

# CBT Techniques to Enhance Motivational Interviewing and Relapse Prevention

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## Dr. Lewis' Introduction

- Has worked in the field of addictions and co-occurring treatment since 1987.
- Adjunct faculty- PCMH Northern Vermont University (formerly SNHU)
- Currently provides behavioral consultation in a primary care facility Maryland's Delmarva Peninsula
- Cognitive Behavioral Therapy and clinical hypnosis in a mental health facility- Maryland' Delmarva Peninsula

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## The Integration of Two Theories

- Motivational Interviewing- person-centered approach for motivating clients.
- Self-Determination Theory- Broad based theory of motivation.

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Key concepts of MI

- Empathy
- “Rolling with client resistance”
- Supporting feeling of self-efficacy
- Drawing out/eliciting arguments for making change.

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SDT Components for motivation

- Psychological Need Satisfaction
  - Competence
  - Autonomy
  - Relatedness

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How MI relates to SD components

• Empathy	⇒	Relatedness
• “Rolling with Resistance	⇒	Autonomy
• Self-Efficacy	⇒	Competence
• Eliciting Arguments	⇒	Autonomy

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**Cognitive Factors in Assessment**

- Locus of Control
  - Extent to which individuals believe they can control events affecting them.
- Cognitive rigidity (vs. Psychological Flexibility)
  - lack of variability in response across a variety of contexts
  - Intolerance for ambiguity; negative affective forecasting
- Insight Capacity
- Concrete vs. Abstract

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**Cognitive Factors Assessment**

- Memory
- Time orientation
  - Rumination-repetitively focusing on distressing symptoms, causes, and consequences of those symptoms without engaging in active problem solving to cope with these thoughts
- Efficacy and expectancy

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**Cognitive Factors in Assessment**

- Attributional style
  - How an individual explains events to themselves
    - Internal vs. external
      - Do you attribute events and their causes to yourself or to others?
    - Global vs specific
      - Does the cause of one bad circumstance affect all areas of your life or just one?
    - Stable/Unstable
      - Will this cause continue to affect your future, or can it change or stop?

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### Questions in CBT

- Socratic Method
- The “How Question” and Discrimination

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### Socratic Questioning

- Socratic method uses questions to help the therapist and client join in a collaborative search for information and understanding
  - Relationship building
  - Supportive self autonomy

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### Guided Discovery

- Self-exploration and self-discovery, pushing the dialogue forward, but without providing direction or trying to solve specific problems through direct advice
- Inductive reasoning helps clients to form new generalizations through a gradual accumulation and systematic review of evidence (Gambrill, 1993).

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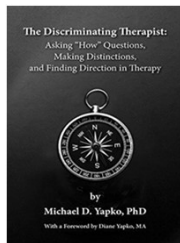
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### The How Question



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### The "How" Question

- How do you know when you are doing a good deed versus being misused by others?
- How do you know that this is a person that is good for you?
- How do you know that you have the skills to obtain this job?
- How do you know if this is a relapse trigger?
- How do you know if you can manage cravings triggered by this event, place, etc.?

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### CBT- Core Interventions

- Cognitive restructuring
- Desensitization
- Problem-solving training
- Decision-making training
- Relaxation techniques
- Role playing
- Social Skills training

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### Homework

- Homework is at the core of all CBT interventions.
- Homework has been demonstrated to increase efficacy of CBT for a wide array of conditions, including substance abuse (Willner-Reid, et al., 2016)




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### CBT Strategies

- Value of Self-Monitoring in CBT
- Cognitive Restructuring
  - Positive Data Logs
    - Evidence that supports the old, unhelpful belief.
    - Evidence that supports the new, healthier belief
  - Referenting
- Find the evidence

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### CBT Strategies (Cont'd)

- Common Cognitive Restructuring Techniques
- **I'm having the thought that . . .**
  - Pick a negative thought that usually upsets client: "I'm not good enough". Focus and repeat. Rewind the thought and this time put "I'm having the thought that . . ." in front of it. Notice what happens.
- **Musical thoughts**
  - Pick a negative thought again. Hold it firmly and try to believe it as much as possible. Now replay the thought again but this time do it to the tune of "happy birthday."

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Craving Management & Skill Development

- Finding sequences
- As the expert
- Distraction Techniques

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The “Third Wave” Approaches in CBT  
(And Utilization in Addictions Treatment)

- Mindfulness Based Interventions
- Acceptance Commitment Therapy
- Dialectical Behavior Therapy

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