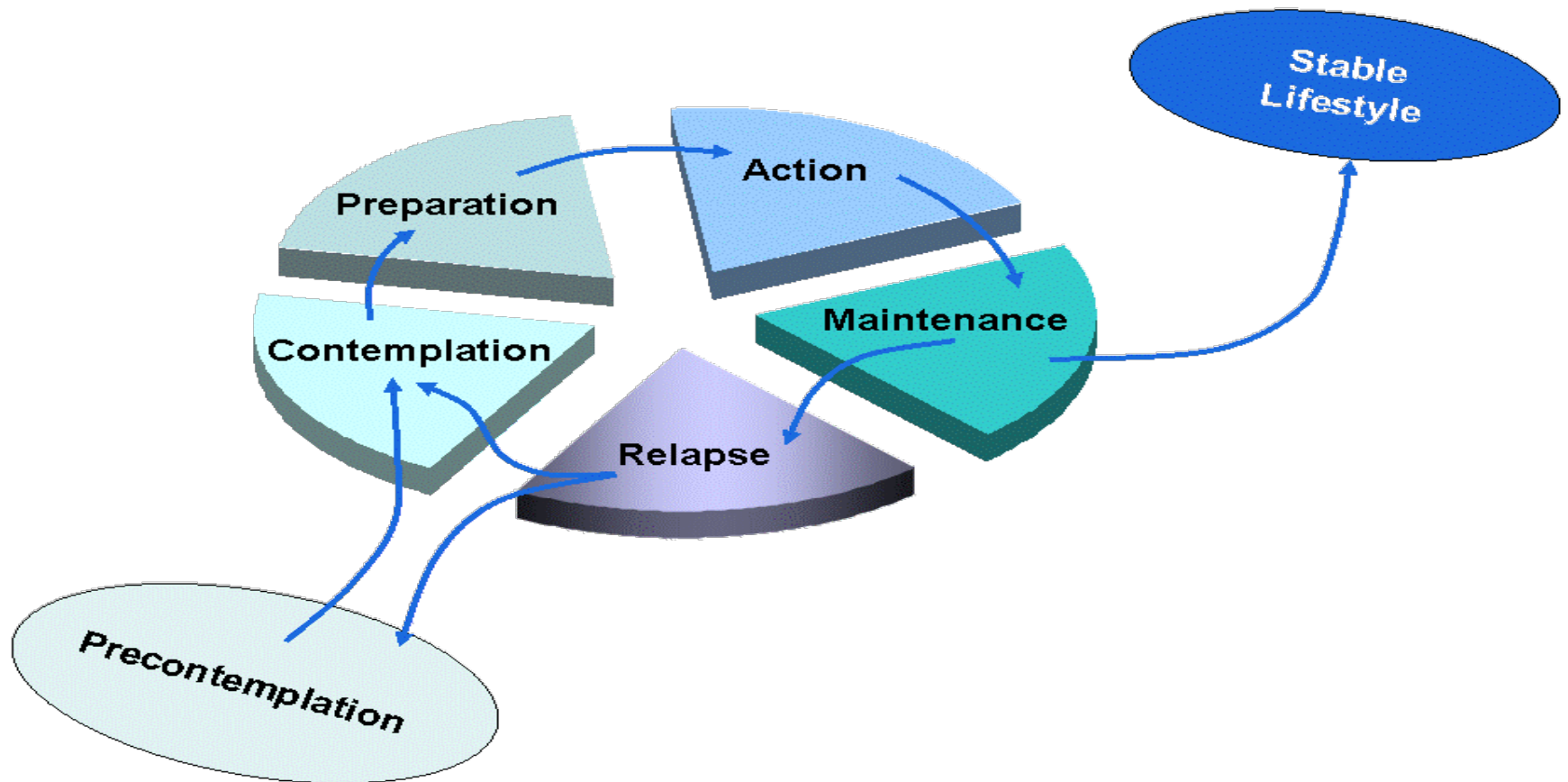




# RELAPSE PREVENTION THERAPY



# Stages of Change Model



# Relapse Prevention

Abstinence

Lapse- first episode  
of drug intake after  
a period of  
abstinence

Relapse- episode  
of backsliding or  
worsening wherein  
the previous  
patterns of drug  
use is resumed

