

BEHAVIORAL COUPLES THERAPY (BCT)

FOR ALCOHOLISM AND DRUG ABUSE*

Presented by
Timothy J. O'Farrell, Ph.D.

VA Boston Healthcare System, Brockton, Massachusetts
Harvard Medical School Department of Psychiatry

Background for BCT

- A. Purpose of BCT
- B. Suitable Cases

Substance Focused Methods in BCT

- C. Recovery Contract
- D. Other Support for Abstinence

Relationship Focused Methods in BCT

- E. Increasing Positive Activities
- F. Teaching Communication Skills

Maintenance and Relapse Prevention

- G. Continuing Recovery Plan
- H. Relapse Prevention Plan
- I. Action Plan to Keep Partner Safe

*For more information:

■ Contact Timothy O'Farrell, Ph.D., Professor of Psychology, Harvard Medical School Dept. of Psychiatry, VA Boston Healthcare System, VAMC-116B1, 940 Belmont Street, Brockton MA 02301, USA. Tel 508-583-4500 ext 63493, Fax 774-826-1087, e-mail: timothy_ofarrell@hms.harvard.edu

■ Book on BCT

Behavioral couples therapy for alcoholism and drug abuse. New York: Guilford Press.

***Behavioral Couples Therapy
for
Alcoholism and Drug Abuse***

Timothy O'Farrell, Ph.D.

Harvard Medical School Department of Psychiatry
VA Boston Healthcare System, Brockton MA

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



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 the best 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

Table 1

Therapeutic Tasks and Specific Procedures in Behavioral Couples Therapy for Alcoholism and Drug Abuse

Engaging the Couple for Initial Sessions

1. Engagement
2. Initial interviews
3. Assessment for BCT
4. Gaining Commitment and Starting BCT

Supporting Abstinence

■ Recovery Contract

1. Daily Trust Discussion
2. Self-help involvement
3. Urine drug screens
4. Medication to aid recovery

■ Other Support for Abstinence

1. Review substance use or urges to use
2. Decrease exposure to alcohol and drugs
3. Address stressful life problems
4. Decrease behaviors that reward use

Improving the Relationship

■ Increasing Positive Activities

1. Catch Your Partner Doing Something Nice
2. Shared Rewarding Activities
3. Caring Days

■ Improving Communication

1. Communication Sessions
2. Listening Skills
3. Expressing Feelings Directly
4. Negotiating for Requests
5. Conflict Resolution
6. Problem Solving

Continuing Recovery

1. Continuing Recovery Plan
2. Action Plan to Prevent or Minimize Relapse
3. Check-up Visits for Continuing Contact
4. Relapse Prevention Sessions
5. Couple and Family Issues in Long-Term Recovery

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

Successful BCT Therapists

- ◆ Address substance abuse problem first
- ◆ Tolerate and defuse strong anger
- ◆ Structure and control sessions
- ◆ Empathize readily with both partners
- ◆ Deal with noncompliance easily
- ◆ Use positive approach with humor

Behavioral Couples Therapy for Alcoholism and Drug Abuse

Gaining Commitment and Starting Treatment

Engaging Patient & Spouse in BCT

- ◆ A ***nonthreatening, positive approach*** gets patient's permission to contact spouse.
- ◆ ***Talk directly to spouse*** to engage him or her for a joint interview.
- ◆ ***Small steps*** gain couple's commitment
 - Tx-planning interview mentions BCT
 - BCT “info session” is next
 - start BCT at 3rd contact for suitable couples

Behavioral Couples Therapy for Alcoholism and Drug Abuse

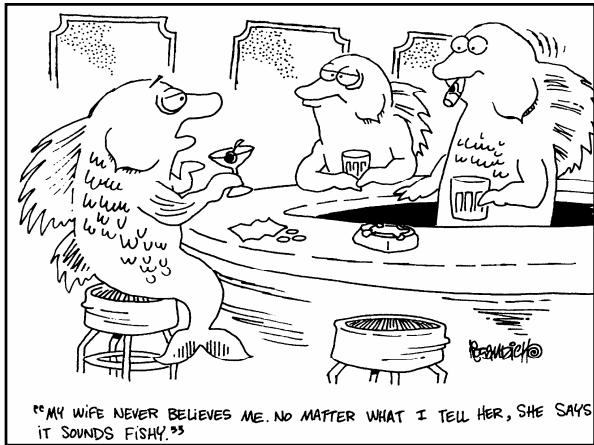
◆ The Promises

- ◆ Not threaten divorce or separation
- ◆ No violence or threats of violence
- ◆ Focus on present and future - not the past
- ◆ Complete agreed-to assignments



