

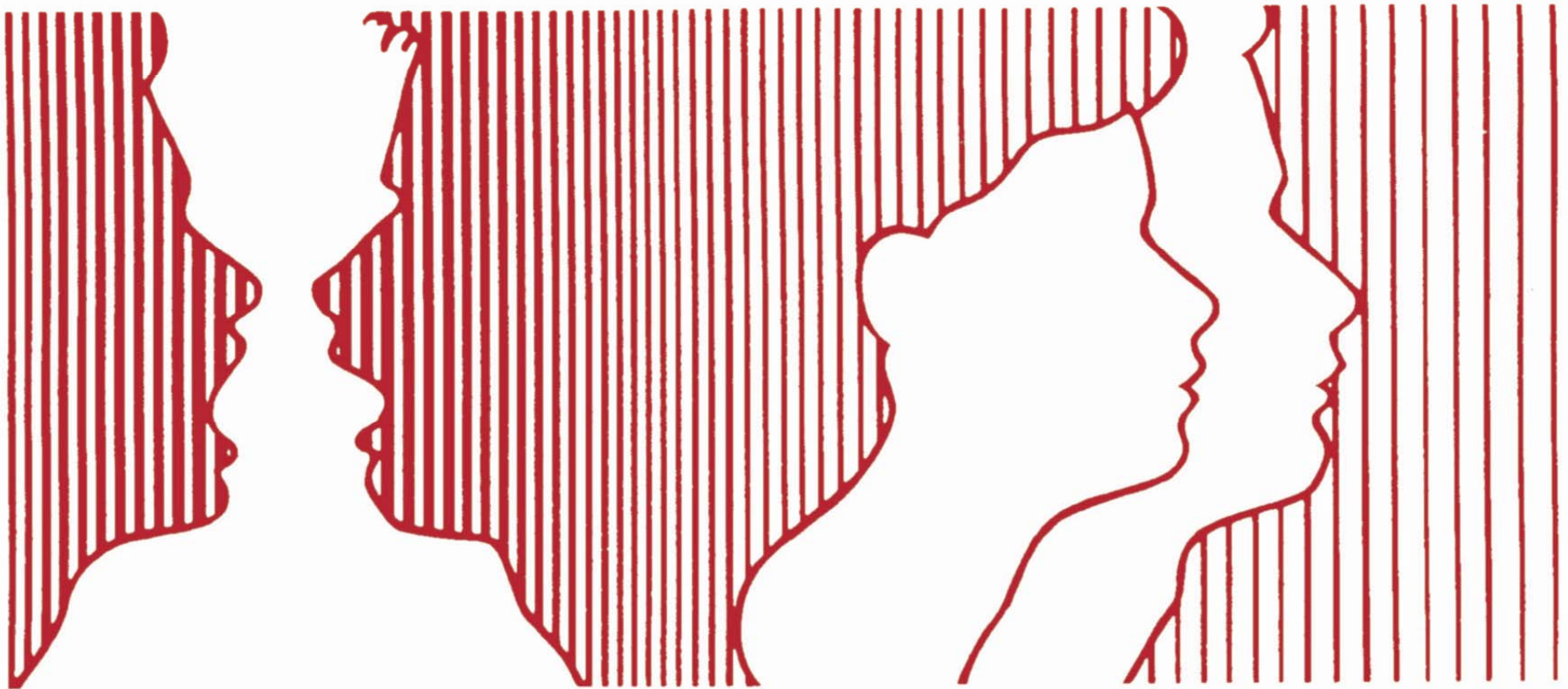
Behavioral Couples Therapy
for
Alcoholism and Drug Abuse

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Counseling for Alcoholics' Marriages (CALM) Project

PROJECT CALM



Couples learn new ways to cope with alcoholism's effect on marriage

Behavioral Couples Therapy for Alcoholism and Drug Abuse

- ◆ Introduction & Background
- ◆ Substance-Focused Methods
- ◆ Relationship-Focused Methods
- ◆ Relapse Prevention

"I have just the one and she still moans!"





- I WAS ABDUCTED BY A UFO !

Introduction to BCT

◆ Why use BCT?