# Relapse Prevention Therapy (RPT)

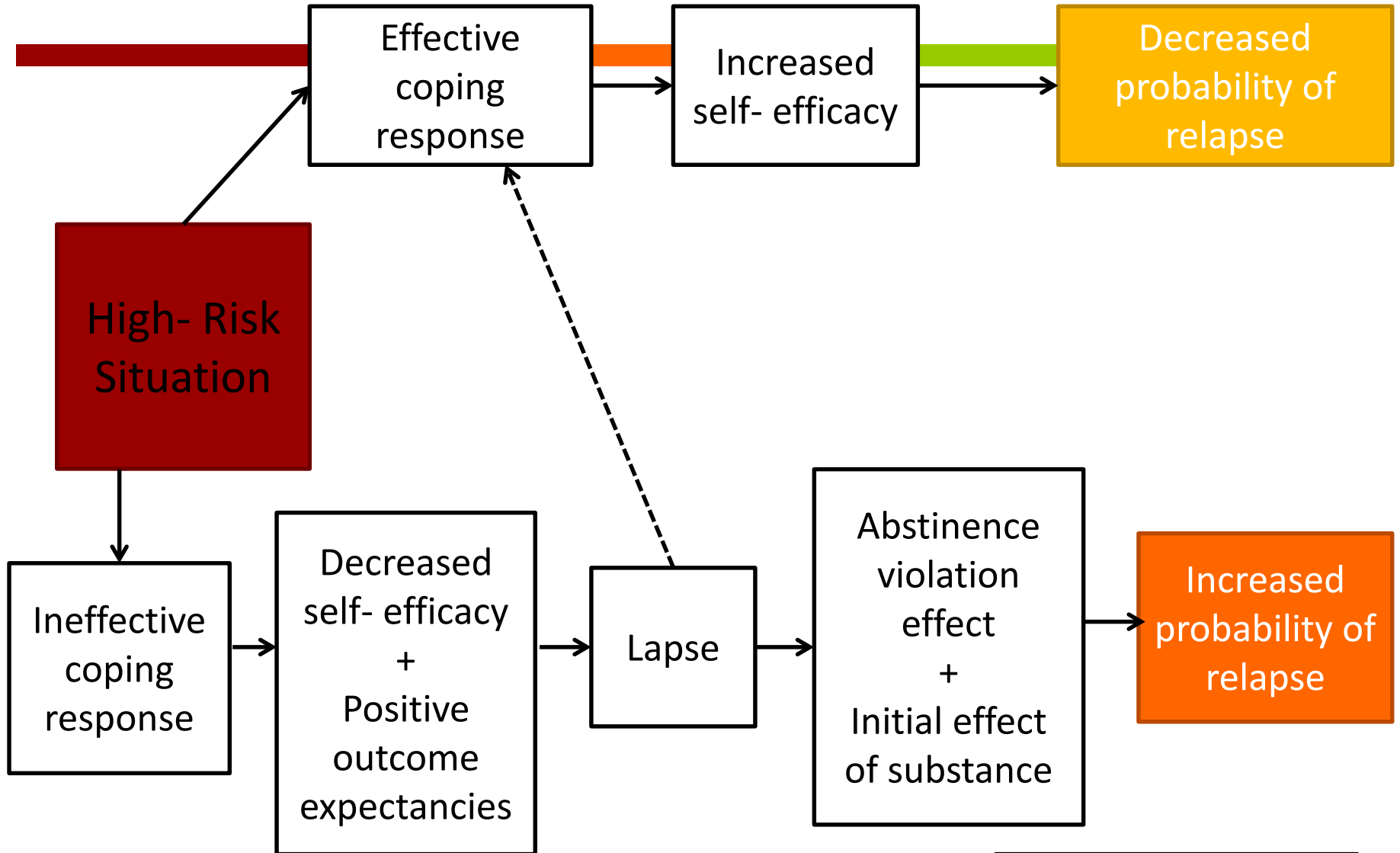
## ➤ Assumptions:

- Initiation, continuation and lapse based on a number of factors

## ➤ Aims:

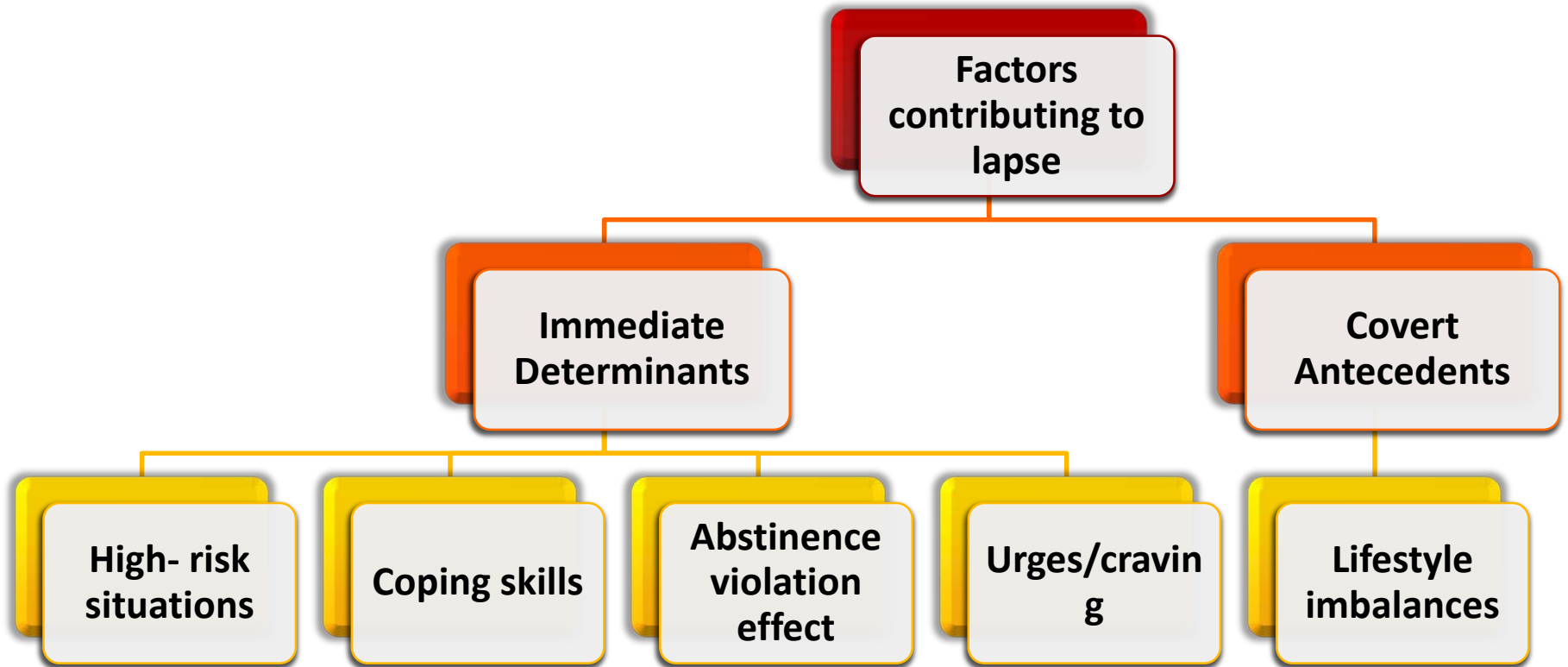
- To develop “map” of potentially dangerous situations
- To recognize early warning signs
- Learn and practice coping skills
- To be ready for failure and take it as a learning

