

Research Summary

Focus on **Intervention Manuals for Counselors**

Special Issue

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Counseling Manuals for Special Interventions

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DATAR's focus has included development and evaluation of treatment enhancement strategies.

The DATAR (Drug Abuse Treatment Assessment and Research) project was initiated in 1989, with funding from NIDA, to study treatment process and evaluate enhancement strategies. The focus included clients with opiate addictions entering outpatient methadone treatment programs in Texas. At issue is a widely shared interest in improving the overall effectiveness and efficiency of drug treatment.¹ Recognizing that clients enter treatment with varying psychosocial needs and skill deficiencies (in addition to the presenting problems of drug

dependence), specialized interventions and manual-driven psychoeducational curricula were developed to help treatment staff provide services appropriate to the needs of clients. This has included the development of a cognitive strategy for information processing, *node-link mapping*, as well as targeted group education materials. Node-link mapping, a visual representation system for helping counselors and their clients work on issues that arise during treatment, was studied extensively in DATAR^{2,3,4} and is discussed in another *Research Summary*.

Psychoeducational and Skills Training Manuals

See Page 4 for ordering manuals.

Materials designed to help substance abuse treatment clients improve life skills, social support, and health were developed on topics such as HIV/AIDS prevention, assertiveness and relationship skills for women and men, recovery and aftercare training, parenting skills, and cocaine cessation for methadone clients. The manuals follow a user-friendly format designed to help counselors present information, explore feelings and attitudes, and build client skills and self-efficacy in areas of recovery-related functioning. With

the exception of the cocaine intervention, these manuals were designed for use by counselors in group treatment settings. However, counselors have found reference materials and specific exercises to be useful in working individually with clients as well.

The *Time Out!* series consists of two individual manuals for leading women-only and men-only workshops that address the sensitive topics of relationships, sexuality, and intimacy.

See Manuals, page 2.

Manuals, continued from page 1.

Time Out! For Me: An Assertiveness and Sexuality Workshop for Women provides counselors with a curriculum for leading a 6-session workshop for women. Issues addressed include sexuality, the impact of gender stereotypes, self-esteem, assertiveness skills, and reproductive health issues. The manual also provides a comprehensive reference section on human sexuality, a directory of resources, and handout materials for participants. Studies have shown that participation in the *Time Out! For Me* workshop increases knowledge, self-esteem, communication skills, and treatment tenure for women.^{5,6}

For example, **Figure 1** shows differences in treatment retention based on level of participation in *Time Out!* groups. Women who attended 4 or more sessions stayed in treatment significantly longer following the workshop than those with poorer attendance (237 days versus 153 days).

Time Out! For Men: A Communication Skills and Sexuality Workshop for Men was developed as a companion piece to the *Time Out! For Me* curriculum for women. It provides counselors with a format for leading an 8-session workshop for men who want to improve their intimate relationships. Communication skills, self-esteem enhancement, sexual health information, and conflict resolution skills are presented as a foundation for helping resolve relationship problems. In addition, men are provided a forum for exploring gender stereotypes, sexual myths, and societal pressures that contribute to interpersonal difficulties. A reference section on human sexuality, a resource directory, and handout materials for participants are included. In a study of men in a residential criminal