- ◆ Substance use problems & family problems often coexist
- ◆ These sets of problems are often intertwined
- ◆ Addressing both problems at the same time results in better outcomes

Introduction to BCT

- ◆ BCT was designed for married or cohabiting patients seeking help for substance abuse
- ◆ Purpose of BCT is to support abstinence and improve relationship functioning
- ◆ BCT sees patient with spouse or live-in partner for 12-20 couple sessions over 3-6 months
- ◆ BCT fits well with self-help groups, medications, and other counseling

4 Objectives of BCT

- ◆ Engage the couple
- ◆ Support abstinence with Recovery Contract (daily ritual to reward abstinence) and other support for abstinence
- ◆ Improve relationship by increasing positive activities and improving communication
- ◆ Continuing recovery and relapse prevention

Suitable Cases for BCT

- ◆ Married or living together relationship
- ◆ Reside together or reconcile
- ◆ Accept at least temporary abstinence
- ◆ Both willing to work on problems
- ◆ Not high risk of very severe violence
- ◆ ? if both are substance abusers
- ◆ Start after detox, rehab, IOP or no prior Tx

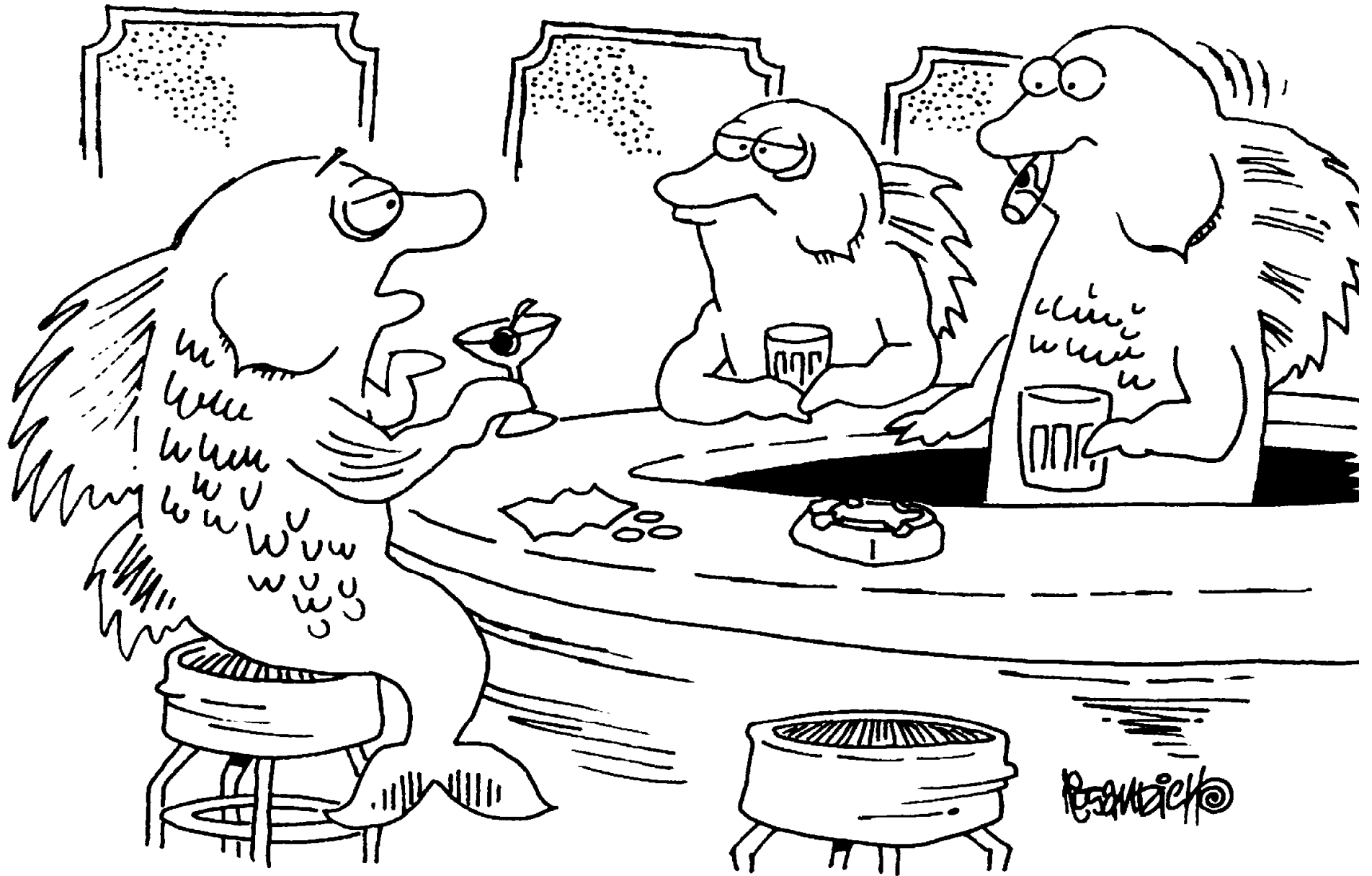


Behavioral Couples Therapy for Alcoholism and Drug Abuse

Building Support

for

Abstinence



“MY WIFE NEVER BELIEVES ME. NO MATTER WHAT I TELL HER, SHE SAYS IT SOUNDS FISHY.”