# RELAPSE PREVENTION MODEL

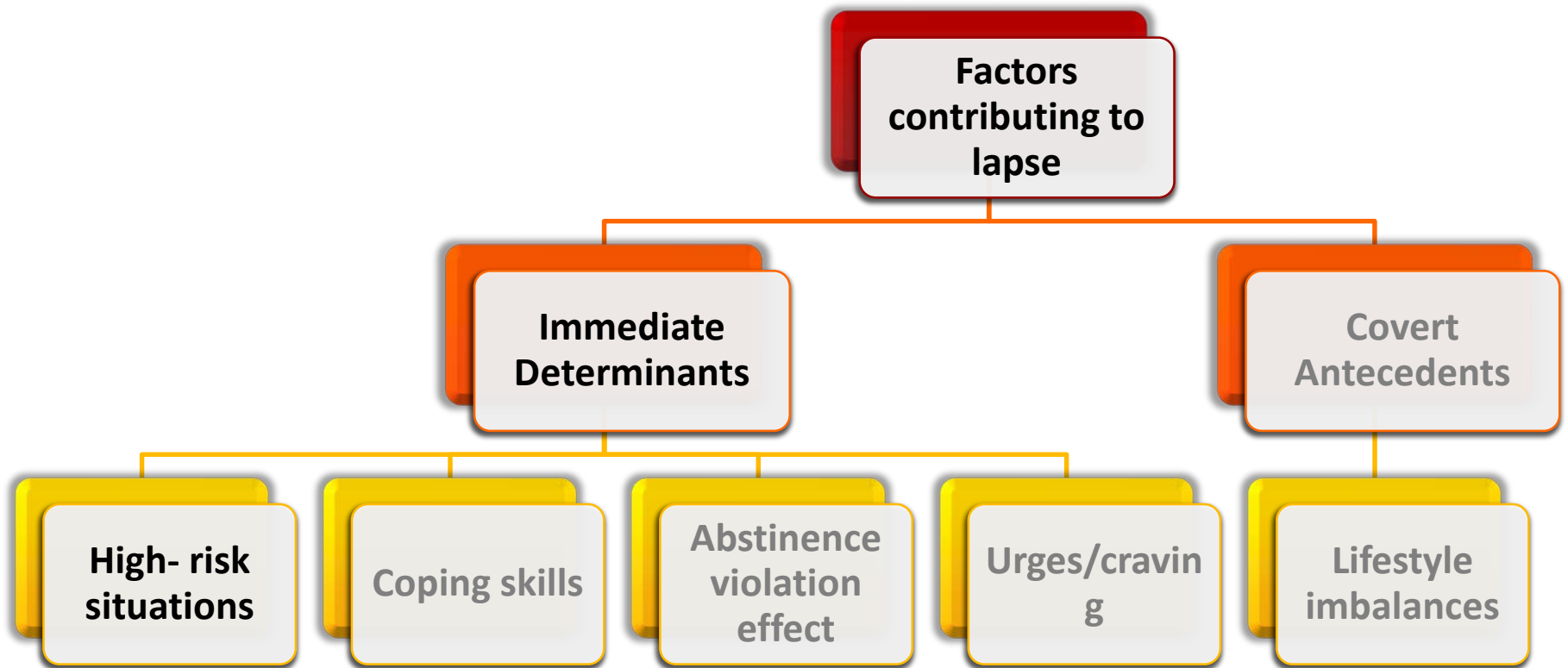


Marlett & Gordon, 1985

# Major Components of RPT



# Major Components of RPT



# High Risk Situations

➤ Can be :