Behavioral Couples Therapy for
Alcoholism and Drug Abuse

**Building Support
for
Abstinence**



**"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
 AJ = Jack to AJ-Anon

October 2001						
S	M	T	W	T	F	S
	1	2	✓ D+	3	✓	4
					✓	5
✓	7	✓ AA	8	✓	9	✓ D+
					✓	10
✓	14		15	✓ AA	16	✓ D+
					✓	17
✓	21	✓ AJ	✓ AA	22	✓	23
					✓	24
✓	28	✓ AJ	✓ AA	29	✓	30
					✓	31

Steps to a Recovery Contract

- ◆ 1st Recovery Contract session
 - Explain contract
 - Have couple do contract in session
 - Couple agree to "try out" contract for a week
- ◆ 2nd Recovery Contract session
 - Review doing of contract behaviors and any problems or discomfort
 - Sign contract if couple is ready
- ◆ 3rd Recovery Contract session & beyond
 - Monitor contract since last session
 - Have couple do contract in each session

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

Outline of a BCT Session

- ◆ Greet and welcome to session
- ◆ Urine screen if patient has drug problem
- ◆ Discuss urges or use since last visit
- ◆ Review use of Promises in last week
- ◆ Review Recovery Contract calendar for last week
- ◆ Do Trust Discussion (with medication if taking it)
- ◆ Review last session & home practice of past week
- ◆ Deal with current problems
- ◆ Cover new material
- ◆ Assign home practice for next week

RECOVERY CONTRACT

In order to help (patient) Mary with his/her recovery and to bring peace of mind to (partner) Jack, we commit to the following:

Patient's Responsibilities	Partner's Responsibilities
<input checked="" type="checkbox"/> DAILY TRUST DISCUSSION (with medication <u>N.A.</u> if taking it)	
<ul style="list-style-type: none"> • States his/her intention to stay substance free that day (and takes medication if applicable). • Thanks partner for supporting his/her recovery. 	<ul style="list-style-type: none"> • Records that the intention was shared (and medication taken if applicable) on calendar. • Thanks patient for his/her recovery efforts.
<input checked="" type="checkbox"/> FOCUS ON PRESENT AND FUTURE, NOT PAST	
<ul style="list-style-type: none"> • If necessary, requests that partner not mention past or possible future substance abuse outside of counseling sessions. 	<ul style="list-style-type: none"> • Agrees not to mention past substance abuse or fears of future substance abuse outside of counseling sessions.
<input checked="" type="checkbox"/> WEEKLY SELF-HELP MEETINGS	
<ul style="list-style-type: none"> • Commitment to 12-Step mtgs: <u>AA mtgs</u> <u>7pm Tues at church</u> <u>10am Sat at hospital</u> 	<ul style="list-style-type: none"> • Commitment to 12-Step mtgs: <u>Al-Anon</u> <u>mtg 7pm Tues at church</u>
<input checked="" type="checkbox"/> URINE DRUG SCREENS	
<ul style="list-style-type: none"> • Urine Drug Screens: <u>Weekly at</u> <u>counseling sessions</u> 	
<input type="checkbox"/> OTHER RECOVERY SUPPORT	
<ul style="list-style-type: none"> • _____ 	<ul style="list-style-type: none"> • _____

EARLY WARNING SYSTEM

If, at any time the trust discussion (with medication if taking it) does not take place for two days in a row, we will contact (therapist/phone #: Dr. Tim O'Farrell 123-456-7899) immediately.

LENGTH OF CONTRACT

This agreement covers the time from today until the end of weekly therapy sessions, when it can be renewed. It cannot be changed unless all of those signing below discuss the changes together.