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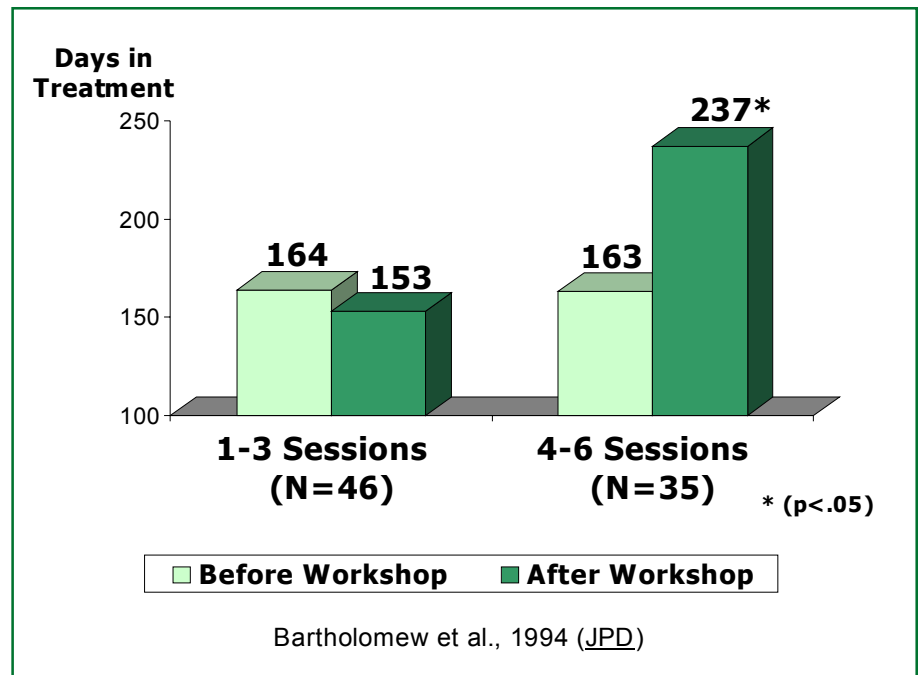


Figure 1. Differences in treatment tenure based on *Time Out!* attendance.

justice treatment program, participation in *Time Out! For Men* workshops was associated with significant increases in knowledge and social conformity, and with reductions in attitudes representative of rigid socialization and gender role conflict.⁷

Approaches to HIV/AIDS Education in Drug Treatment is an easy-to-follow manual designed to assist counselors in leading educational groups on HIV/AIDS. The manual offers a 4-session core curriculum that addresses HIV transmission, safer sex and injection practices, HIV testing, and personal risk reduction. Stand-alone teaching outlines also are provided for additional creative exercises and activities that promote HIV/AIDS awareness and prevention. In addition, the manual features an extensive resource section with articles, a glossary of terminology, bibliographies, and listings of available audio-visual materials. A study in outpatient methadone treatment (using the prototype of the current manual) found that HIV/AIDS

education programs are especially effective early in treatment and that clients who participated in the groups increased their knowledge about HIV risk factors, reduced risky behaviors, and showed improvements in attitudes about quitting drug use and maintaining abstinence.⁸

Straight Ahead: Transition Skills for Recovery manual provides counselors with a step-by-step curriculum for leading a 10-part workshop designed to reinforce key recovery concepts. The emphasis is on building and enhancing support networks in the community (12-step fellowships, family, friends) and on improving social skills, problems solving, and self-efficacy in order to foster recovery maintenance. The manual provides lecture notes, exercises and activities, discussion questions, and handouts for participants. Topics covered include maintaining recovery, building social networks, finding a support group, dealing with family issues, communication and coping skills, stress management, and planning for the future.

Focus on Intervention Manuals for Counselors

Partners in Parenting focuses on the identified concerns of recovering parents and encourages learning and skill-building in key areas such as parent-child communication, developmental expectancies, guidance and discipline, problem solving, and self-care. The manual contains materials for an 8-session structured workshop that allows participants to practice parenting strategies and discuss their experiences with others. The comprehensive outlines for each session provide easy-to-follow guides with lecture notes, discussion questions, exercises and activities, and handouts. The reference section contains useful reprints of parenting articles and child development information, plus a list of Web sites of interest to parents and counselors. Preliminary findings from a mother and child residential treatment program show clients who participated in *Partners in Parenting* change significantly their attitudes toward specific parenting strategies. Following the 8-session workshop, clients were less likely to believe that physical punishment, lecturing, and name calling are effective in managing their child's behavior. They were also less likely to place unrealistic expectations on their children, and more comfortable ignoring minor behavior problems such as whining or complaining (see **Figure 2**).