➤ Internal

➤ External

➤ Situations

➤ Time when substance was usually consumed

➤ Place where substance is usually consumed



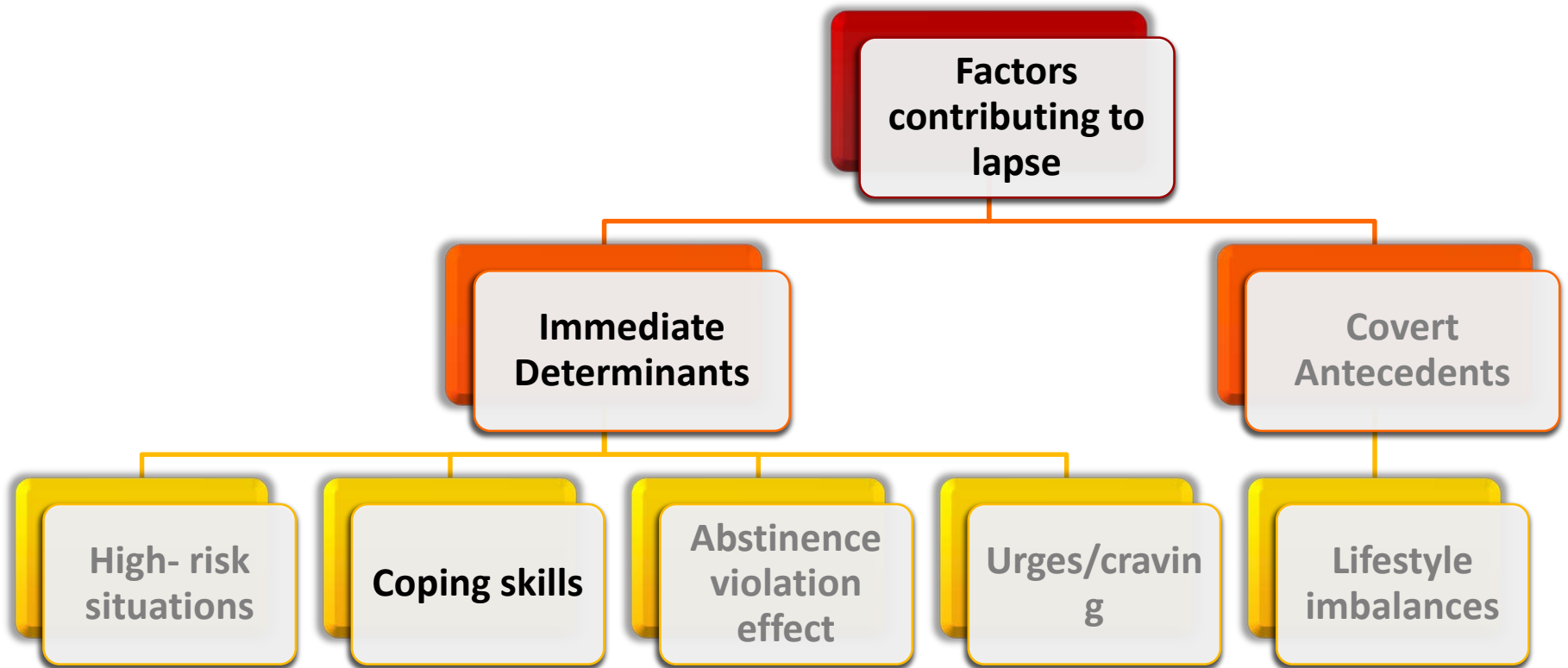
Time to play... Cookie Man

The image features a dark grey header bar at the top containing the text "Time to play... Cookie Man" in white. Below the header are two horizontal bars. The first bar is composed of three segments: dark red, brown, and olive green. The second bar is composed of three segments: dark red, orange, and lime green.

# High Risk Situation

- Elicited through use of five W's
  - What exactly happened?
  - Where were you?
  - Whom were you with?
  - When did it happen?
  - What made you use it? (thoughts and feelings)

# Major Components of RPT

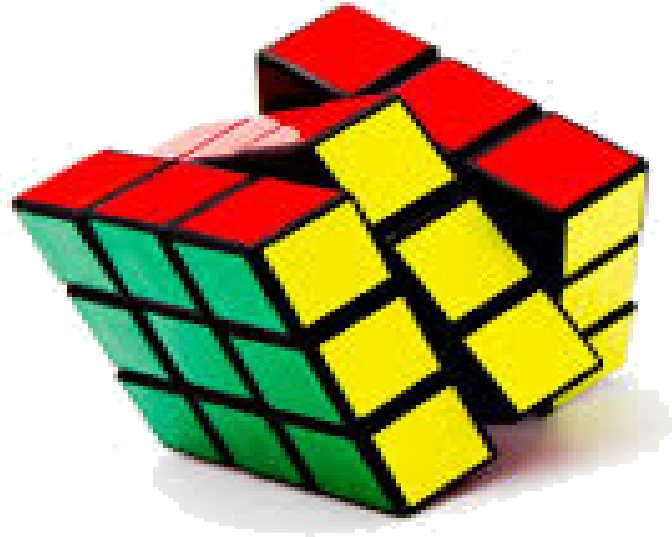


# COPING SKILLS

- Lapses/relapses occur due to inability to cope with high- risk situations
- Coping is defined as conscious effort to manage situations, personal issues and interpersonal relationships
- Coping can be
  - Positive (e.g., solving a problem)
  - Negative (taking substances to numb the effect of stress)

