

Monarch Therapeutic Services, LLC

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MOTIVATIONAL ENHANCEMENT THERAPY (MET) & COGNITIVE BEHAVIORAL THERAPY (CBT)

for Marijuana Users

The MET approach is grounded in research on processes of change.

People modifying problem behaviors progress through 5 stages of change: precontemplation, contemplation, determination, action, and maintenance.

The MET approach assists clients in moving through the stages toward action and maintenance.

MET is based on motivational principles and has been utilized in the brief treatment for adult marijuana abusers.

MET sessions are planned as individual therapy sessions in which the therapist works with the client regarding the client's own specific reasons for considering changes.

The individual approach uses personalized feedback and reflection to stimulate discussion of the client's personal concern and motivations regarding their substance use.

Though structured, the MET approach minimizes the likelihood of resistance because it is not highly directive or confrontational.

In MET the therapist works with the client's own marijuana use goal, helping to evaluate the benefits and disadvantages of abstinence versus continued use. This process supports the development of self-control.

The therapist does not try to force abstinence but helps the client to understand the risks associated with continued use.

KEY CONCEPTS OF MET & CBT SESSIONS

Session 1

Motivation-Building

Session 2

Goal-Setting Session

Session 3

Marijuana Refusal Skills

Session 4

Enhancing the Social Support Network and Increasing Pleasant Activities

Session 5

Planning for Emergencies and Coping with Relapse

Session 6

Problem Solving

Session 7

Anger Awareness

Session 8

Anger Management

Session 9

Effective Communication

Session 10

Coping with Cravings and Urges to Use Marijuana

Session 11

Depression Management

Session 12

Managing Thoughts About Marijuana

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COGNITIVE BEHAVIORAL THERAPY

for Marijuana Users

Cognitive behavioral therapy (CBT) is designed to remediate deficits in skills for coping with triggers to marijuana use. Individuals who rely primarily on marijuana or other substances to cope feel they have little choice but to resort to substance use when the need to cope arises.

The goal of CBT as substance abuse intervention is to provide some basic alternative skills to cope with situations that might otherwise lead to substance use. Skill deficits are view as central to the relapse process and therefore the major focus of CBT treatment is on teaching and practicing new behaviors.

Repetition is essential to the CBT learning process. Sessions are structured and task focused, and clients are encouraged to completed between session tasks that reinforce the new skills they learned in session. Between session tasks (therapy “homework”) are important in helping the client develop proficiency in new skills and to ensure that, when needed, the client will be able to readily access newly acquired behaviors and feel confident in using them.

KEY CONCEPTS OF MET & CBT SESSIONS

Session 1

Coping with Other Life Problems

Session 2

Understanding Marijuana Use Patterns

Session 3

Coping with Cravings and urges to Use

Session 4

Managing Thoughts About Marijuana Use

Session 5

Problemsolving

Session 6

Marijuana Refusal Skills

Session 7

Planning for Emergencies and Coping with a Lapse

Session 8

Recognizing Seemingly Irrelevant Decisions

Session 9

Managing Negative Moods and Depression

Session 10

Demonstrating Assertiveness

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12-Step Recovery

The 12-Step approach to addiction recovery involves significant discussion around the physical, mental, and emotional effects of addiction on the client's life and give a framework through which the client may take specific action for recovery and change.

Individual counseling using the 12-step model is loosely structured; the therapeutic approach is an insight-oriented psychodynamic process. There are no set number of sessions.

The 12-step model gives clients a framework from which to surrender their addiction, process their experience, and move forward into new patterns. Following the model helps to build mental and emotional transformative practices and tools:

- The ability to recognize and admit that one is experiencing an addiction problem.
- A surrender to the fact that the addiction exists and a decision to seek control through an outside assistance.
- Self-observation and awareness of the behaviors that were part of and arose from the addiction, as well as those that help promote self-restraint.
- A chance to practice restraint and build self-esteem in one's positive capabilities.
- Achievement of self-acceptance and the ability to change behaviors.
- Compassion, both for those who have been affected by the addiction and for others who similarly struggle with addiction.
- Tools that make the process a continual practice throughout the individual's life.

KEY CONCEPTS OF 12-STEP RECOVERY

1. **Admit powerlessness**
admit powerlessness over addiction, and the unmanageability of life.
2. **Find Hope**
Belief that a higher spiritual power can restore sanity.
3. **Surrender**
Decide to turn will and lives over to the care of higher spiritual power.
4. **Take Inventory**
Engage in unconditional self-awareness & moral awareness.
5. **Share Inventory**
Acknowledge and admit to God, to self, and to others the exact nature of our wrongs.
6. **Become Ready**
Assess readiness to have higher spiritual power remove all defects of character.
7. **Ask Higher Spiritual Power**
Humbly seek Grace to remove shortcomings.
8. **List Amends**
Make a list of all those who have been harmed by addiction(s) and make amends to them all.
9. **Make Amends**
Make direct amends to such people wherever possible, except when to do so would injure them or others.
10. **Continue Inventory**
Take a personal inventory, and promptly admit wrongdoing.
11. **Pray and Meditate**
Improve conscious and spiritual connectedness through prayer and meditation.
12. **Help Others**
Practice these principles and share with others who are struggling with addiction.