

Research Methods in Counselling Research Proposal

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(uwtsd.logo,2019)



(Cognitive Behavioral Therapy (CBT) for Addiction Recovery,2019)

Examining the effectiveness of CBT On Addiction Recovery



The DSM-5 (American Psychiatric Association, 2013) states that,

An addiction involves cognitive, behavioural, and affective symptoms; intense Activation of the brains reward system;

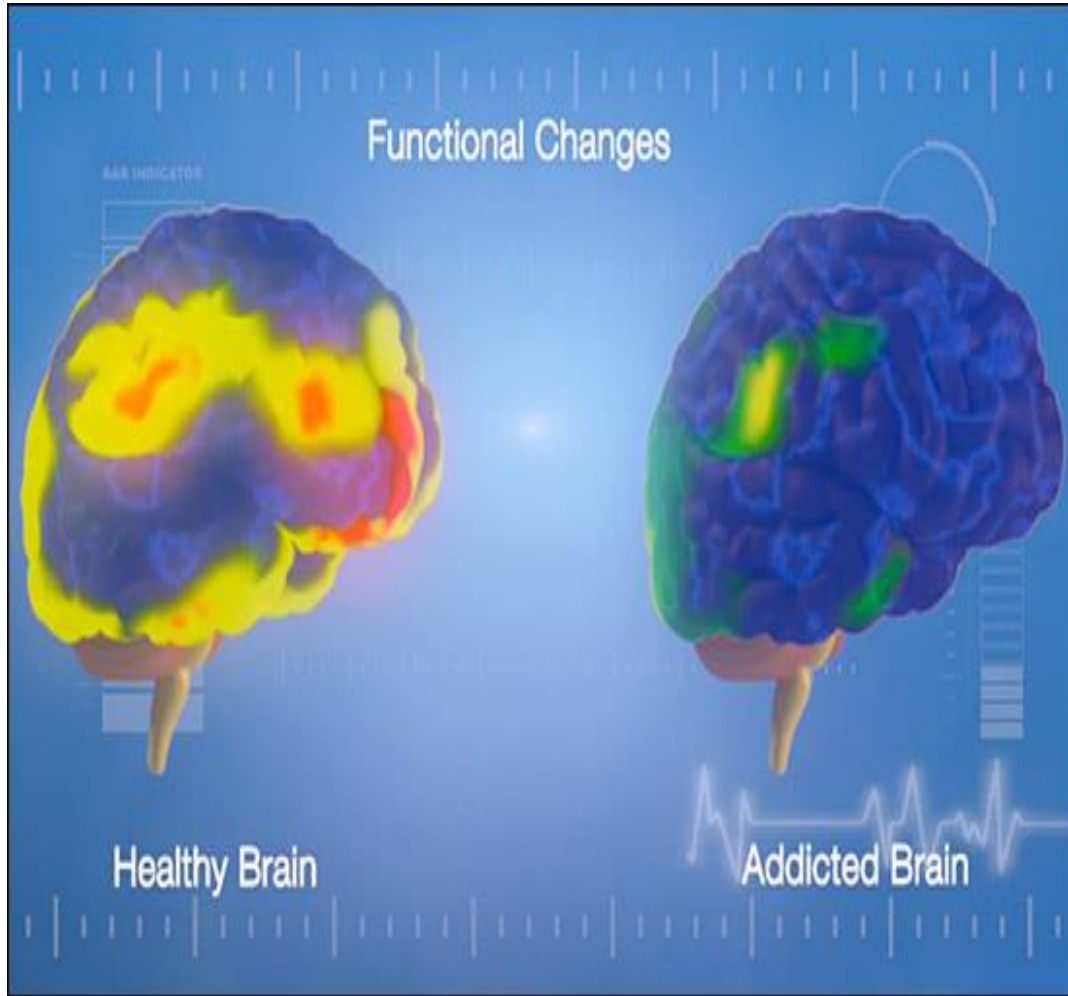
Social impairment:

Risky behaviour:

Continued use despite associated problems:

Lowered levels of self control:

Drug Addiction



Is a complex illness, it gives intense feelings of uncontrollable Drug cravings, along with compulsive drug seeking, and use, even if it leads to devastating consequences.

Addiction affects the brain that deals with the rewards system, and the learning and memory, that the inhibitory Control, over peoples behaviour.

This is why Addiction is a brain disease.

Some people are more vulnerable than others to becoming addicted, depending on peoples genetic makeup, peoples exposure to drugs, and the environment that is around them.

Over time a person abuse to drugs will become compulsive, then it becomes an addiction as it has control over the persons willpower.

CBT is a talk therapy that was invented by Aaron Beck in the 1960's.

Dr Beck identified a link between thoughts and behaviours and used this concept to create the basis of CBT

The three main principles of CBT in addiction are:

Classic Conditioning: A person will associate certain places, people and activities with drug use

Operant Conditioning: A persons drug use, consistently reinforces a persons behaviour, as in cravings for a substance, then uses the substance.

Modeling: Is a third historical approach to therapy, it involves using the behaviours of people who have successfully overcome addiction to help others stay sober.

