

PAUL DAVIS, ROBERT PATTON AND SUE JACKSON

ADDICTION PSYCHOLOGY & TREATMENT

Addiction: Psychology and Treatment

EDITED BY

PAUL DAVIS
ROBERT PATTON
SUE JACKSON

WILEY

This edition first published 2018 © 2018 John Wiley & Sons Ltd

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, except as permitted by law. Advice on how to obtain permission to reuse material from this title is available at http://www.wiley.com/go/permissions.

The right of Paul Davis, Robert Patton and Sue Jackson to be identified as the authors of the editorial material in this work has been asserted in accordance with law.

Registered Offices

John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, USA John Wiley & Sons Ltd, The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ, UK

Editorial Office

The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ, UK

For details of our global editorial offices, customer services, and more information about Wiley products visit us at www.wiley.com.

Wiley also publishes its books in a variety of electronic formats and by print-on-demand. Some content that appears in standard print versions of this book may not be available in other formats.

Limit of Liability/Disclaimer of Warranty

While the publisher and authors have used their best efforts in preparing this work, they make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives, written sales materials or promotional statements for this work. The fact that an organization, website, or product is referred to in this work as a citation and/or potential source of further information does not mean that the publisher and authors endorse the information or services the organization, website, or product may provide or recommendations it may make. This work is sold with the understanding that the publisher is not engaged in rendering professional services. The advice and strategies contained herein may not be suitable for your situation. You should consult with a specialist where appropriate. Further, readers should be aware that websites listed in this work may have changed or disappeared between when this work was written and when it is read. Neither the publisher nor authors shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

Library of Congress Cataloging-in-Publication Data hardback: 9781118489741 paperback: 9781118489758

00078019

Cover image: © Max Krasnov/Shutterstock
Cover design by Wiley
Set in 11/12.5pt Dante MT Std by Aptara Inc., New Delhi, India
Printed in Singapore by C.O.S. Printers Pte Ltd
10987654321

Table of Contents

List of Contril Foreword	butors	xi xiii
Preface Notes on Con	tributors	xvii xix
PART 1	Understanding the Psychology and Treatment of Addictions	
CHAPTER 1	Addiction: A Comprehensive Approach Jamie Brown and Robert West	
	1.1 Introduction	4
	1.2 Existing theories	5
	1.3 The human motivational system	8
	1.4 Internal and external sources of influence	11
	1.5 The dynamics of the system	12
	1.6 Changing dispositions	14
	1.7 Testing the theory	15
	Suggestions for further reading	16
	References	16
CHAPTER 2	An Attachment-Informed Approach to Working	
	with Addiction	20
	David Curran and Mani Mehdikhani	
	2.1 Introduction to attachment	21
	2.2 Attachment and psychopathology	23
	2.3 Attachment and addiction	25
	2.4 Attachment styles in clinical samples	28
	2.5 Assessment and formulation through an attachment lens	29
	2.6 Treatment implications	32
	2.7 Conclusion	35
	Suggestions for further reading	35
	References	36
CHAPTER 3	Families, Friends and Addiction: Impacts, Psychological Models and Interventions Alex Copello and Kathryn Walsh	42
	3.1 Introduction	43