# COPING SKILLS

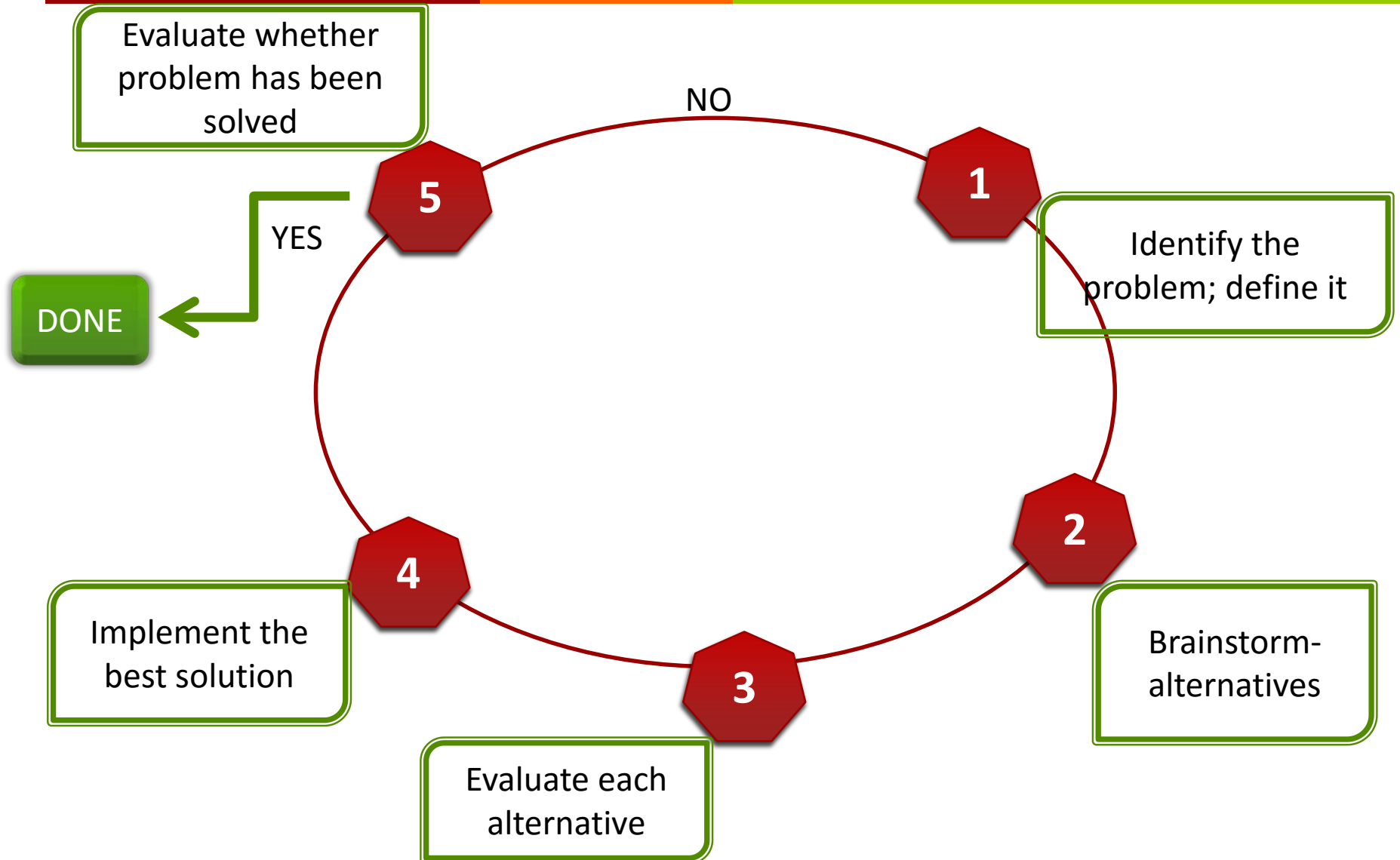
- Various coping strategies that client needs to learn:
  - Problem- solving skills
  - Dealing with negative emotions
  - Drug Refusal Skills
  - Stress Management



# PROBLEM- SOLVING SKILLS



# PROBLEM-SOLVING: STEPS





# DEALING WITH NEGATIVE EMOTIONS





# DEALING WITH NEGATIVE EMOTIONS

<b>Feelings+ New Activities</b>	<b>New Feelings</b>
Frustration+	Relaxed
Anxiety+	Calm
Fear+	Confident
Sad+	Happy
Bored+	Occupied
Tensed+	Calm
Hopeless+	Hopeful
Irritability+	Relaxed
Worthless+	Worthy
Loneliness+	Loneliness gone



NO!