→ Critical literature review

In my report I will use a number of different literature reviews, I will use journal articles, books and some written case studies. Addiction can be caused by a number of factors;

Genetic Causes

(Shuckit,1999) “states that there is growing evidence that genetic factors play a role "in the person becoming addicted to drugs. (OGBORNE,2004)

Psychological Factors

(Kandel & Yamaguchi,1985;Steinet al., 1987;Shedler & Block, 1990) states that a persons personality can play a role has results from the study suggest that drug use is more common in rebelliousness, adjustment problems and people with depression and also sensation seeking”. (OGBORNE,2004)

Environmental Factors

In twin studies, environmental factors, including family environment, can influence the development of drug taking, its even seen in individuals that environmental factors play a part

(Genetic influences on impulsivity, risk taking, stress responsivity and vulnerability to drug abuse and addiction,2005)

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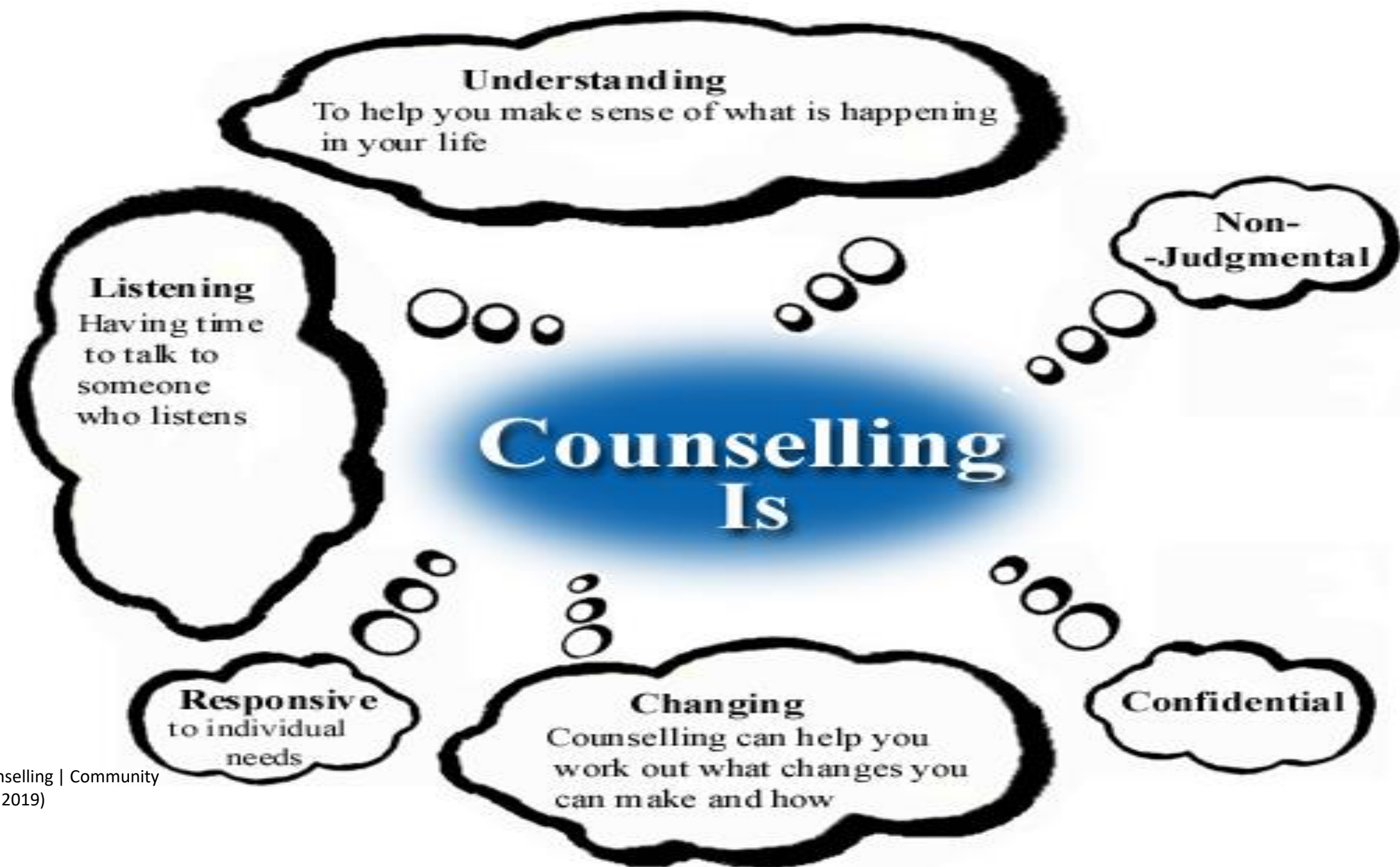
Experimental Curiosity:

Peer Group Influence:

Lack of parental Supervision:

Personality Problems Due To
Socio-Economic Conditions:

(FAREO,2012)



How CBT helps the person recover from addiction:

A central element of CBT in Drug Addiction, is teaching the person self-control by helping them develop effective and positive coping strategies;

To understand the positive and negative consequences of taking the drug;

Self-monitoring to recognize cravings early and identify situations that put the user at risk to use the drug;

Develop coping strategies with cravings and then avoiding those high-risk situations

Research on CBT:

In the largest meta-analysis of randomized controlled trials (RCTs) for substance use disorders, Magill and Ray found that CBT was very successful at treating Addiction, it was reported that 58% receiving CBT treatment done better than other treatments, and 79% with no other treatments.....

(Liese & Tripp,2018)

Authors and References under view :

Aaron Beck

Alan c. Ogborne

Principle of Drug Addiction

Dorcas Oluremi Fareo

Bruce S. Liese

Jessica C.Tripp

Mark Griffiths,ph.D

Ethics for Substance Abuse Counsellors: (NAADAC)

The National Association for Alcoholism and Drug

- 1- The Counselling Relationship
- 2- The Confidentiality and Privileged Communication
- 3- The Professional Responsibility and Workplace Standards
- 4- Working in a Culturally Diverse World
- 5- Assessment, Evaluation, and Interpretation
- 6- E-Therapy, E-supervision, and Social Media



(uwtsd.Logo,2019)

Research Ethics & Integrity Code of Practice:

The Future of CBT Counselling:

The Internet...



(Funny picture gallery: Latest Technology of Computer, 2019)



(how did samsung manage to bend the cover glass of it, 2019)

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