Mary Smith
 Patient
Tim O'Farrell Ph. D.
 Therapist

Jack Smith
 Partner
9 / 12 / xx
 Date

Recovery Contract Calendar

✓ = Trust Discussion Done

N = Alanon or Naranon

(✓) = Trust Discussion with Medication (_____)

D = Drug Urine + or -

A = AA or NA meeting

O = Other (_____)

September							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		✓	✓ ^N	✓ ^{D-}	✓	✓	✓ ^A
2	3	4	✓ ^{D+}	✓	✓	8	7	✓ ^N	✓	✓ ^{D-}	✓	✓ ^A	✓ ^A
✓	✓ ^A	✓	✓ ^{D+}	✓	✓ ^A	✓	✓	✓	✓	✓ ^{D-}	✓	✓ ^A	✓ ^A
✓	✓	✓ ^A	✓ ^{D+}	✓	✓ ^A	✓ ^A	✓	✓	✓ ^N	✓ ^{D-}	✓	✓ ^A	✓ ^A
✓	✓ ^N	✓	✓ ^{D-}	✓	✓ ^A	✓ ^A	✓	✓	✓ ^N	✓ ^{D-}			
✓													
30													
November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				✓	✓	✓ ^A							✓ ^A
✓	✓	✓ ^N	✓ ^{D-}	✓	✓	✓ ^A	✓	✓	✓ ^A	✓ ^{D-}	✓	✓	✓ ^A
✓	✓	✓ ^N	✓ ^{D-}	✓	✓	✓ ^A	✓	✓	✓ ^N	✓ ^{D-}	✓	✓	✓ ^A
✓	✓	✓ ^N	✓ ^{D-}	✓	✓		✓	✓	✓ ^N	✓ ^{D-}	✓	✓	✓ ^A
✓	✓	✓ ^N	✓ ^{D-}	✓	✓		✓	✓	✓	✓	✓	✓	✓ ^A
							✓	✓					
							30	31					

Recovery Contract

for

Dual Problem Couple

When Both Want to Change

DUAL RECOVERY CONTRACT

In order to help with their recoveries Sue and Gene agree to the following.

<u>Sue</u> 's Responsibilities	<u>Gene</u> 's Responsibilities
<input checked="" type="checkbox"/> DAILY TRUST DISCUSSION (with medication if taking it)	
<ul style="list-style-type: none"> • States intention to stay substance free that day (takes medication <u>Antabuse</u> if applicable). • Thanks partner for recovery efforts and support. • Records these actions on calendar. 	<ul style="list-style-type: none"> • States intention to stay substance free that day (takes medication <u>Antabuse</u> if applicable). • Thanks partner for recovery efforts and support. • Records these actions on calendar.
<input checked="" type="checkbox"/> FOCUS ON PRESENT AND FUTURE, NOT PAST	
<ul style="list-style-type: none"> • Agrees not to mention partner's past substance abuse or fear about future use. 	<ul style="list-style-type: none"> • Agrees not to mention partner's past substance abuse or fear about future use.
<input checked="" type="checkbox"/> WEEKLY SELF-HELP MEETINGS	
<ul style="list-style-type: none"> • Commitment to 12-Step mtgs: <u>AA mtgs</u> <u>3x/wk</u> 	<ul style="list-style-type: none"> • Commitment to 12-Step mtgs: <u>AA mtgs</u> <u>3x/wk</u>
<input checked="" type="checkbox"/> URINE DRUG SCREENS	
<ul style="list-style-type: none"> • Urine Drug Screens: <u>weekly at</u> <u>couple sessions</u> 	<ul style="list-style-type: none"> • Urine Drug Screens: <u>weekly at</u> <u>couple sessions</u>
<input type="checkbox"/> OTHER RECOVERY SUPPORT	
<ul style="list-style-type: none"> • _____ 	<ul style="list-style-type: none"> • _____

EARLY WARNING SYSTEM

If, at any time the trust discussion (with medication if taking it) does not take place for two days in a row, we will contact (therapist/phone #: Dr. Tim O'Farrell 123-456-7899) immediately.

LENGTH OF CONTRACT

This agreement covers the time from today until the end of weekly therapy sessions, when it can be renewed. It cannot be changed unless all of those signing below discuss the changes together.

Sue Jackson

Gene Jackson

Timothy O'Farrell Ph.D.

