

# Module 1: Groups and Substance Abuse Treatment

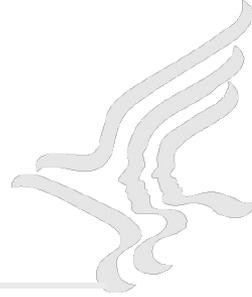
Based on material in Chapter 1 of  
TIP 41, *Substance Abuse  
Treatment: Group Therapy*



**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Treatment  
<http://www.samhsa.gov>

# Training Objectives

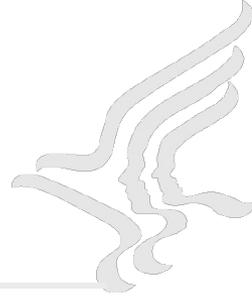
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- Discuss the use of group therapy in substance abuse treatment. (Module 1)
- Explain five group therapy models and three specialized group therapy models used in substance abuse treatment. (Modules 1 and 2)
- Explain the advantages of group therapy. (Module 1)
- Modify group therapy to treat substance abuse. (Module 1)
- Explain the stages of change. (Module 2)

# Training Objectives (cont.)

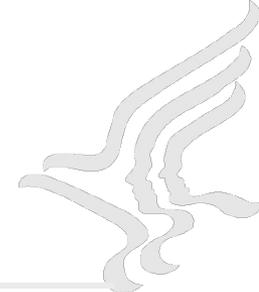
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- Match clients with substance abuse treatment groups. (Module 3)
- Assess clients' readiness to participate in group therapy. (Module 3)
- Determine clients' needs for specialized groups. (Module 3)
- Distinguish differences between fixed and revolving membership groups. (Module 4)
- Prepare clients for groups. (Module 4)

# Training Objectives (cont.)

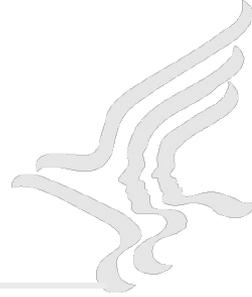
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- Describe the tasks for each of the three phases of group development. (Module 4)
- Discuss the importance of making clinical adjustments in group therapy. (Module 5)
- Explain the three stages of treatment. (Module 5)
- Describe the conditions of the early, middle, and late stages of treatment. (Module 5)
- Identify leadership characteristics in the early, middle, and late stages of treatment. (Modules 5 and 6)

# Training Objectives (cont.)

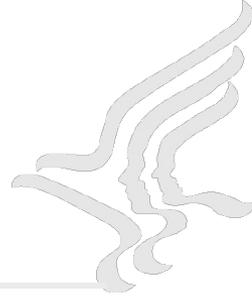
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- Describe concepts and techniques for conducting substance abuse treatment group therapy. (Module 6)
- Identify training needs and opportunities. (Module 7)
- Appreciate the value of clinical supervision. (Module 7)

# Ground Rules

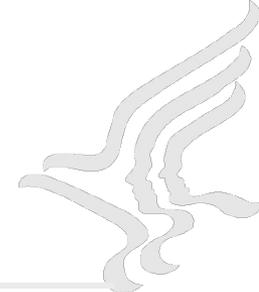
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- Begin and end sessions and breaks on time.
- Respect others and their opinions.
- Allow one person to speak at a time.
- Maintain confidentiality.
- Participate in each training session.
- Have fun.

# Module 1 Goal and Objectives

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## Goal:

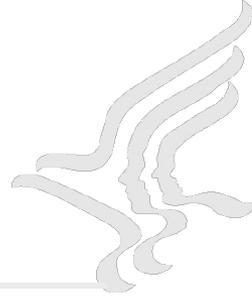
Provide an overview of group therapy used in substance abuse treatment.

## Objectives:

- Discuss the use of group therapy in substance abuse treatment.
- Define five group therapy models used in substance abuse treatment.
- Explain the advantages of group therapy.
- Modify group therapy to treat substance abuse.

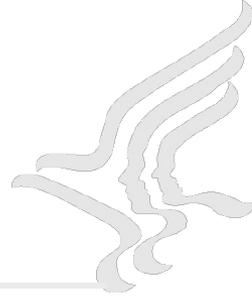
# Group Therapy in Substance Abuse Treatment

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- Supports members in times of pain and trouble.
- Enriches members with insight and guidance.
- Is a natural ally with addiction treatment.
- Can address factors associated with addiction: depression, anxiety, denial, shame, temporary cognitive impairment, character pathology.
- Has trained leaders.
- Produces healing or recovery from substance abuse.

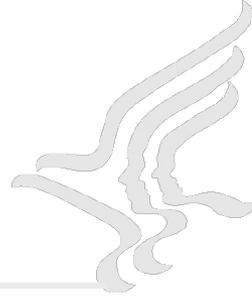
# 5 Models of Group Therapy in Substance Abuse Treatment



- Psychoeducational groups: Teach about substance abuse.
- Skills development groups: Hone skills necessary to break free of addiction.
- Cognitive–behavioral groups: Rearrange patterns of thinking/action that lead to addiction.
- Support groups: Provide a forum where members can support constructive change.
- Interpersonal process groups: Enable members to rethink past problems/solutions that led to substance abuse.

# Advantages of Groups

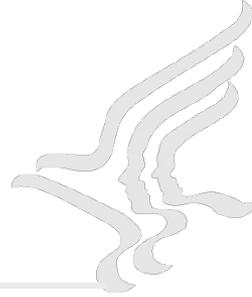
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- Provide positive peer support for abstinence from substances of abuse.
- Reduce isolation that people with a substance use disorder experience.
- Enable members to witness the recovery of others.
- Allow members to see how others deal with similar problems.

# Advantages of Groups (cont.)

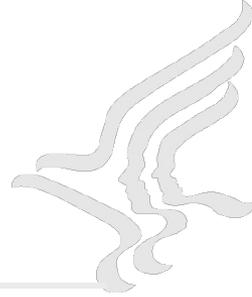
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- Provide information to clients who are new to recovery.
- Provide feedback on group members' values and abilities.
- Offer family-like experiences.
- Encourage, coach, support, and reinforce.

# Modifying Groups To Treat Substance Abuse

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- Specific training and education for group therapy leaders so that they understand therapeutic group work and the special characteristics of clients with substance use disorders
- An understanding of each member's defensive process and character dynamics
- Adaptations to meet the realities of treating clients with substance use disorders