
Resistance is Futile

CBT FOR AOD

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Marine Story

Maximize Therapy

Reduce Resistance

Increase Therapeutic Collaboration

Alfred Adler (1870 - 1937)

Alfred Adler was a physician, psychiatrist, philosopher, humanitarian, author and educator who lived at a vibrant time along side Jung and Freud in turn of the century Vienna. Ironically, of these three influential thinkers only Adler's name has not remained popular, yet it is his original thinking that has gone on to be the most adopted, applied and borrowed. We see his teachings today in parent education, school systems, counseling, psychotherapy, public health, mental health, business and the arts.

Principles of Adlerian Psychology

- 1.** People are social beings. They need to belong and to contribute.
 - 2.** People are whole beings; all aspects of life are interrelated.
 - 3.** Work, friendship, and intimacy are lifelong tasks.
 - 4.** Every person is equally deserving of dignity and respect.
 - 5.** All behavior has a purpose.
 - 6.** Positive change comes from encouragement which focuses on strengths.
 - 7.** Children make meaning of their early experiences and act within this framework throughout their lives.
 - 8.** Personal freedoms exist together with social responsibility
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Adlerian Tenants

1. We all need to belong
 2. Whole beings, all aspects are interrelated
 3. Tasks of Life: Work, Friends, Intimacy
 4. Dignity and Respect for All
 5. All Behavior has a purpose
 6. Positive Change, Encouragement/Strengths
 7. Childhood, Meaning and Framework
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Types of resistance

Process Resistance

Outcome Resistance

Desperate for Change; Cling to the Familiar

“New” commands our attention

Magic Button

Self Esteem Equations

Inferiority

Private Logic

Basic Mistakes

Fictional Goals

Self Defeating Beliefs

Change through Talk

Combat Demoralization

Emotional Confiding Relationships

Rational

Ritual

Practice Outside Therapeutic Environment

Adlerian Stages of Therapy

Form Relationship

Psychological Assessment

Disclosure / Interpretation

Reorient/ Reeducate

Power Tools: Respect to Reorient

Empathy

Meet the Client where they are at

Open Hands (If stuck continue)

Mood Log

Self Defeating Beliefs

Cost Benefit Analysis

Act as If

Acceptance Paradox

Resistance is #1 Reason for Therapeutic Failure

Overcoming Resistance

Mood Logs / David Burns

Self Defeating Beliefs and Cost Benefit Analysis / David Burns

Who experiences Negative Thinking

We all do:

Symptoms are depression, anxiety or both.

Daily Mood Log*

Situation or Event: Denied Graduation / Judge's Calendar Scenario

Emotions	% Before	% After	Emotions	% Before	% After
Sad, blue, depressed, down, unhappy	60	5%	Hopeless, discouraged, pessimistic, despairing	95	0%
Anxious, worried, panicky, nervous, frightened	50	10%	Frustrated, stuck, thwarted, defeated	100	10%
Guilty, remorseful, bad, ashamed	20	0%	Angry, mad, resentful, annoyed, irritated, upset, furious	50	5%
Inferior, worthless, inadequate, defective, incompetent	10	0%	Other (describe)		
Lonely, unloved, unwanted, rejected, alone, abandoned	90	0%	Other		
Embarrassed, foolish, humiliated, self-conscious	50	10%	Other		

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1. It's DO OR DIE. I'll NEVER GRADUATE	80	10%	5, 6, 8, 1, 2, 3	1. Earned credits cannot be unearned. Will graduate sooner or later	100
2. My fate is in others' hands	100	0%	1, 2, 3, 4, 5, 7	2. My fate is my own creation	100
3. All ACADEMIC work's in vain	75	0%	7, 8 1, 2, 3, 4, 5, 6	3. Same, will graduate recovery is inevitable	100
4. Opportunities lost due to not graduating	80	10%	10, 9, 5	4. new opportunities will emerge! I will graduate!	80

5. DUI 100 0% DUI's bring change 100

Daily Mood Log*

Situation or Event:

When feet girl said "I'm not good enough"

Emotions	% Before	% After	Emotions	% Before	% After
Sad, blue, depressed, down, unhappy	50	0	Hopeless, discouraged, pessimistic, despairing	50	0
Anxious, worried, panicky, nervous, frightened	100	30	Frustrated, stuck, thwarted, defeated	50	0
Guilt, remorseful, bad, ashamed	100	0	Angry, mad, resentful, annoyed, irritated, upset, furious	50	0
Inferior, worthless, inadequate, defective, incompetent	50	30	Other (describe)		
Lonely, unloved, unwanted, rejected, alone, abandoned	50	30	Other		
Embarrassed, foolish, humiliated, self-conscious	100	0	Other		

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1. Faggot, worthless	100	0	1-10	1. not a faggot child of God	100
2. Not good enough, loser FOS	100	0	7-10	2. I'm a college student	100
3. Every girl has cheated on you, you sick	100	0	1-10	3. I'm a hard worker	100
4.				4.	

Who experiences Trauma

We all do:

Treat the human, not the Trauma.