DRUG REFUSAL SKILLS

# DRUG REFUSAL SKILLS

## ➤ Imagine...

- Ramesh, a 29 year old man, had sought treatment for alcohol use. He had been clean for about a month when he met his friends with whom he used to take alcohol.
- They insisted on smoking, “Oh! Come on man, lets go back to our bar and catch up. One peg for old time’s sake will not harm you and then you can go back home. No one would know.”
- Ramesh was tempted to use, but was also conflicted and tried a half-hearted no. The friends insisted a bit more and he gave in.
- One drink turned to two...

# DRUG REFUSAL SKILLS

- **Saying “No Thanks” and walk away**
- **Give a reason, fact or excuse**
- **Change the subject**
- **Use humor**
- **Acting like a “broken record”**
- ***Cold Shoulder or Ignore***

# GROUP WORK: ROLE PLAY

- Situation 1: You are coming home from college and you notice your best friend standing near a corner and smoking up. You try to avoid him, but he spots you and comes rushing. He dares you to take a joint again. What would you do?
- Situation 2: You're playing on the grounds after school. Your parents are expecting you home in another 15 minutes and you would be grounded if you don't reach on time. Your friend says, "Hey I know a new park that's 10 minutes from here. Let's go! We won't be long, and then you can go home after that."

# Stress

- Stress can be defined as:
  - Brain's response to any demanding situation
- Normal and inevitable part of life
- Chronic or extreme stress dangerous to our physical and mental well-being
- Stress- strong correlation with initiation, maintenance and relapse of substance use

# Stress

➤ Can be at a:

- Professional level: deadlines, competition, managing workplace relationship, not being able to find a job
- Personal level: Managing multiple roles, conflicts at home, marriage, divorce, child-birth, loss
- Daily hassles: Travelling, congested living space, noises

# Stress- signs

## Physical

- Changes in appetite/sleep
- Unexplained pains and aches
- Sweating; cold and clammy hands
- Frequent urination
- Heartburn, nausea, stomach pain
- Dry mouth and difficulty swallowing
- Low energy
- Frequent colds and infections
- Loss of sexual desire

## Psychological/mental

- Becoming easily frustrated
- Mood-swings
- Feeling overwhelmed
- Having difficulty relaxing
- Feeling bad about yourself (low self-esteem), lonely, worthless, and depressed
- Increase in craving
- Constant worrying
- Forgetfulness
- Being pessimistic

## Behavioral

- Difficulty concentrating in tasks
- Procrastination
- Avoiding others
- Restarting or increase use of alcohol and drugs
- Exhibiting more nervous behaviors, such as nail biting, fidgeting, and pacing



# Stress Management

- Relaxation/meditation
- Managing physical health
- Time management
- Expressing one's emotions appropriately
- Reframing the situation
- Learning the skill to say "No"
- Lifestyle changes

# Stress Management

## ➤ Relaxation

➤ Meditation

➤ Deep breathing

➤ Yoga



# Stress Management

- Managing physical health
  - Exercise
  - Eating right
  - Adequate sleep



# Stress Management

- Time Management
  - Preparing a TO-DO list every day
  - Planning your days in advance
  - Divide the tasks as:
    - Important and urgent
    - Important, not urgent
    - Urgent, not important
    - Not important, not urgent



# Stress Management

- Expressing emotions
  - At the right time
  - To the right person
  - To the right degree