	3.2 The composition of alcohol and drug users' social networks	40
	3.3 Impacts of addictions on others	4
	3.4 Theoretical models of addiction and the family:	
	stress-strain-coping-support	47
	3.5 From models to interventions	48
	3.6 Conclusion	52
	Suggestions for further reading	53
	References	54
CHAPTER 4	Working Systemically with Alcohol Misuse	57
	Arlene Vetere and Rudi Dallos	
	4.1 Introduction	58
	4.2 Family life	59
	4.3 Family systems approaches	60
	4.4 Working therapeutically with violence and abuse	64
	4.5 Engagement and the therapeutic relationship	65
	4.6 Conclusion	66
	Suggestions for further reading	66
	References	67
CHAPTER 5	'Dangerous Desires and Inanimate Attachments': Modern	
	Psychodynamic Approaches to Substance Misuse	68
	Martin Weegmann and Edward J. Khantzian	
	5.1 Introduction	69
	5.2 Primitive emotional states: Kleinian views	70
	5.3 Comforting self-objects: Kohutian views	72
	5.4 Inanimate attachments: Bowlbian views	74
	5.5 Bringing it together: addiction as a disorder of	
	self-regulation	76
	5.6 Reflective practice	78
	5.7 Internal recovery	79
	5.8 Conclusion	81
	Suggestions for further reading	82
	References	82
CHAPTER 6	Mindfulness, Acceptance and Values in Substance	
	Misuse Services	
	Liz McGrath and Dominic O'Ryan	
	6.1 Introduction: what are the principles and methods of mindfulness, acceptance and values?	85
	6.2 How does ACT integrate with other approaches?	
	6.3 How does the service use these principles and	87
	methods of ACT?	90

	0.4	the resilience of staff in the face of seemingly	
		relentless relapse and other behaviours?	92
	6.5	What are the experiences of staff working with ACT?	94
	6.6	What are the experiences of clients working this way?	96
	6.7	Our experience of ACT	97
	-	Suggestions for further reading	98
		References	98
PART 2	Cli	nical Applications of Addiction Psychology	103
CHAPTER 7	The	Role of Clinical Psychology within Alcohol	
		ated Brain Damage	105
		er Morrison and Jenny Svanberg	
	7.1	Introduction	106
	7.2	Clinical definition of alcohol-related brain damage and	
		related syndromes	106
	7.3	Epidemiology of ARBD and related syndromes	107
	7.4	Cognitive function in ARBD	108
	7.5	Psychosocial and cognitive rehabilitation	111
	7.6	Legal framework: mental capacity	117
	7.7	Recovery	118
		Suggestions for further reading	119
		References	119
CHAPTER 8		uma and Addiction d Curran	124
	8.1	Psychological trauma and PTSD	125
	8.2	The relationship between addiction and	
		psychological trauma	127
	8.3	Assessment	129
	8.4	Treatment of co-existing trauma and substance	131
	0.5	use disorders Clinical implications	135
	8.5 8.6	Conclusion	139
	8.0	Suggestions for further reading	139
		References	139
		turn to the attended with the contract to the pulsars and and the traction of	133
CHAPTER 9		rative Identity and Change: Addiction and Recovery in Weegmann	144
	9.1	Narrative theory	145
	9.2	Narrative therapy	145

	9.3	Narrative theory and addiction	146
	9.4	Client talk	147
	9.5	Generating narrative	149
		Narratives of recovery	152
		Varieties of recovery story	152
	9.8	Conclusion	154
		Acknowledgements	155
		Notes	155
		Suggestions for further reading	155
		References	156
CHAPTER 10	A 44:	ction and Mental Health	
CHAPTER TO		Huxley	158
		Introduction	159
		Association between substance misuse and psychosis	160
		Prevalence and epidemiology	162
		Outcomes associated with co-occurring disorders	163
		Treatment approach and effectiveness	163
		Evidence for effectiveness	164
		Conclusion	166
		Suggestions for further reading	167
		References	167
CHAPTER 11	Subs	tance Misuse in Older Adults	172
	Sarah	Wadd and Tony Rao	
	11.1	Introduction	173
	11.2	Definition of older adult	173
	11.3	Alcohol	173
	11.4	Illicit drug use	176
	11.5	Medication misuse	178
	11.6	Assessment of older people with substance misuse	179
	11.7	Psychosocial interventions	184
	11.8	Legal and ethical considerations	185
	11.9	Using and evaluating health and social outcomes	186
	11.10	Conclusion	187
		Suggestions for further reading	188
		References	188
CHAPTER 12	Loone		100
CHAPTER 12		s Arising in Hepatitis C Work: The Role of	
		Clinical Psychologist Nicholson	193
	12.1	Introduction	194
	12.2	Hepatitis C background: the virus and treatment	194
	12.3	Social and clinical characteristics of the HCV patient population	195

