

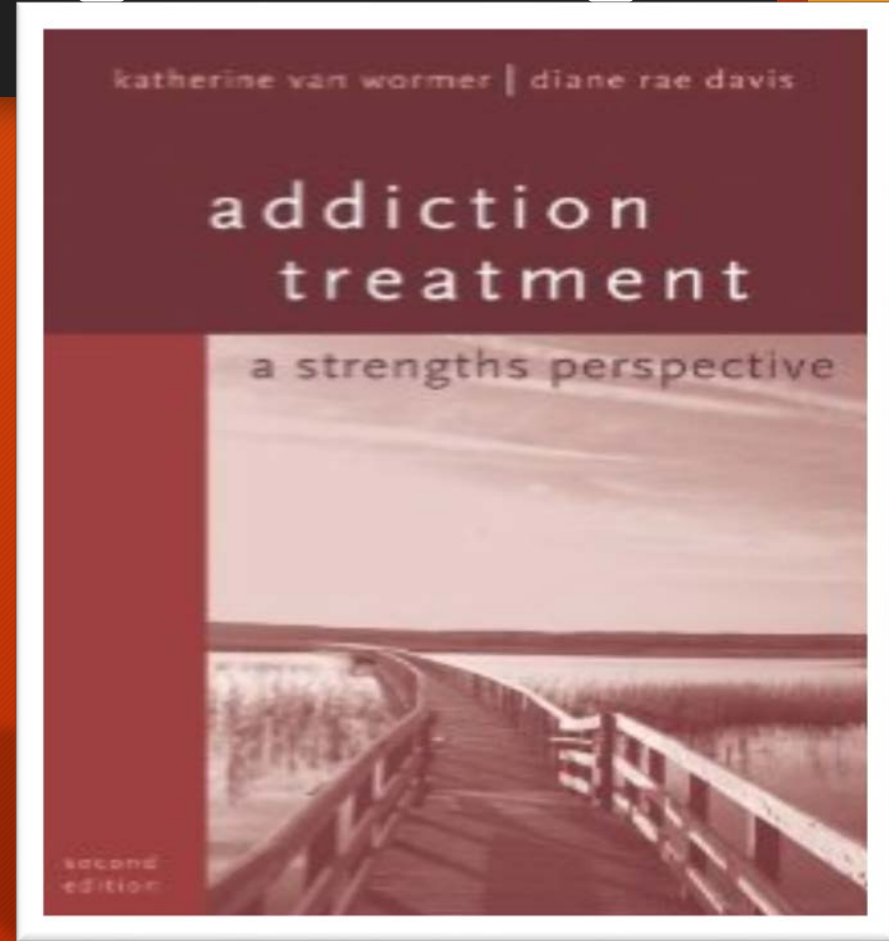
Establishing Therapeutic Beachheads



***YOU MATTER! YOU HEAR
ME. YOU MATTER AND YOU
ARE LOVED!***

Strength-Based Programing:

- Choice
- Providing Options
- Readiness

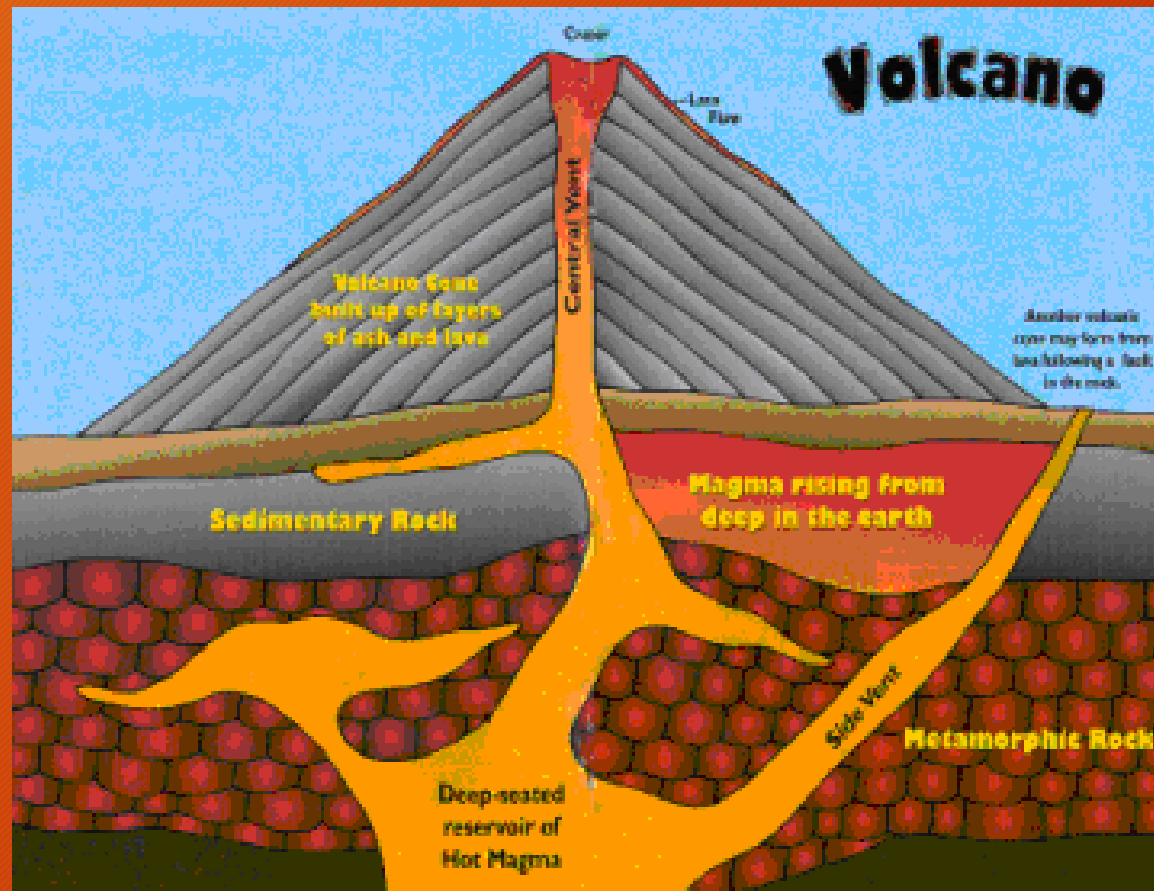


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8 Essential Qualities of a Drugship