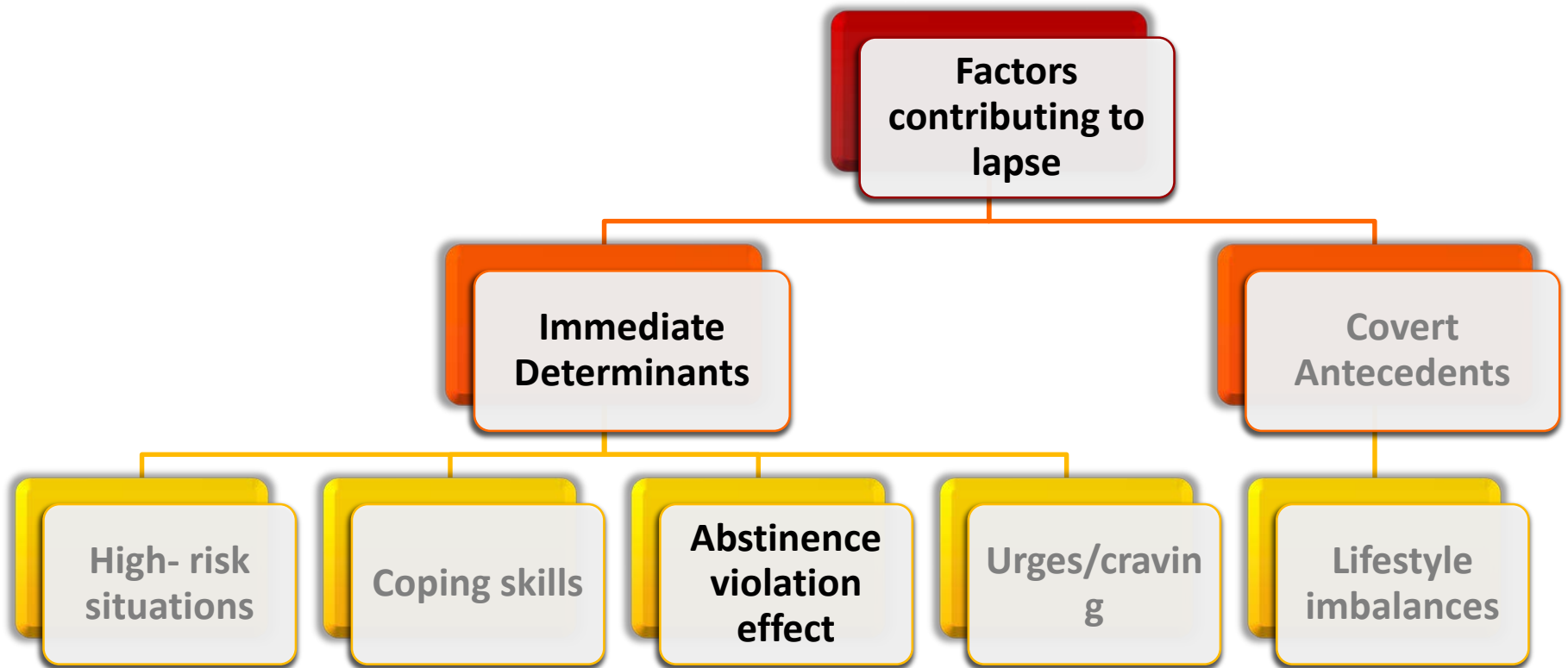


# Stress Management

- Reframing the situation
  - Positive thinking- “I will come out of it;” “This could have been worse.”
  - Rethinking- “What would I say to someone in this situation?”
  - Solving- “What can I do about it?”



# Major Components of RPT

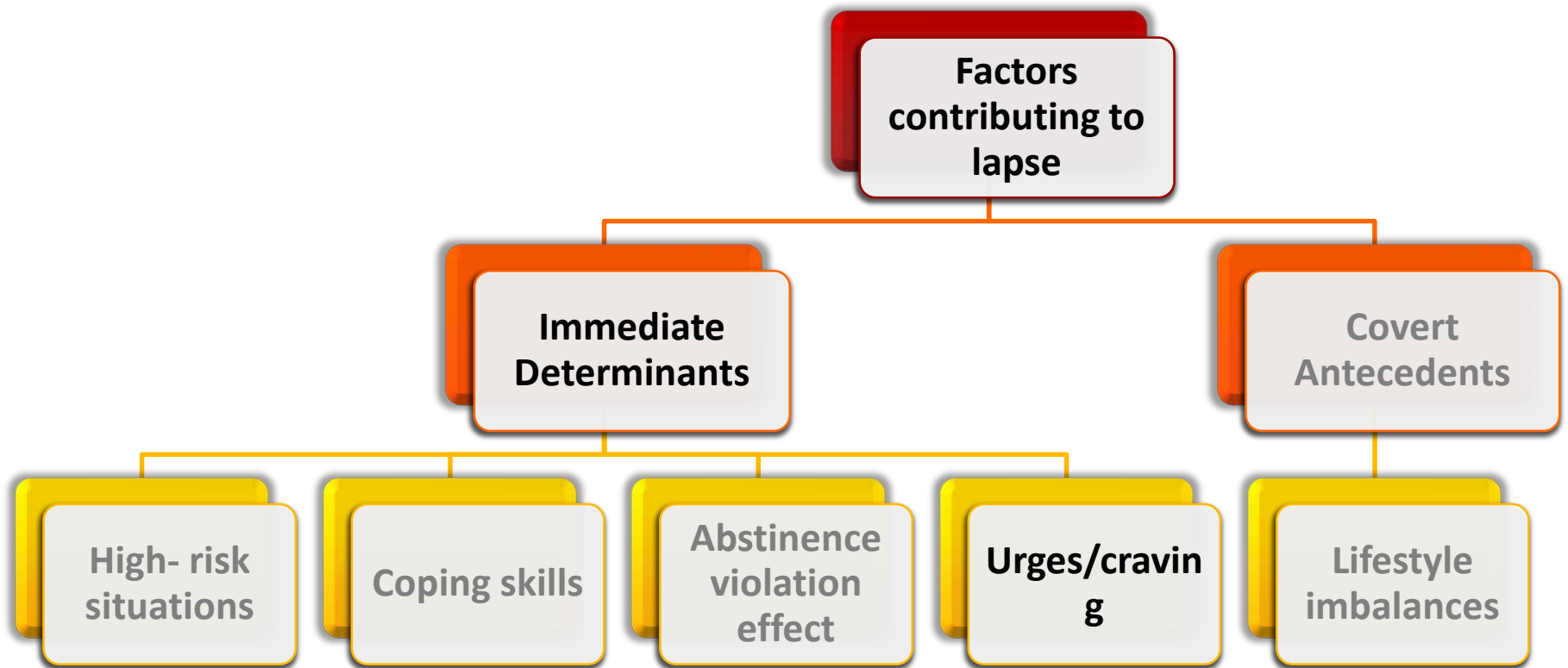


# Abstinence Violation Effect (AVE)

- Attributing lapse to stable, global, internal factors
  - For example- *“I am an idiot. I would never change and there is no use trying.”*
- Dealing with AVE
  - Make the client aware of AVE, lapse and relapse
  - Help client in ventilating their feelings after lapse
  - Help client challenge his/her thoughts
    - What is the advantage/disadvantage of this kind of thinking?
    - What would I say to a friend in a similar situation?
  - Positive thinking- *“Yes, a slip happened. But I can still deal with it.”*