9 / 3 / xx

Therapist

Date

Dual Recovery Contract Calendar

✓ = Trust Discussion Done

N = Alanon or Naranon

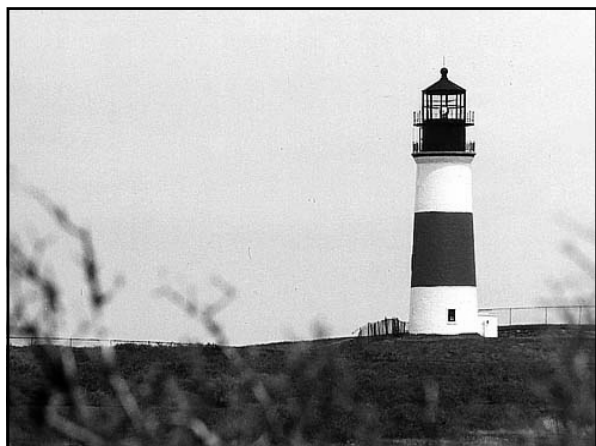
(✓) = Trust Discussion with Medication (Antabuse)

D = Drug Urine + or -

A = AA or NA meeting

O = Other (_____)

Sue's Calendar							Gene's Calendar						
September							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1							1
	⊙ D-	⊙	⊙	⊙		A		⊙ D-	⊙	⊙	⊙A		
	⊙ D-	⊙	⊙	⊙A		⊙A		⊙A D-	⊙	⊙	⊙A		⊙
⊙	⊙ D-	⊙A	⊙	⊙A	⊙	⊙A	⊙	⊙A D-	⊙	⊙A	⊙A	⊙	⊙
⊙	⊙ D-	⊙A	⊙	⊙A			⊙	⊙A D-	⊙	⊙A	⊙A		
30							30						
October							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	⊙ D+	⊙A	⊙	⊙A				⊙A D-	⊙	⊙A	⊙A		
	⊙ D+	⊙A	⊙	⊙A	⊙A	⊙		⊙A D+	⊙	⊙A	⊙	⊙A	⊙
⊙	⊙ D-	⊙A	⊙	⊙A	⊙A	⊙	⊙	⊙A D-	⊙	⊙A	⊙	⊙A	⊙
⊙	⊙ D-	⊙A	⊙	⊙A	⊙A	⊙	⊙	⊙A D-	⊙	⊙A	⊙	⊙A	⊙
⊙	⊙ D-	⊙A	⊙				⊙	⊙A D-	⊙	⊙A			



Relationship Focus: Increasing Positive Activities

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

CATCH YOUR PARTNER DOING SOMETHING NICE

NAME: Mike PARTNER'S NAME: Nancy

DAY	DATE	PLEASING BEHAVIOR NOTICED
MON	4/6	Waited to have dinner with me when I had to stay late at work
TUES	4/7	Told me she loved me
WED	4/8	Cooked a delicious dinner
THUR	4/9	Was patient with me when I came home tired and moody from work
FRI	4/10	Enjoyed a walk together
SAT	4/11	Woke me gently and rubbed my back
SUN	4/12	Helped plan a picnic with friends

Acknowledging Caring Behaviors

What You Say

I like it when you ...
It made me feel ...
(Leave out negative)

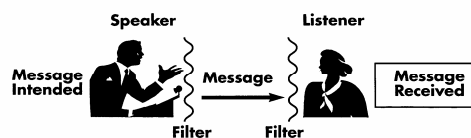
How You Say It

Look at other person
Tone of voice
Smile
Sincere

Increasing Positive Activities

- ◆ Shared Rewarding Activities
- ◆ Each partner lists possible activities
- ◆ Plan one activity each week
- ◆ Activity can be “date at home”, out with other couples or families, simple or large
- ◆ Such activities linked with recovery

Communication Skills Training



Good Communication Defined
Message Intended Equals Message Received

**Relationship Focus:
Teaching Communication Skills**

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

Listening Skills

What I heard you saying was ...

Is that right?

Expressing Feelings Directly

Do

*State own feelings - "I ..."

*Own your feelings

*Use respectful words

Don't

*Accuse - "You ..."

*Blame partner for how you feel

*Name call, insult, swear, threaten

Communication Sessions

- ◆ Planned structured discussions
- ◆ Private, face-to-face, without distractions
- ◆ Take turns speaking without interrupting
- ◆ Use Listener and Speaker skills
- ◆ Try to resolve issue not "win" conflict
- ◆ Use to practice skills & discuss concerns

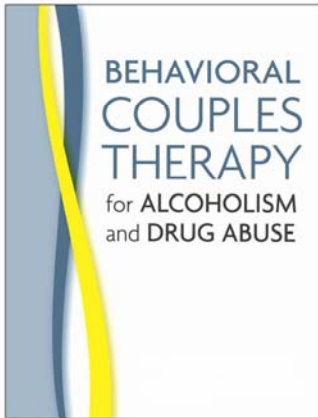
Negotiating for Requests

- ◆ Positive Specific Requests
- ◆ Negotiation and Compromise
- ◆ Agreements

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

Use Promotional Code 2E when ordering



Behavioral Couples Therapy for Alcoholism and Drug Abuse

"This clearly-written, practical guide to behavioral couples therapy for addictive disorders will be useful to all addiction therapists....Read this book and get better outcomes with your patients!"

