



# **ECHO IDAHO:** **Opioids, Pain & Substance Use Disorders**

**Behavioral Interventions for Alcohol Use Disorder**

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**Sarah Samson, LCSW, CSAT Candidate**

**Therapist Team Coordinator, Trivium Life Services**

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# DSM-5 Diagnostic Criteria for Alcohol Use Disorder

1. Drinking more alcohol over a longer period of time than intended
2. Persistent desire or unsuccessful effort to reduce alcohol use
3. Great deal of time spent obtaining, drinking, or recovering from alcohol use
4. Cravings
5. Failure to fulfill major role obligations
6. Continued use despite awareness of interpersonal or social problems
7. Giving up activities for alcohol
8. Use in hazardous situations
9. Continued use despite awareness of physical or psychological problems
10. Tolerance
11. Withdrawals

Need to meet at least two of these criteria over a period of 12 months

# Individual counseling

Beneficial to process any issues that may be brought up during a group

Could be a good fit for those not comfortable in groups

Common issues discussed in individual sessions, along with addiction, are: trauma, adjustment issues, interpersonal issues, and guilt and shame

Each therapist usually has a modality that they use, I'm an Adlerian therapist, there are many others. Cognitive Behavioral Therapy is a commonly used and successful modality for those that may not have one that they really like or feel comfortable with.

Individual counseling can do the important work of addressing the issues that led to alcohol use and the alcohol use disorder.

# Group Counseling

Cognitive Behavioral Therapy (CBT) based groups are very effective in treating addiction, and CBT methods can be found in many groups even if not called “CBT”. These groups do well getting at the core beliefs of the client and teaching skills to change thinking.

Common groups: Relapse Prevention, groups addressing early recovery skills for those who are newly sober, Dialectical Behavior Therapy (DBT), trauma specific groups.

Group counseling can be beneficial for clients in introducing them to a community who have been through similar things and can offer support and perspective.

# Medication Management

Three medications to treat alcohol use disorder:

1. Acamprosate
2. Naltrexone
3. Disulfiram

These can help those in recovery with maintaining sobriety. Clients can be referred to their primary care provider to discuss these medications and which might work best for them

# Questions?