Counseling on Cocaine Abuse (COCA) was developed as a way to help counselors address the negative impact of cocaine use on methadone treatment outcomes. Research suggests that methadone clients who also use cocaine present a number of problems for treatment providers, such as early drop out, less participation in counseling, and greater relapse rates.⁹ *COCA* is an 8-session intervention for use in individual counseling that combines

motivational interviewing¹⁰ with cognitive-behavioral strategies¹¹ in order to help clients resolve ambivalence, increase motivation, and master techniques for managing cocaine craving. Motivation sessions use a structured feedback form to explore client-identified areas of concern about current levels of cocaine use; later sessions focus on

skill-building exercises and relapse prevention strategies. In a study of outpatient methadone clients randomly assigned to participate in COCA in conjunction with a contingency management protocol, participation in COCA was associated with longer treatment stays and a trend toward reduced cocaine use.¹² ■

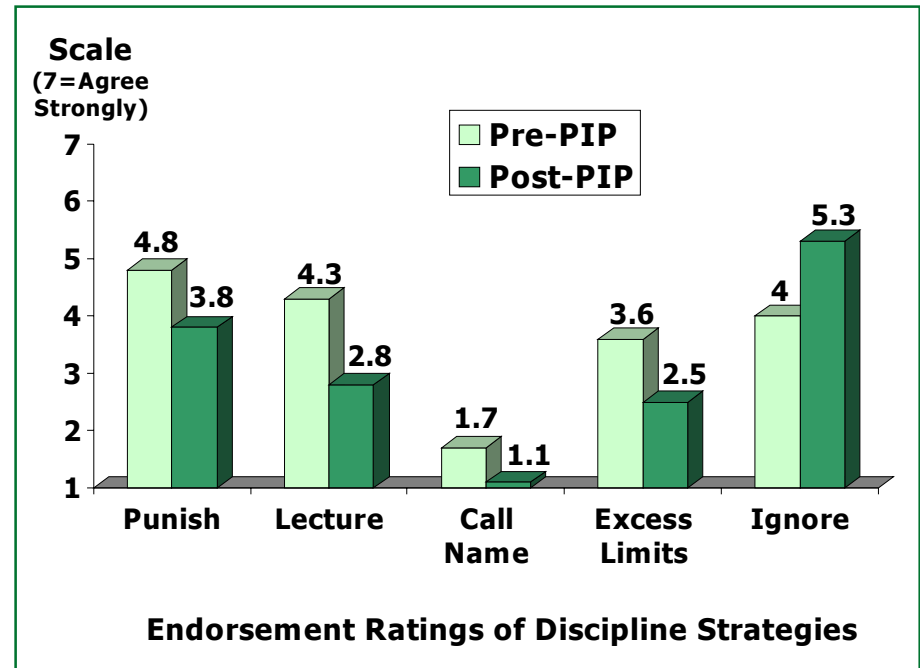


Figure 2. Change in parenting attitudes before and after *Partners in Parenting* (PIP) workshop.

FREE DOWNLOADS

In addition to purchasing published copies (see page 4), the TCU counseling manuals discussed in this issue may be downloaded at no cost from the IBR Web site. See the “Manuals” section or the “Downloads” page at <http://www.ibr.tcu.edu>.

In addition, counseling manuals and materials on cognitive interventions also are available from the IBR Web site. See the [newsletters](#) *Research Summaries on Treatment Mapping* and *Treatment Readiness and Induction Strategies*.

Of related interest, the **DATOS Web site** provides background information and summaries of the most recent findings from the national, multi-site **Drug Abuse Treatment Outcomes Studies** at: <http://www.datos.org>.

ORDERING PRINTED TCU COUNSELING MANUALS

The manuals listed below are currently available through **Lighthouse Institute**, a division of Chestnut Health Systems. A charge of \$17 to \$25 per manual covers copying, handling, and postage.

