Trauma Recovery Treatment Interventions for Individuals with Substance Use Disorders (SUDs): An Eclectic Approach

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Easter Seals, MI
Alphabet Soup

- Post-Traumatic Stress Disorder = PTSD
- Substance Use Disorder/Disorders = SUD
- Stages of Change = SOC
- Evidence-Based Practice = EBP
- Cognitive Behavior Therapy = CBT
- Rational Emotive Behavior Therapy = REBT
- Dialectical Behavior Therapy = DBT
- Cognitive Processing Therapy = CPT
- Motivational Interviewing = MI
Self-Care

Secondary Trauma
Compassion Fatigue
Vicarious Trauma
Burnout

http://www.nctsn.org/resources/topics/secondary-traumatic-stress

Acute Vs Chronic?
Self-Care

### Secondary Traumatic Stress Scale

The following is a list of statements made by persons who have been impacted by their work with traumatized clients. Read each statement and then indicate how frequently the statement was true for you in the past seven (7) days by circling the corresponding number next to the statement.

**NOTE:** “Client” is used to indicate persons with whom you have been engaged in a helping relationship. You may substitute another noun that better represents your work such as concorse, patient, recipient, etc.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Occasionally</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I felt emotionally numb.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2. My heart would pounding when I thought about my work with clients.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3. It seemed as if I was reliving the trauma(s) experienced by my clients.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4. I had trouble sleeping.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>5. I felt discouraged about the future.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6. Reminders of my work with clients upset me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>7. I had little interest in being around others.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>8. I felt fussy.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>9. I was less active than usual.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10. I thought about my work with clients when I didn’t intend to.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>11. I had trouble concentrating.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>12. I avoided people, places, or things that reminded me of my work with clients.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>13. I had disturbing dreams about my work with clients.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>14. I wanted to avoid working with clients.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>15. I was easily annoyed.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>16. I expected something bad to happen.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>17. I noticed gaps in my memory about client sessions.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

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**Intrusion Subscale (add items 2, 3, 6, 10, 13)**

<table>
<thead>
<tr>
<th>Total Score</th>
</tr>
</thead>
</table>

**Avoidance Subscale (add items 1, 5, 7, 9, 12, 14, 17)**

<table>
<thead>
<tr>
<th>Total Score</th>
</tr>
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</table>

**TOTAL (add Intrusion, Avoidance, and Avoidance Scores)**

<table>
<thead>
<tr>
<th>Total Score</th>
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Self-Care

Burn- Out “Prevention”
- Exercise, “Healthy” Eating, Sleep (what’s that?)
- Supervision, Colleague/Team
- Small Caseloads (what’s that?)
- BOUNDARIES
Self-Care

- Burn Out “Intervention”: Consider a Self-Care Plan
  - EAP
  - Transfer a client (or 2)?
  - Vacation Time
  - Chocolate
  - FMLA
  - Win the lottery
Self-Care

• Tool for self-assessment/awareness AND tool for use with a client:

ACE – Adverse Childhood Experiences (Study of 17,000 participants)

http://acestudy.org/home
Self-Care

• Calculate your ACE score:

http://acestudy.org/survey
Why consider Eclectic?

- Obstacles to “fidelity” in EBP in outpatient CMH Settings:
  1. Client-based obstacles:
     Appointment compliance: Transportation, medical issues, memory/symptoms
     Other: SOC, homework aversion, bi-weekly
  2. Provider-based obstacles:
     Caseload, appointment availability, training, staffing
EBP Buffet

Before Beck, Ellis, Linehan, there was Buddha:

"All That We Are Is the Result of What We Have Thought. The Mind Is Everything. What We Think, We Shall Become."
EBP + PTSD + SUD =?