-Richard J. Frances, MD, New York University School of Medicine

"A really valuable book...with detailed guidelines that will enable practitioners to use BCT in their everyday clinical practice. BCT is an evidence-based treatment recommended by National Institute for Clinical Excellence (NICE) for use in National Health Service treatment units in UK."

--Richard Velleman, PhD, University of Bath, UK

"BCT belongs on any list of evidence-based treatments for addiction. This superb introduction to BCT includes the structured outlines, handouts, and forms that are particularly helpful when learning a new treatment method."

-William R. Miller, PhD, University of New Mexico

Contains Reproducible Materials

Release Date: September 2006
 Approx. 458 Pages
 8" x 10 1/2" Lay-Flat Paperback
 ISBN 1-59385-324-6
 Cat. #2E5324, \$40.00
Special Discount Price: \$34.00

This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners. Behavioral couples therapy (BCT) explicitly focuses on both substance use and relationship issues, and is readily compatible with 12-step approaches. Provided are all the materials needed to introduce BCT; implement a recovery contract to support abstinence; work with clients to increase positive activities, improve communication, and reduce relapse risks; and deal with special treatment challenges. Appendices include a session-by-session treatment manual and 70 reproducible checklists, forms, and client education posters. The large-size format and lay-flat binding facilitate photocopying and enhance the book's clinical utility.

Contents

- | | | |
|--|--|---|
| 1. An Introduction to Behavioral Couples Therapy for Alcoholism and Drug Abuse | 7. Improving Communication, Part II: Resolving Changes, Conflicts and Problems | Appendix A. A 12-Session BCT Treatment Manual |
| 2. Engaging the Couple: Initial Couple Sessions | 8. Continuing Recovery: Maintenance and Relapse Prevention | Appendix B. Posters Used in BCT |
| 3. Building Support for Abstinence: The Daily Recovery Contract | 9. Challenges in BCT, Part I: Separated and Dual-Problem Couples | Appendix C. Forms Used in BCT |
| 4. Other Support for Abstinence | 10. Challenges in BCT, Part II: Violence and Other Issues | Appendix D. Suggested Resources |
| 5. Increasing Positive Couple and Family Activities | 11. Enhancements to BCT | |
| 6. Improving Communication, Part I: Listener and Speaker Skills | 12. Implementing BCT in the Real World | |

Guilford Publications, Inc.
 72 Spring Street, New York, NY 10012

ORDER ONLINE: www.guilford.com

CALL TOLL-FREE: 9am to 5pm Eastern
 Time 800-365-7006 (or call 212-431-9800)

FAX: 212-966-6708

INSTRUCTOR COPIES: www.guilford.com/instructors

Use Promotional Code 2E to Receive Your Automatic discount

PLEASE SEND:

___ Copie(s) of Behavioral Couples Therapy for Alcoholism and Drug Abuse, Cat. #2E324, ~~\$40.00~~, **\$34.00***

\$___ Amount

\$___ Shipping: In U.S. (via USPS Priority Mail), add \$5 first book, \$2.50 each add'l. To Canada (via CanPar), U.S. \$7.50 first book, U.S. \$2.50 each add'l.

\$___ Subtotal

\$___ CA, NY, and PA residents add sales tax; Canadian residents add GST

\$___ TOTAL

METHOD OF PAYMENT:

- Check or Money Order Enclosed (U.S. dollars only)
- Institutional P.O. Attached

BILL MY: MasterCard VISA American Express

Account No. _____

Signature (Required on Credit Card Orders) _____

Exp. Date _____

Name

Address 1

Address 2

City

Daytime Phone No.

Email (You will be sent shipment confirmation. Your email address will not be released to any third party)
 Please email me special discounted offers!

*List prices are slightly higher outside the U.S. and Canada and are subject to change