3 Bs
 No drink
 Be loving
 Be gone - I gotta go.

Daily Mood Log*

Upsetting Event: AA meeting - Love outside

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad, blue, depressed, down, unhappy	40		0	Embarrassed, foolish, humiliated, self-conscious	30		0
Anxious, worried, panicky, nervous, frightened	90		0	Hopeless, discouraged, pessimistic, despairing	—		0
Guilty, remorseful, bad, ashamed	—		0	Frustrated, stuck, thwarted, defeated	—		0
Inferior, worthless, inadequate, defective, incompetent	—		0	Angry, mad, resentful, annoyed, irritated, upset, furious	—		0
Lonely, unloved, unwanted, rejected, alone, abandoned	50		0	Other			

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1. Concern for others I don't (hope no one takes @ me) and I don't care if they not to drink I don't want to be institutionalized	50	/	5, 6, 8, 10	I'm going to practice using new tools - Trust God.	100
2. I'm dry	60	/	1-10	I'm <u>early</u> in recovery. For right now	100
3. am I dangerous to not to drink	70-80	/	6, 8, 10	I'm showing up / taking action	100
4. I don't wanna be institutionalized	100	/	1-10	right now... I am free	100
5. You've gonna drink / relapse is inevitable	70	/	1-10	I don't need to drink to stay sober, drinking won't help me today I don't need to fill the bottles here w/ anything other than God.	100

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Daily Mood Log*

Situation or Event: LAST WEEK / BARBARA

Emotions	% Before	% After	Emotions	% Before	% After
Sad, blue, depressed, down, unhappy	100		Hopeless, discouraged, pessimistic, despairing	100	
Anxious, worried, panicky, nervous, frightened	100		Frustrated, stuck, thwarted, defeated	100	
Guilty, remorseful, bad, ashamed	100		Angry, mad, resentful, annoyed, irritated, upset, furious	100	
Inferior, worthless, inadequate, defective, incompetent	100		Other (describe)		
Lonely, unloved, unwanted, rejected, alone, abandoned	100		Other		
Embarrassed, foolish, humiliated, self-conscious	100		Other		

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1. I can't speak French	100	100	1, 2, 3, 4, 5, 6, 7, 8, 9, 10	1. The truth is, I will never be a speaker <i>Native</i>	100
2. This lady's a bitch	100	25	3, 6, 7, 8, 9, 10	2. We get more customers from all over the world.	100
3. In order to be happy, I have to be independent	100	20	5, 6, 7, 8, 9, 10	3. Things will work out the way they've supposed to	100
4.				4.	

Daily Mood Log*

Situation or Event: ██████████ *DK* *Driving to Active Alcohol/relationship*

Emotions	%	%	Emotions	%	%
	Before	After		Before	After
Sad, blue, depressed, down, unhappy	50	100	Hopeless, discouraged, pessimistic, despairing	60	000
Anxious, worried, panicky, nervous, frightened	100	35	Frustrated, stuck, thwarted, defeated	50	0
Guilty, remorseful, bad, ashamed	10	0	Angry, mad, resentful, annoyed, irritated, upset, furious	100	10
Inferior, worthless, inadequate, defective, incompetent	0	0	Other (describe)		
Lonely, unloved, unwanted, rejected, alone, abandoned	60	20	Other		
Embarrassed, foolish, humiliated, self-conscious	40	0	Other		

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1. He's back w/ ██████ + She's there now	75	75 0	All	1. They both deserve better (oh yeah... me too)	100
2. He's messed up again	85	85 100	Accurate	2. Accurate - of course he is	100
3. I am wrong + an idiot, psychopath	75	75 0	All	3. I am right, but even if I wasn't, I wouldn't be those things. All situational	100
4. We ^{never} will be together - No one will love me or could love me + ██████ Me + ██████ + ██████ are too much	100 75	100 75 20	All Accurate All All	4. We will be together if its meant to be Eli + I are extraordinary lovable. We are lovable. for some persons we have our own gifts	100 100

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% change I need to change in Faith -

What about Self Defeating Beliefs?

We all do:

The difference is they occur in the background.
Resistance is automatic.

CBA: Bring the SDB into Now

What are the Benefits?

What are the Disadvantages?

How much weight for each column?

(Not all examples carry the same weight)

Why X% for Benefits?

What would it be like w/o Disadvantages

10/90

Cost-Benefit Analysis

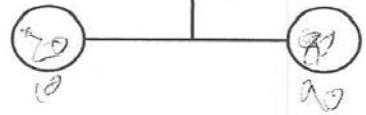
List the attitude, feeling or habit you want to change: _____

Being kind in my marriage
Marriage, come to mind

Advantages | **Disadvantages**

- That's how I've known I made it, my success.

- Entitlement
- Negative self-talk
- Fear
- Insecurities
- Seek relief



SBS = #5 LA

Cost-Benefit Analysis*

List the attitude, feeling or habit you want to change: _____

Advantages	Disadvantages
<ul style="list-style-type: none">- Interested on being loved- Not lonely when lovedhappy, joyas, freeFeel good.- Sex, security, selfworth- I feel like it's the ultimate goal in life to be fulfilled.	<ul style="list-style-type: none">- Slave, Not true to selfWorship - Fear- Negative self-talk- Can't stay in the moment- Constantly thinking of sex - was it good but

1 20 80

Intervention Appt. set up by friend in recovery

Cost Benefit Analysis #13

Doesn't Trust Counselors

Self harm, denied suicidality

Benefit

Disadvantage

No Red Button

Yes, willing to do work

Cannot do mood log

Picked SDB 13 to work on

*

- Set expectations - no disappointment
- Worthy of being loved
- Control
- Easier
- Low risk

- Depressing
- Can't be yourself
- don't know how you're feeling
- Lying
- Self harm

50	+	50	=	100
30		70	=	100
20		80		

ACT AS IF

The Belief is Different

One more Tool - maybe the most powerful of all tools.

Acceptance Paradox

If you can deal with the voices, any program will work. The critic is the frightened childish part of our personality.

Find the truth.

Follow the truth.

Be Loving, Be Firm

It looks like this....

Thank You

Have A Great Year