- Unmanageability's
- Distortions
- Preoccupation (mental)
- Compulsion (emotional)
- Negative pride
- Defensiveness
- Psychological dependence
- Psychobio brain adjustments

Traumagenic Impact



Classic Traumagenic Factors

- **Addiction, Sexualization and/or Violentization**
- **Betrayal**
- **Powerlessness**
- **Stigmatization/Self-Blame/Self-Contempt**

Meaning of Behavior (breakdown)

- Problem Behavior(s)
 - Piled up Affect
 - Trigger Situation
 - Negative Belief(s)
 - Traumatic Event(s)
- What's her Habitual Tension Resolving Behavior
 - What kind of feeling might you have stacked up if you were her?
 - What kinds of situation/circumstances act as ignitors? What are some recent common examples?
 - What are the lessons learned from the traumatic event? I am, others were, the world was and as a consequence i. . .
 - What are the traumatic event that could be behind the defensive "wall"?

Interpersonal Distrust

- Withdrawing
- Disarming
- Attacking

Camouflaging

Outcomes from a Therapeutic Alliance

Direct Results:

- Increased Social Reinforcement
- Increased Communication
- Increased Modelling



Assists Learning By

- Slow & Fast Track Learning
- Out & Insight internalization
- Identification/limitiation

Treatment Inspection ("kidseyeview")

- Casing
- Limit Testing
- Polarization
- Desire to Work
- Finishing and/or Transitioning

Building the Therapeutic Beachhead ("adults eye view")

- Safety
- Visible Willingness to Understand
- Active Relatedness & Emotional Connection

Building the Therapeutic Beachhead

Safety

- Non-intrusiveness
- Visible positive regard
- Reliability & stability
- Psychological security
- Transparency
- Outlining the limits of confidentiality

Building the Therapeutic Beachhead

**Visible
willingness to
Understand**

- Attunement
- Empathy
- Acceptance
- Understanding
- Curiosity

Building the Therapeutic Beachhead

Active Relatedness & Emotional Connection

- Predictability
- Consistency
- Acceptance
- Belonging
- Trust
- Patience

Skills Training Modules

1. Core Mindfulness [focusing skills]
2. Distress Tolerance [crisis survival skills]
3. Emotion Regulation [de-escalation skills]
4. Interpersonal Effectiveness ['people skills']

DIALECTICS IN CHEMICAL DEPENDENCY WORK

- EMOTIONAL VULNERABILITY VS SELF INVALIDATION
- UNRELENTING CRISIS VS INHIBITED EXPERIENCING
- APPARENT COMPETENCE VS ACTIVE PASSIVITY
- ACCEPTING CHANGE VS VALIDATING STABILITY
- SELF-FOCUS VS OTHER FOCUS
- EMOTIONAL REGULATION VS TOLERANCE
- TRANSPARENCY VS PRIVACY
- SUSPICION VS TRUST
- SKILL ENHANCEMENT VS SELF ACCEPTANCE
- PROBLEM SOLVING VS PROBLEM ACCEPTANCE

DIALECTICS IN CHEMICAL DEPENDENCY WORK (ADOLESCENTS)

- FOSTERING INDEPENDENCE VS GIVING SUPPORT
- BEING STRICT VS BEING LENIENT
- ALLOWING DEVELOPMENTALLY TYPICAL BEHAVIORS VS ADDRESSING PROBLEM BEHAVIORS
- INVOLVING FAMILY VS PROTECTING CLIENT PRIVACY

TREATMENT STAGES & HIEARCHY

- PRETREATMENT:
 - AGREEMENT ON GOALS AND METHOD
 - DEVELOP A COMMITMENT TO TREATMENT OR THERAPY
- STAGE ONE:
 - DECREASE CHEMICAL USAGE (CI)
 - DECREASE SELF-INJURIOUS BEHAVIORS (SIB)
 - DECREASE TREATMENT INTERFERING BEHAVIOR (TIB)
 - GAINING BEHAVIORAL CONTROL THRU SKILL TRAINING
- STAGE TWO
 - INCREASE EMOTIONAL EXPERIENCING AND TREAT TRAUMA (PTSD)

Examples of T(CLIENT)IB

- Coming late, missing sessions, or last minute cancellations
- Not doing homework in between sessions
- Not participating in session (e.g., not talking, daydreaming, dissociating, lying, saying “I don’t know” a lot)
- Not engaging or accepting treatment strategies therapist believes are essential
- Phoning or emailing therapist too much
- Demanding solutions / assistance / resources therapist cannot offer
- Being disrespectful / hostile / critical towards therapist and therapy
- Not paying for services in a timely manner

Ascension Program Themes:

- Get em Hooked
- Youth both helper and healer
- Insider Information yields Authentic Inspection
- Adults Necessary but not Critical
- Reflexive Process
- Glance problems, Gaze at Strengths
- Greatest Obstacle?
- Shifting Motivation
- Build recovery skills (recovery, relapse, dbt)
- Understand Group processes/Supervise, supervise, supervise