

# Substance Misuse

## as a Secondary Problem

Although clients can seek treatment specifically for their substance misuse, it is often an issue that comes to light during interventions for other problems, which derails the therapy from proceeding in a helpful way. This one-day workshop helps mental health professionals address issues of dual diagnosis, common difficulties and frustrations of working with this client group.

One of the most difficult issues can be engaging the client to tackle their substance misuse. To this end a novel motivational method will be illustrated (The Decisional Matrix), designed to focus on the functions and consequences of substance use for the individual client, and reveal the practical, social and emotional tasks to be undertaken.

Therapists will learn the main effects of different chemicals on brain functioning (e.g. alcohol, marijuana, Spice, cocaine). They will also be made aware of the evidence-based treatment options. The workshop will include using modified CBT in working with triggers, cravings and behaviours, and alternative coping strategies to alcohol and drug use.

- Why address the substance use at all?
- Common effects of alcohol and substances on mental health
- Specific effects of alcohol, marijuana & cocaine on brain functioning
- How do you know when substance use is a problem? Ongoing assessment
- Working with both the behaviours & underlying issues, & making links b/n the two.
- How to speak to clients about their substance use.
- Aligning with the client's goals regarding substance use
- A Motivational Enhancement approach: - The Cycle of Change, The Decisional Balance (Consequences) exercise , Understanding & working with the functions & consequences of substance use for clients, Motivational Interviewing skills & strategies
- Use of psychoeducation
- Identification & management of triggers & cravings
- Alternative coping strategies
- Self-care, affect regulation, relationship management

**Alison Hunt, MSW** has over 26 years' experience working with clients with substance abuse issues, supervising & training other clinicians, and designing and managing treatment programmes. Currently, she provides training for counselling staff at THT, and at services for dually-diagnosed clients. Her past positions have included Clinical Director of an EAP, Treatment Manager of residential and outpatient alcohol & drug services in both the voluntary & private sectors, and Treatment Manager of the Max Glatt Centre at HMP Wormwood Scrubs. Alison has been in private practice in New York and London, and holds a Master's degree in clinical social work from New York University. She has worked with some of the most seriously unwell patients with dual diagnosis and so brings a wealth of experience for anyone trying to help clients for whom substances are an obstacle to therapeutic change.

The workshop is suitable for all those who are engaged in therapeutic interactions with clients. It will contribute six hours Continuing Professional Development

Wed 19<sup>th</sup> Feb 2020 - 0930 - 1630  
The British Psychological Society  
30 Tabernacle St  
London  
EC2A 4UE

Prices including lunch & refreshments & all course materials  
Until 19<sup>th</sup> Jan 2020 - £120 plus vat  
From 20<sup>th</sup> Jan 2020 - £135 plus vat  
For more information or to reserve a place visit :-  
[www.stantonltd.co.uk](http://www.stantonltd.co.uk) or [www.grayrock.co.uk](http://www.grayrock.co.uk)