	15.5 Neuropsychological and associated difficulties	
	when undertaking RP	25
	15.6 Conclusion	25
	Suggestions for further reading References	25
	References	25
CHAPTER 16	Working with Ambivalence about Change: Motivational	
	Interviewing	26.
	Lisa Dutheil and Alina Galis	
	16.1 Introduction	26.
	16.2 Definition	26.
	16.3 Historical perspective	26-
	16.4 Theoretical influences	26
	16.5 The spirit of MI	266
	16.6 Change talk, sustain talk and discord	266
	16.7 The four MI processes	26
	16.8 Core MI skills	269
	16.9 MI strategies more specific to particular processes	27
	16.10 Evidence for the efficacy of MI	272
	16.11 Integrating MI with other approaches	274
	16.12 Using MI in groups	275
	16.13 Learning MI	277
	16.14 Conclusion	278
	Suggestions for further reading	279
	References	279
CHAPTER 17	'Beyond Workshops': Turning Evidence for Psychosocial	
	Interventions into Embedded Practice	
	Luke Mitcheson, Christopher Whiteley, and Robert Hill	284
	17.1 Introduction	
		285
	17.2 What is implementation? 17.3 Implementation science	285
	p	287
	17.4 Consolidated Framework for Implementation Research (CFIR; Damschroder et al., 2009)	
	17.5 Implement what? Evidence-based interventions versus	287
	evidence-based practices	201
	17.6 Case studies in Motivational Interviewing and treatment	292
	effectiveness (Mapping)	294
	17.7 Conclusion	
	Notes	298
	Suggestions for further reading	300
	References	300
		300
Index		303
		303

Addiction: Psychology and Treatment brings together leading specialists to provide a thorough overview of the psychology of addictions and their treatment across specialities and types of services. The book is divided into two parts. Part One describes theories and approaches to working with addictions. This includes systemic, attachment theory, and cognitive and behavioural approaches as well as considering psychodynamic and biological aspects of addictions. Part Two provides an overview of the application of these psychological models and approaches to a selection of clinical addiction areas and age groups. It includes consideration of the implementation of evidence-based practice in the addictions either as the main presenting problem or co-terminous with one or more other problem area.

This book is essential reading for upper-level undergraduates on general psychology courses and postgraduates on specialist courses, as well as trainee psychologists and all staff, including qualified psychologists, working with psychological approaches in the treatment sector. It will also be a resource for those staff not in addiction specialist services but where substance misuse and addictions are nevertheless encountered.

Paul Davis is a Consultant Clinical Psychologist in Addiction, and Teaching Fellow in Clinical Psychology at the University of Surrey, UK. He has contributed at a national level on substance misuse treatment guidelines, policies and service developments and has published widely in the field of psychosocial interventions for substance misuse.

Bob Patton is a lecturer in Psychology at the University of Surrey, UK, Director of Short Term Solutions Ltd and Director of AdApped Ltd. He has previously worked as a consultant for the Home Office Drugs Prevention Initiative and as a Research Fellow in Addiction at Imperial College, King's College London and the Maudsley Hospital Hospital.

Sue Jackson is a chartered psychologist specialising in the psychosocial impact and treatment of chronic health conditions. In addition to managing an extensive research portfolio, she is a teaching fellow on the Clinical Psychology Doctorate Programme at the University of Surrey and is the first psychologist to serve on the Medical Advisory Committee for the Pituitary Foundation.

Cover Design: Wiley Cover Image: @ Max Krasnov/Shutterstock

New Century Books

4/F, Rm. 400, 407 & 408 Topaz Bldg # 101 Kamias Rd., Quezon City 1102 Phils. Tel. # (02) 434-1983/ 359-5612/281-7093 CP # 0927-910-1263/ Fax (02)435-7172

Email: centurybooksph@yahoo.com

www.wiley.com







