

Psychotherapy for Substance Use Disorders: an Experiential Primer

Submitted by Wiplove Lamba

Category: Workshop

Abstract Body

Many behavioral tools and psychotherapies have shown evidence to improve patient outcomes and move people towards making change. These therapies include Motivational interviewing, Cognitive Behaviour therapy, Community Reinforcement Approach, Dialectical Behaviour therapy, Acceptance and Commitment Therapy, Contingency Management, and approaches to concurrent trauma and Substance use. While health care providers have demonstrated an ability to memorize and retain knowledge, once out in practice, they rarely get an opportunity to practice skills that can improve their clinical care.

This full day workshop will allow access to didactic presentations online that can be viewed prior to the session. The session itself will include a brief overview of all of those therapies, guidance on how to build competence, and the majority of the session time will be for experiential exercises. Attendees will also have access to a community of practice as they continue to build competence as they return home. Permission will be obtained to use the documents in the workshop

Dr. Wiplove Lamba has lead over 100 workshops in the last decade at the local, provincial and national level on these topics and uses these skills regularly in his clinical practice. Along with a social worker colleague, they will deliver the workshop.

If there is interest among the attendees, we will reach out to CSAM to see if they have the ability to support an ongoing community of practice.

AGENDA

8-10:00 The Art of Engagement and behavior change: Introduction to Motivational Interviewing and the Community reinforcement Approach

Exercises: Spirit of MI and Functional analysis

10:-10:15 break

10:15-11:45 Advanced approaches to behavior change: a look at distress tolerance skills and behavior chain analysis

Exercises: Behaviour chain analysis and teaching distress tolerance skills

11:45-1:15 LUNCH

1:15-2:30 Complex trauma, PTSD and substance use – a look at stage wise approach vs trauma treatment for concurrent disorders

Exercises: mock group and grounding strategies

2:30-2:45 BREAK

2:45-4 pm Changing the environment: contingency management and support for the family member in practice

Exercises: communication skills and completing CM workshop

4-4:30 Debrief, evaluations and questions

Key Words

- Behavioural Interventions
- Psychological Interventions
- Psychological Models
- Substance Use Disorder (general)
- Treatment Models/Programs

Learning Objective # 1

1. Describe key evidence based therapies that can help engage patients into care and help them move towards behavior change.

Learning Objective # 2

2. Appreciate the nuances in service delivery associated with various psychotherapies through experiential exercises

Reference # 1

López, G., Orchowski, L.M., Reddy, M.K. et al. A review of research-supported group treatments for drug use disorders. *Subst Abuse Treat Prev Policy* 16, 51 (2021). <https://doi.org/10.1186/s13011-021-00371-0>

Reference # 2

Ronsley C, Nolan S, Knight R, Hayashi K, Klimas J, Walley A, et al. (2020) Treatment of stimulant use disorder: A systematic review of reviews. *PLoS ONE* 15(6): e0234809. <https://doi.org/10.1371/journal.pone.0234809>

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