1. CBT/REBT: Dr. Beck, Dr. Ellis
   CPT- Cognitive Processing Therapy: Dr. Resick, Dr. Chard, Dr. Monson
2. DBT: Dr. Linehan
3. MI: Dr. Miller, Dr. Rollnick
4. Seeking Safety: Dr. Najavits
5. Misc.
Clinical Issues/ Themes Related to Individuals with PTSD-SUD

- ANGER

A) Anger at the perpetrator, anger at the one(s) who failed to protect, anger at self

B) Real Vs Perceived Threat, Respect

C) Powerlessness v. Power

Problem? Inappropriate and/or rage
Clinical Issues/Themes Related to Individuals with PTSD-SUD

• Validation versus “anti-validation”
• Control versus powerlessness
• Second layer trauma- victim blaming
• Self-blame: perpetual self-punishment and self-sabotage
• Trust
• Physical health issues
Clinical Issues/ Themes Related to Individuals with PTSD-SUD

• All or Nothing/Black & White Thinking
  - Victim OR Perpetrator
  - Trust no one OR Trust everybody all the way and way too soon
  - Good OR Bad
  - Just world belief: Good things happen to good people, bad things happen to bad people
Interventions

https://www.youtube.com/watch?v=KmsISTVXf7M
Clinical Issues/ Themes Related to Individuals with PTSD-SUD

• Core Belief & “Stuck Points” (CPT): The meaning people attach to a traumatic event:

- AVOIDANCE

- Assimilation: Traumatic event is given meaning to preserve original beliefs. “I am worthless because I couldn’t control what happened.” Can’t change my beliefs, alter the event.

- Over-accommodated beliefs: Overall beliefs about self and the world change too much and are no longer accurate. “If I let other people get close to me, I’ll get hurt again.” No one can be trusted, the world is completely dangerous.

- Accommodation: Integrating the experience in a balanced way. Manage beliefs to accept what happened (but you don’t have to like it).
Clinical Issues/ Themes Related to Individuals with PTSD-SUD

• ABSOLUTES (Ellis)
  “I have always been abused by men: all men are abusive.”

Shoulds
Always
Never
Everybody
Nobody
Interventions

• Confrontation is tricky
• VALIDATION WITH BOUNDARIES

• The “B” words: Boundaries and Balance = Better (“normal”)
• Biology of Trauma- Fight or Flight, Mind-Body, PFC- Pre-Frontal Cortex
Interventions

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

-Buddha
Interventions

- Mindfulness (Wise Mind in DBT)
- Deep Breathing
- Grounding (Session Topic in Seeking Safety)
- Here and Now
- Observing
- Body Scan
- Self Soothe
- Progressive Muscle Relaxations
- Guided imagery/visualization

www.traumamadesimple.com
Interventions

The Drama Triangle

Stephen Karpman, in his 1968 article "Fairy Tales and Script Drama Analysis"
Interventions

• Assertiveness Training (Interpersonal Effectiveness-DBT)

4 Communication styles:
1. Aggressive
2. Passive
3. Passive-Aggressive
4. Assertive - The Healthy/More Effective Style
Interventions

• The Anger Scale

1-----  2-----  3-----  4-----  5------  6
No anger  Mildly Annoyed  Angry  Really Angry  Rage  Violence

What was your response to the event? Did your response match-up?
Interventions

• Substance Use Relapse Prevention Plan:
Include at minimum:
1. Triggers
2. Supports/Resources/Phone numbers
3. Strategies (Solution-Focused)
Interventions

-Victim v. Survivor:
List characteristics and behavior of Victim compared to Survivor

-Trust Ladder
Trust is not all or nothing: range
Interventions

- Radical Acceptance
  - Buddha
  - Marsha Linehan
  - Tara Brach

Online Article: “Pieces of Mind,” Psychology Today July 8, 2012 by Karyn Hall, Ph.D.
Interventions

Event-Thought-Feeling-Behavior: THE CHAIN

Let’s talk about the last time you had an overwhelming feeling...

When was the last time you did something that was self-destructive?
Resources

- The Substance Abuse and Mental Health Services Administration: www.samhsa.gov
- National Institute Of Mental Health: www.nimh.nih.gov
- Special Populations & Co-Occurring Disorders www.niaaa.nih.gov
- Center for Deployment Psychology: www.deploymentpsych.org
- “Dr. Switzer”: https://www.youtube.com/watch?v=n-Tej0297wk Featuring Bob Newhart and Mo Collins
References


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Questions?