - Crave surfing
 - Substitution
 - Escape plan

Module 2 – Homework Exercises

Description of Cravings

List of Triggers / Cues

Description of Cravings

Physical Sensations	Emotions	Cognitions

Listing of your Common Triggers / Cues

1	
2	
3	
4	
5	

Module 2: Triggers & Cues MCQ

- Which of the following would typically be considered a “trigger” ?
 - A) Five o’clock in the afternoon
 - B) Pay cheque in pocket
 - C) Seeing your friend
 - D) Having and argument with your friend

D) Having an argument with my friend



Modules 1 & 2....

- 1) Harmful effects of substances**
- 2) Cravings, triggers, cues**

Q & A

Module 3 – Refusal Skills & Assertiveness

- Keys to success in managing addictions involve a number of significant changes to the ways in which individuals manage their lives
 - Assessing / Reducing Availability
 - Managing Cues
 - Assertiveness & Refusal Skills
 - Seemingly Irrelevant Decisions
 - Planning for high-risk situations





Assertiveness and Refusal Skills

- Example – Role Play

Module 3 - Homework

Reducing availability

Refusal skills

1) Reducing Availability of Substances

Ways to Reduce Access	Advantages	Disadvantages

2) Describe a recent situation in which you used assertiveness or refusal skills

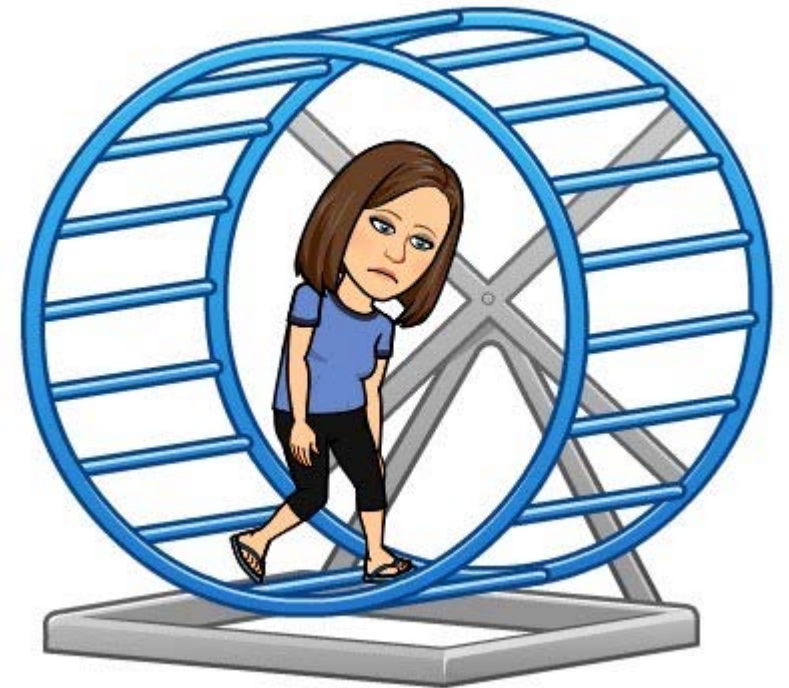
Module 3 : Refusal & Assertiveness MCQ

- Planning to be a designated driver for your friends' party on the weekend is an example of ?
 - A) A seemingly irrelevant decision
 - B) Planning for a high-risk situation
 - C) Reducing availability
 - D) Managing cues

B) Planning for a high-risk situation.

Module 4 – Thought Records

- Core technique common to all CBT therapies
- Strategy for evaluating and responding to Automatic Thoughts
- Slows down our thinking
- Situationally based
- Dispute of Automatic Thoughts
- Identification of Cognitive Distortions
- Identification of Core Beliefs.



Module 4 – Cognitive Distortions

All or nothing thinking

Catastrophizing

Discounting the positive

Emotional reasoning

Labeling

Magnification / minimization

Mental filter

Mind reading

Overgeneralization

Personalization

Imperative statements “Should” “Must”



ABCD Thought Records

A. Activating Event = **Situation**

C. Consequences of thoughts = **Feelings**

B. Beliefs about event = **Thoughts**

D. **Disputes**

Thought Records

- Techniques to uncover **Automatic Thoughts**
 - What are you thinking or imagining about this situation ?
 - What is the worst thing that could happen ?
 - What does this “say” about you ?
 - What does this “mean” about you ?
 - What does this mean for your future ?
 - What are you afraid might happen ?
 - What does this mean about how other people feel about you ?



Thought Records

- Techniques to uncover **Core Beliefs**
 - Where do you think these negative thoughts come from ?
 - Does this remind you of anything from your past ?
 - When did you first become aware of such thoughts ?
 - What about this situation is so upsetting to you ?
 - What past experiences contributed to shaping these thoughts ?
 - Did anyone in your family have similar beliefs ?
 - What memories or images do I have of this situation ?



Thought Records

- The power is in the “**Disputes**”
 - More rational / realistic thinking
 - Broadening the lens – looking at other aspects of life
 - Challenging assumptions
 - Finding evidence to the contrary
 - What would you tell a friend ?
 - What is another way to look at this ?
 - Are you blaming yourself for something out of your control ?
 - Are there any strengths or positives in the situation you are ignoring ?





Thought Record

- Example – Role Play



Module 4 - Homework

Thought Records (ABCD)

- 1) Complete one ABCD thought record for an emotionally charged situation you encountered over the past week.
- 2) See if you can identify the associated cognitive distortions or biases in your thinking.



Modules 3 & 4....

- 1) Refusal skills & Assertiveness**
- 2) Thought Records**

Q & A

Module 5 – Behavioral Chain Analysis

- Typically used for assessing using situations / slip-ups, close calls.
- Can be helpful in analyzing:
 - Triggers / cues
 - Decision points
 - Patterns of use
- Can help identify situations for Thought Records
- Can help identify alternative decisions

Behavioral Chain – using situation

