



Turning
Minds
Around

Helping People Live Better Lives

BREAKING THE CYCLE

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12 WEEK ADDICTION
MANAGEMENT
PROGRAMME



STAGE 1 – PERSON CENTRED THERAPY

PERSON CENTRED APPROACH TO “FINDING SELF”

Addiction disrupts every aspect of an individual's being and treatment should address the needs of the entire person for successful recovery. Our goal is to provide person-centred treatment in an environment where healing, restoration, and renewal are possible in every individual's life.

The process of person-centred therapy in the addiction setting is primarily to increase self-esteem. We aim to help clients accept a better understanding of their real and perceived selves, while reducing self-inflicted feelings like guilt, insecurity, and defensiveness. In successful addictions treatment, the person-centred approach depends on congruence, unconditional positive regard, and empathy. Congruence in that a counsellor displays genuineness while discussing issues and being present in a way that connects with clients. Unconditional positive regard allows clients to express their feelings and actions without question or judgment or receiving advice that threatens their progress. Empathy toward a client displays sensitivity and emotional understanding.

From our own counselling experience of over 600 client hours, we understand that with most addictions the client has an underlying reason for the addiction. As much as we acknowledge the need for medical intervention for beating addiction, evidence (and personal experience) has shown, to achieve a long term, life changing break from addiction, treating the emotional, neurological process is essential for rehabilitation.

MOTIVATIONAL WHEEL



STAGE 2 – MOTIVATIONAL THERAPY

REDISCOVERING MOTIVATION

After initial consultation with potential client, we will identify their willingness to change. From this, clients can set their own goals and begin the journey of self-discovery and motivation which addiction has removed.

Self-actualising (being able to make our own decisions) forms the essential basis for recovery.

Motivational Interviewing for Addiction Treatment -

Motivational Interviewing (MI) is a therapeutic technique used to address addiction and substance use disorders in patients by strengthening one's motivation and commitment to a particular goal, such as sobriety. When battling an addiction, one of the most difficult hurdles to overcome is a lack of motivation. Many people develop an addiction as a coping mechanism to deal with other traumas or other issues that stem from their everyday life.

Despite the inevitable health issues, financial costs, and social and legal consequences of substance abuse, the idea of living without drugs or alcohol can be intimidating. The idea of giving up one's drug of choice can outweigh these negative consequences, ultimately resulting in a lack of true motivation to get sober. For others, a pessimistic attitude keeps them from recovery. They feel like sobriety is not a realistic goal, that they do not need to quit because they aren't ready, or it will be too hard. Motivational interviewing helps people overcome their fears or uncertainty, fostering patients' ambition to get sober and begin their journey to recovery

To achieve a client no longer focused on addiction, four Person-centred processes are used to help patients identify their goals and begin to work towards them. They are as follows:

1. Engaging – Getting to know the client and establishing a trusting and respectful alliance.
2. Focusing – Coming to a shared idea about the focus of a client's recovery.
3. Evoking – Bringing out the client's own arguments for change.
4. Planning – The client is willing and able to envision change and how they will manifest it.

This is a good way of being with people, that helps people be less defensive, less resistant, and more able to think about how to make changes and move in that direction.

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STAGE 3 – COGNITIVE BEHAVIOURAL THERAPY (CBT)

CBT TO ACHIEVE LONG TERM RECOVERY

Cognitive behavioural therapy is a type of talking therapy based on the psychological principles of behaviourism (which deals with the ways that behaviour can be controlled or modified) and theories of cognition (which focuses on understanding how people think, feel, and view themselves and the world around them).

CBT is a psychological treatment that focuses on efforts to change thinking and behavioural patterns

How CBT Works

CBT examines the way our behaviour relates to our cognition. When treating someone with substance abuse or addiction, a CBT therapist would look for the ways in which thoughts and beliefs influence their client's addictive behaviour. Instead of just observing and controlling someone's behaviours, the therapist also pays attention to what is going on in the client's mind, and how their perceptions, thoughts, and feelings lead them to behave in particular ways.

Addiction is a good example of this kind of conflicted behaviour. While we might know that it is healthier and safer to avoid addictive behaviours and substances, we choose to engage in the behaviour anyway. This can lead to very upsetting consequences.

People with addictions may regret these behaviours, but it can be hard to stop repeating them, sometimes without the person really knowing why.

As therapists our goal is to facilitate long term positive change with our clients.