THE ADDICTION TRAP

A Treatment Approach Using Acceptance and Commitment Therapy (ACT)

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Organization: Mid-Valley Pain Clinic
Course Title: The Addiction Trap: A Treatment Approach Using Acceptance and Commitment Therapy (ACT)
Location: 2018 Northwest Opioid & Substance Use Treatment
Date: April 24, 2018

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Learning Objectives

1. Learn how ACT differs from traditional CBT in the treatment of chronic pain and substance abuse.
2. ACT Case conceptualization of chronic pain and substance abuse.
3. Clarify ACTive living with chronic pain and substance abuse.
Commercial Support Disclosure

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What is ACT?

- Mindfulness-based Therapy
- ACT is not CBT
- Three focus areas:

Accepting your TFPs
Choosing a valued direction
Taking Action
ACT Theoretical Underpinnings

- How language creates suffering:
  - When your sink is clogged?
    - Unclog it
  - When you have a flat tire?
    - Fix it
  - When you’re feeling angry, sad, or anxious?
    - Fill in the blank….

- Practical approaches to problems in our physical world can be impractical for our internal world (Dymond, May, Munnelly, & Hoon, 2010).

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Clinical Examples of EA

- “I can’t show them I’m weak.”
- “I’m not going to cry.”
- “I can’t be vulnerable or else I’ll be hurt again.”
- “I’m not going to think about it.”
- What else….
Reward System

- Emotional Feedback Loop

- Exposure
  - Feel “good” or “better”
  - Craving “want more”
- Loss of Control
- Psychological Stress
- Coping Strategy
- Negative Consequences

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Capital "P" Pain
Hexaflex Model of Psychopathology
(Hayes, Strosahl, & Wilson, 1999)

Contact with the Present Moment

Acceptance

Defusion

Self as Context

Values

Committed Action

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Contact with the Present Moment

Acceptance

Defusion

Non-judgmental awareness (aka mindfulness) of the “stuff” that shows up at any given moment.

Values

Committed Action

Self as Context

(Hayes, et.al., 1999)
Psychological Flexibility, con’t.

- Contact with the Present Moment
- Acceptance
- Defusion
- Letting go of the struggle.
- Values
- Committed Action
- Self as Context

(Hayes, et.al., 1999)
Psychological Flexibility, con’t.

Contact with the Present Moment

Acceptance

Defusion

Self as Context

Values

Movement toward valued living.

Committed Action

(Hayes, et.al., 1999)

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Given a distinction between you and the stuff you are struggling with and trying to change, are you willing to have that stuff, fully and without defense, as it is, and not as what it says it is, and do what takes you in that direction, of your chosen values, at this time, in this situation?

(Hayes, et.al., 1999)
Contact with the Present Moment

Contact with the Present Moment

- Using your five senses to gain understanding of your *external* world.
  - Smell
  - Sight
  - Sound
  - Taste
  - Touch

(Hayes, et.al., 1999)
Self-as-Context

Contact with the Present Moment

- Using your thoughts, feelings, and memories to gain understanding of your internal world.
- Used together, SAC and CWTPM help create pure, non-judgmental awareness.

(Hayes, et.al., 1999)
The Role of Mindfulness
Mindfulness Apps

LOTUS BUD

Apple Product

MINDFULNESS BELL

Android Product

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Defusion

Contact with the Present Moment

- De-fuse (unsticking) ourselves from obtrusive thoughts and judgments.

(Hayes, et.al., 1999)
Control = SUFFERING
<table>
<thead>
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<th>THOUGHTS:</th>
<th>FACTS:</th>
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### Just the Facts *(Brillhart, 2015)*

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<td>“I’m not broken all the time.”</td>
</tr>
<tr>
<td>“I’m unlovable”</td>
<td>“My family loves me.”</td>
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<tr>
<td>“I can’t….”</td>
<td>“I can…”</td>
</tr>
<tr>
<td>“I’m ugly”</td>
<td>“My [partner] says I’m attractive.”</td>
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Contact with the Present Moment

Acceptance

Defusion

▪ Identifying what/who really matters most in your life.

Values

Self as Context

(Hayes, et.al., 1999)
Values Bulls-eye (Harris, 2008)

I’m living my values

I’m out of touch with my values

Personal Growth

Health

Self-care

Relationships

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Acceptance

Contact with the Present Moment

- The active stance of "making room"—not fighting, or attempting to change—the uncontrollable TFPs in our lives.

Hayes, et al., 1999

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Roadblocks to Valued Living

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Clients are likely to identify the event (person, place, thing, etc.) roadblocking them from valued living.

Help client identify—and intervene—on the triggers to the event(s).
The daily committed “baby steps” action you towards the what/who really matters most to you.

(Hayes, et.al., 1999)
ACT ACTION

CHANGES THINGS
ACT Efficacy for Treating Substance Abuse

- **ACT for Methadone Detoxification; N=56** (Stotts, Green, Masuda, Grabowski, Wilson, Northrup, Moeller, & Schmitz (2012).
  - **Results:** 37% of participants using ACT were successfully detoxified at the end of treatment, when compared to 19% of those who received drug counseling alone.

- **A meta-analysis examining the aggregate effect size comparing ACT to other substance abuse treatments (e.g., CBT, pharmacotherapy, 12-step treatment as usual)** (Lee, An, Levin, & Twohig, 2015).
  - Ten randomized controlled trials were identified through systematic searches.
  - **Results:** A significant small to medium effect size was found favoring ACT relative to active treatment comparisons following treatment.

- **Poly-substance abusing methadone-maintained opiate addicts; N=114** (Hayes, Wilson, Gifford, Bissett, Piasecki, Batten, Byrd, & Gregg (2004).
  - **Results:** While there was no immediate post treatment difference, six months after treatment, ACT participants showed a greater decrease in opiate use.

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S.M.A.R.T. Goals (Doran, 1981)

Specific
Measurable
Attainable
Realistic
Timebound

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Commitment Script $\text{Rx}$ (Brillhart, 2011)
In the Immortal Words of Yoda...

Do or do not . . .
there is no try

(Lucas & Kershner, 1980)
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References


References


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