Approaches to HIV/AIDS Education in Drug Treatment (1994; 187 pp.) N. G. Bartholomew, & D. D. Simpson

Mapping New Roads to Recovery: Cognitive Enhancements to Counseling (1993; 131 pp.) D. F. Dansereau, S. M. Dees, L. R. Chatham, J. F. Boatler, & D. D. Simpson

Partners in Parenting (1999, 294 pp.) N. G. Bartholomew, D. K. Knight, L. R. Chatham, & D. D. Simpson

Straight Ahead: Transition Skills for Recovery (1993; 193 pp.) N. G. Bartholomew, D. D. Simpson, & L. R. Chatham

Time Out! For Me: An Assertiveness & Sexuality Workshop for Women (1994; 210 pp.) N. G. Bartholomew, L. R. Chatham, & D. D. Simpson

Time Out! For Men: A Communication Skills & Sexuality Workshop for Men (1996; 230 pp.) N. G. Bartholomew, & D. D. Simpson

To order, contact: **Chestnut Health Systems, Lighthouse Institute, 703 W. Chestnut, Bloomington, IL 61701. TEL: 309-827-6026; FAX: 309-829-4661; Internet: <http://www.chestnut.org/LI/bookstore/index.html>**

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³ Dees, S. M., Dansereau, D. F., & Simpson, D. D. (1997). Mapping-enhanced drug abuse counseling: Urinalysis results in the first year of methadone treatment. *Journal of Substance Abuse Treatment, 14*(1), 45-54.

⁴ Dansereau, D. F., Joe, G. W., & Simpson, D. D. (1993). Node-link mapping: A visual representation strategy for enhancing drug abuse counseling. *Journal of Counseling Psychology, 40*(4), 385-395.

⁵ Bartholomew, N. G., Rowan-Szal, G. A., Chatham, L. R., & Simpson, D. D. (1994). Effectiveness of a specialized intervention for women in a methadone program. *Journal of Psychoactive Drugs, 26*(3), 249-255.

⁶ Hiller, M. L., Rowan-Szal, G. A., Bartholomew, N. G., & Simpson, D. D. (1996). Effectiveness of a specialized women's intervention in a residential treatment program. *Substance Use & Misuse, 31*(6), 771-783.

⁷ Bartholomew, N. G., Hiller, M. L., Knight, K., Nucatola, D. C., & Simpson, D. D. (2000). Effectiveness of communication and relationship skills training for men in substance abuse treatment. *Journal of Substance Abuse Treatment, 18*(2), 217-225.

⁸ Boatler, J. F., Knight, K., & Simpson, D. D. (1994). Assessment of an AIDS intervention program during drug abuse treatment. *Journal of Substance Abuse Treatment, 11*(4), 367-372.

⁹ Broome, K. M., Simpson, D. D., & Joe, G. W. (2001). Relapse to opioid and cocaine use following methadone treatment. In F. M. Tims, C. G. Leukefeld, & J. J. Platt (Eds.), *Relapse and Recovery Processes in the Addictions*. New Haven, CT: Yale University Press.

¹⁰ see Miller, W. R., & Rollnick, S. (1991). *Motivational Interviewing: Preparing People to Change Addictive Behavior*. New York: Guilford Press.

¹¹ see *The Enhanced Methadone Treatment Program: A Cognitive-Behavioral Recovery Model for Methadone Treatment*. (1996, May). New York: National Development and Research Institutes, Inc.

¹² Rowan-Szal, G. A., & Bartholomew, N. G. (2000, April). *A contingency management and structured counseling intervention for patients with cocaine problems*. Presented at the American Methadone Treatment Association National Meeting, San Francisco, CA.

RESEARCH SUMMARY: Focus on Intervention Manuals for Counselors is published by the Institute of Behavioral Research, Texas Christian University, TCU Box 298740, Fort Worth, TX 76129. For more information — Phone: (817) 257-7226; FAX: (817) 257-7290; E-mail: ibr@tcu.edu; Web: www.ibr.tcu.edu. Prepared by Norma Bartholomew, Dwayne Simpson, and Charlotte Pevoto.

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