**“You Want Me to Say
'Thank You' to Him for Not
Drinking? That's
Rich...Why In the World
Would I do That?”**

BCT Recovery Contract

BCT Recovery Contract

Helps the Couple

- ◆ Rebuild trust
- ◆ Reduce conflict about substance abuse
- ◆ Reward abstinence

BCT Recovery Contract

Daily Trust Discussion

- ◆ Alcohol/drug abuser states intention to stay abstinent *that day*
- ◆ Spouse thanks alcohol/drug abuser for efforts to stay abstinent

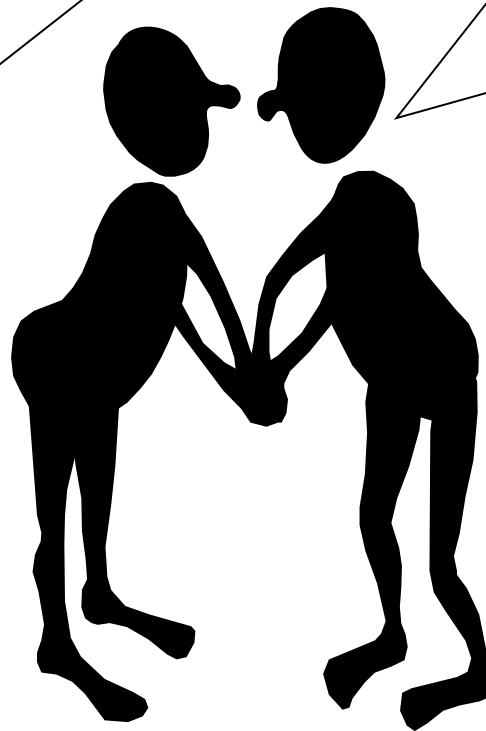
Daily Trust Discussion Formula

Client

"I have been drug and alcohol free for the last 24 hours and plan to remain drug and alcohol free for the next 24 hours. Thank you for listening and being supportive of my effort to be drug and alcohol free."

Partner

"Thank you for staying drug and alcohol free for the last 24 hours. Let me know how I can help during the next 24 hours."



BCT Recovery Contract

- ◆ Daily Trust Discussion (with medication if taking it)
- ◆ Focus on present & future, not past
- ◆ Self-help involvement
- ◆ Weekly drug urine screens
- ◆ Other weekly behaviors
- ◆ Calendar to record progress

SOBRIETY CONTRACT CALENDAR

✓ = Trust Discussion Done

D+ = Drug Urine Positive

AA = Mary to AA

D- = Drug Urine Negative

Al = Jack to Al-Anon

October													
S	M	T	W	T	F	S							
	1	2	✓ D+	3	✓	4	✓	5	6				
✓	7	✓ AA	8	✓	9	✓	10	✓ D+	11	✓ AA	12	✓	13
✓	14	✓	15	✓ AA	16	✓	17	✓	18	✓	19	✓ AA	20
✓	21	✓ Al AA	22	✓	23	✓	24	✓	25	✓	26	✓ AA	27
✓	28	✓ Al AA	29	✓	30	✓	31	✓	D-				

Other Support for Abstinence

- ◆ Review urges to drink or use drugs
 - ◆ Helps identify triggers and build confidence
- ◆ Crisis intervention for substance use
 - ◆ Stop use ASAP and learn from experience
- ◆ Discuss exposure to substances, including alcohol at home
- ◆ Address stressful life problems
- ◆ Identify and stop enabling



Relationship Focus: Increasing Positive Activities

- ◆ Catch Your Partner Doing Something Nice
- ◆ Shared Rewarding Activities
- ◆ Caring Day Assignment

Relationship Focus: Teaching Communication Skills

- ◆ Listening Skills
- ◆ Expressing Feelings Directly
- ◆ Communication Sessions
- ◆ Negotiating for Requests

Maintenance & Relapse Prevention

◆ Continuing Recovery Plan

- ◆ Actions to maintain abstinence and relationship gains after weekly couples Tx ends

◆ Relapse Prevention Plan

- ◆ Identify high risk situations & warning signs
- ◆ Make plan to prevent or minimize relapse

◆ Action Plan to keep partner safe

- ◆ Do not argue with person who is intoxicated
- ◆ Get help or leave if fear violence



Studies of BCT Show

- ◆ BCT, compared to Individual Tx alone, gives
 - more abstinence
 - happier relationships
 - fewer separations and less divorce
- ◆ Partner violence greatly reduced after BCT
- ◆ Tx & Legal system costs decrease after BCT
- ◆ BCT improves recovery medication compliance
- ◆ BCT may work with family members other than spouses

For More Information