# Major Components of RPT





URGES/CRAVING



# URGES/CRAVING

- A powerful desire for “something”
  - strong memories that are linked to the effect of drugs on mind and body
  - Associated with:
    - Restlessness
    - Irritability
    - Thoughts/images of preferred drug of use
    - Difficulty concentrating on tasks
- Strongly associated with lapse/relapse

# URGES/CRAVING



Identification of Craving  
sensations



Avoidance of stimulus



Dealing with urges/craving  
sensations

# DEALING WITH URGES/CRAVING

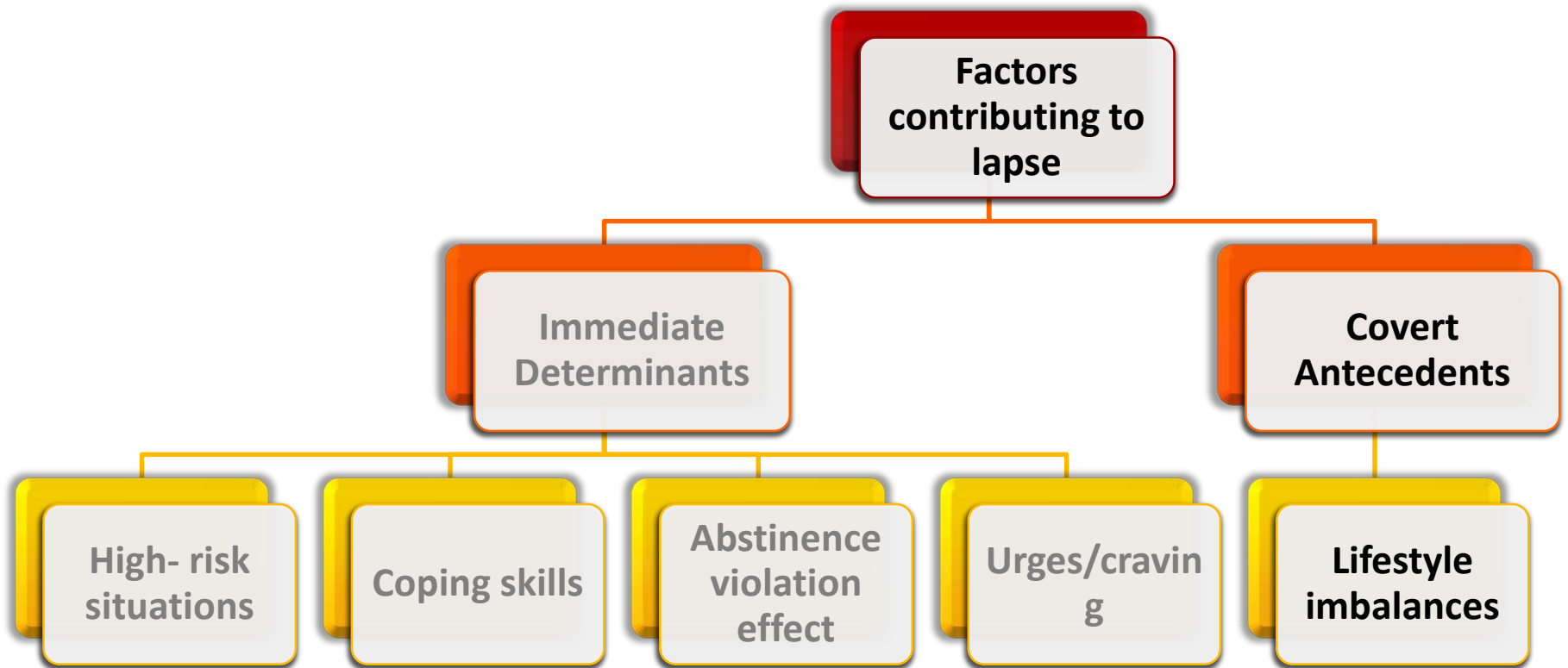
## ➤ Urge Surfing



## ➤ 5 D's

- Distract
- Delay
- Deep breathing
- Discuss
- Drink/diet

# Major Components of RPT



# Making lifestyle changes

- Lifestyle balance
  - Between what is enjoyable and what needs to be done
- Lifestyle changes
  - Spending time with family
  - Re-looking at priorities
  - Learning new skills
  - Staying away from negative people; drug- using people
- Developing positive addictions
- Managing stress effectively

# To summarize...

- Lapse/relapse are an integral part of recovery
- Provides an opportunity to strengthen client's existing skills and teach new ones
- First step- identification of high risk situations
- Second step- avoid or deal with it
- Third step- make lifestyle changes
- Fourth- in case , relapse happens- seek help immediately





***THANK YOU***

