Welcome to

Utilizing Cognitive Behavioral Therapy with Drug Court Clients
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Goals for Cognitive Behavioral Therapy Presentation

• Define what CBT is and importance of this therapy to change behaviors
• Learn how to the clients/offenders thoughts cause their feelings and behaviors
• Help clients change the way the feel/act even if situation doesn’t change
• Help client/offender change the outcome of future situations by using AO Cycle
• How CBT can be used to help with a variety of problems including anger and substance abuse
Cognitive Behavioral Therapy

What is CBT?
Who has used it?
Who prefers this therapy over others?
You can’t use the same thinking to solve the problem as you used to create it.
Cognitive Behavioral Therapy

Cognitive behavior therapy (CBT) is a type of psychotherapeutic treatment that helps clients/offenders understand the thoughts and feelings that...
Basic Idea of CBT

Not external factors but inherent ones are responsible for the behavior we exhibit and feelings we experience.

Our thoughts guide our behavioral patterns
Our best thinking got us here!
The Components of Cognitive Behavior Therapy

- Thoughts or feelings reinforce or compound faulty beliefs

- Such beliefs can result in problematic behaviors that can affect numerous life areas, including family, relationships, work, and academics
For example, a person suffering from low self-esteem might experience negative thoughts about his or her own abilities or appearance.

And as a result of these negative thinking patterns, the individual might start avoiding social situations or pass up opportunities for advancement at work or at school.
• The second part of cognitive behavior therapy focuses on the actual behaviors that are contributing to the problem. The client begins to learn and practice new skills that can then be put into use in real-world situations. For example, a person suffering from drug addiction might start practicing new coping skills and rehearsing ways to avoid or deal with social situations that could potentially trigger a relapse.
Underlying Concept of CBT

Our thoughts and feelings play a fundamental role in our behavior ie, a person who spends a lot of time thinking about the good times that he had while using drugs will eventually use again.

The goal of cognitive behavior therapy is to teach clients that while they cannot control every aspect of the world around them, they can take control of how they interpret and deal with things in their environment.
Uses of CBT

CBT is commonly used to treat a wide range of disorders including phobias, addiction, depression and anxiety.

CBT is one of the most researched types of therapy, in part because treatment is focused on highly specific goals and results can be measured relatively easily.
In order for CBT to be effective, the individual must be ready and willing to spend time and effort analyzing his or her thoughts and feelings. Such self-analysis can be difficult, but it is a great way to learn more about how internal states impact outward behavior.

One of the greatest benefits of cognitive-behavior therapy is that it helps clients develop coping skills that can be useful both now and in the future.
Stage One

Identifying problematic beliefs

• This is important for learning how thoughts, feelings, and situations can contribute to maladaptive behaviors
Stage Two

Focuses on the actual behaviors that are contributing to the problem. The client begins to learn and practice new skills that can then be put into use in real-world situations.
An example

A person suffering from drug addiction might start practicing new coping skills and rehearsing ways to avoid or deal with social situations that could potentially trigger a relapse.
God grant me the serenity to accept the things I cannot change

Courage to change the things I can

And the wisdom to know the difference
Techniques to help change feelings/thinking/behaviors

These techniques changes how the client’s think so that they feel better, so that they act better, even if the situation does not change
Cognitive Rehearsal

In this technique, the client is asked to recall a problematic situation from his/her past. The counselor and client work on the problem to find a solution for it. The therapist asks the client to rehearse positive thoughts in his/her mind; *rehearsing positive thoughts helps in making appropriate changes to the client's thought processes*. The power of imagination proves to be of great help when you are doing such type of exercises.
Writing in a Journal

It is a practice of maintaining a diary to keep an account of the different situations encountered by clients in day-to-day life. Thoughts associated with these situations and behavior exhibited in response are also mentioned in the diary. The counselor and client review what all is written in the diary and try to identify the patient's maladaptive thought patterns. The discussion which takes place between client and counselor is helpful for finding the different ways in which behavior of the patient gets affected.
Guided Discovery

The purpose behind using this technique is to help clients to understand their cognitive distortions. Clients are offered the necessary assistance and guidance by counselors to understand how they process information. It allows clients to alter the way they process information. Upon completion of this treatment, the client’s perception of the world undergoes a profound change and he/she starts seeing things with a new outlook. A change in perception enables the patient to modify his/her behavioral patterns.
Recognizing Criminal Thinking

Criminal thinking is a combination of thinking errors that form patterns of thought that are unhealthy and promote irresponsible behavior.

Characterized by the need to hide, blame, manipulate, make excuses, rationalize, justify, minimize, generalize or lie about criminal behavior.
Modeling

It is one of the important cognitive behavioral therapy techniques wherein counselor perform role-playing exercises. These cognitive behavioral therapy exercises teach clients how to respond in difficult situations. The client sees the behavior of the counselor as a model to overcome his/her own behavioral problems.
Activating Offence Cycle

Addiction Offender Cycle

Activating Event
Initial Thoughts
Initial Feelings
Offender or “Using” thoughts/fantasies
Urge to use or “Act out”
Permission Statement
Planning or set-up to use or “act out”
The Act
Pay off – Mastery/Control, Love, Belonging, Fun, Joy Freedom, Survival
Guilt, Shame, Remorse, Anger, Anxiety
Self-soothing thoughts
Changing the OA cycle

After the initial thoughts, instead of going through the rest of the cycle, offender can go to Guilt, Shame, Remorse, Anger, Anxiety – By pass “Acting Out”

This is done by utilizing Cognitive Intervention Thinking Report to recognize Thoughts, Feelings and Errors in thinking. Then recognize patterns and attitudes/beliefs. Identify Alternative Beliefs/Attitudes
How CBT is used for other Problems

Depression

Cognitive behavioral therapy (CBT) is an effective treatment for depression. At the heart of CBT is an assumption that a person's mood is directly related to his or her patterns of thought. Negative, dysfunctional thinking affects a person's mood, sense of self, behavior, and even physical state. The goal of cognitive behavioral therapy is to help a person learn to recognize negative patterns of thought, evaluate their validity, and replace them with healthier ways of thinking.
Anger

The first step towards anger management is realizing the need for it. Becoming angry at various events becomes a habit for many people and it becomes very difficult for them to shed this habit. Cognitive-behavioral therapy is proven to be highly effective in teaching people the right way to handle their anger. Cognitive behavioral therapy deals with thought patterns formed when the person is angry and gives alternative ways of reacting in the same situation. It targets at the underlying causes of the outburst and provides the person a whole new perspective. Anger is often accompanied by stress, depression, and anxiety disorders. CBT is successful in treating all these disorders as well and is a widely adopted mode of treatment.
Resources for training

SAMSHA
Texas Department of Criminal Justice
About.com
Buzzle.com
WebMD.com
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