

The Psychotherapy of MOTIVATION AND CHANGE in HIV and Alcohol

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Outline

1. The HIV-Alcohol Connection
2. A Brief History of Addiction
Psychotherapy
3. Prevention
4. Conclusions
5. Questions & Answers

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THE HIV-ALCOHOL CONNECTION

The Classic Alcohol-HIV Pathway

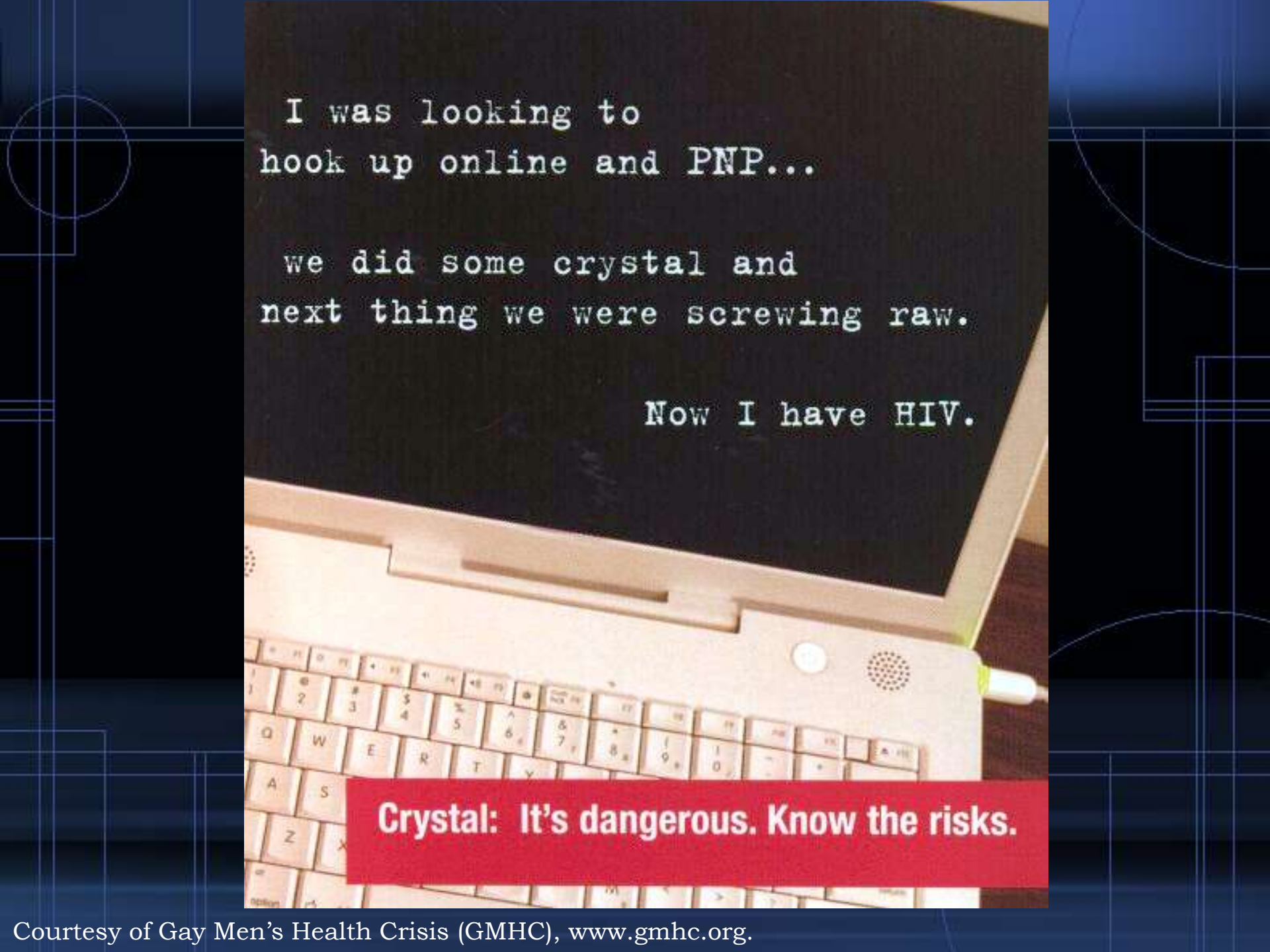
1. Alcohol intoxication
2. Decreased inhibitions and judgment
3. Increased sensation seeking and sexual arousal
4. Unsafe sex
5. HIV transmission

Substance Use and Sildenafil

- Erectile dysfunction, i.e., the “crystal dick” problem.
- In 1998, sildenafil became commercially available.

Substance Use and the Internet

- Sex, both virtual and real, both safe and unsafe, is only a click away.
- Lingo:
 - PNP = Party (drugs) and Play (sex)
 - Chem Friendly = Drugs
 - Barebacking = BB = Unprotected anal sex
 - In the Raw = Unprotected anal sex



I was looking to
hook up online and PNP...

we did some crystal and
next thing we were screwing raw.

Now I have HIV.

Crystal: It's dangerous. Know the risks.

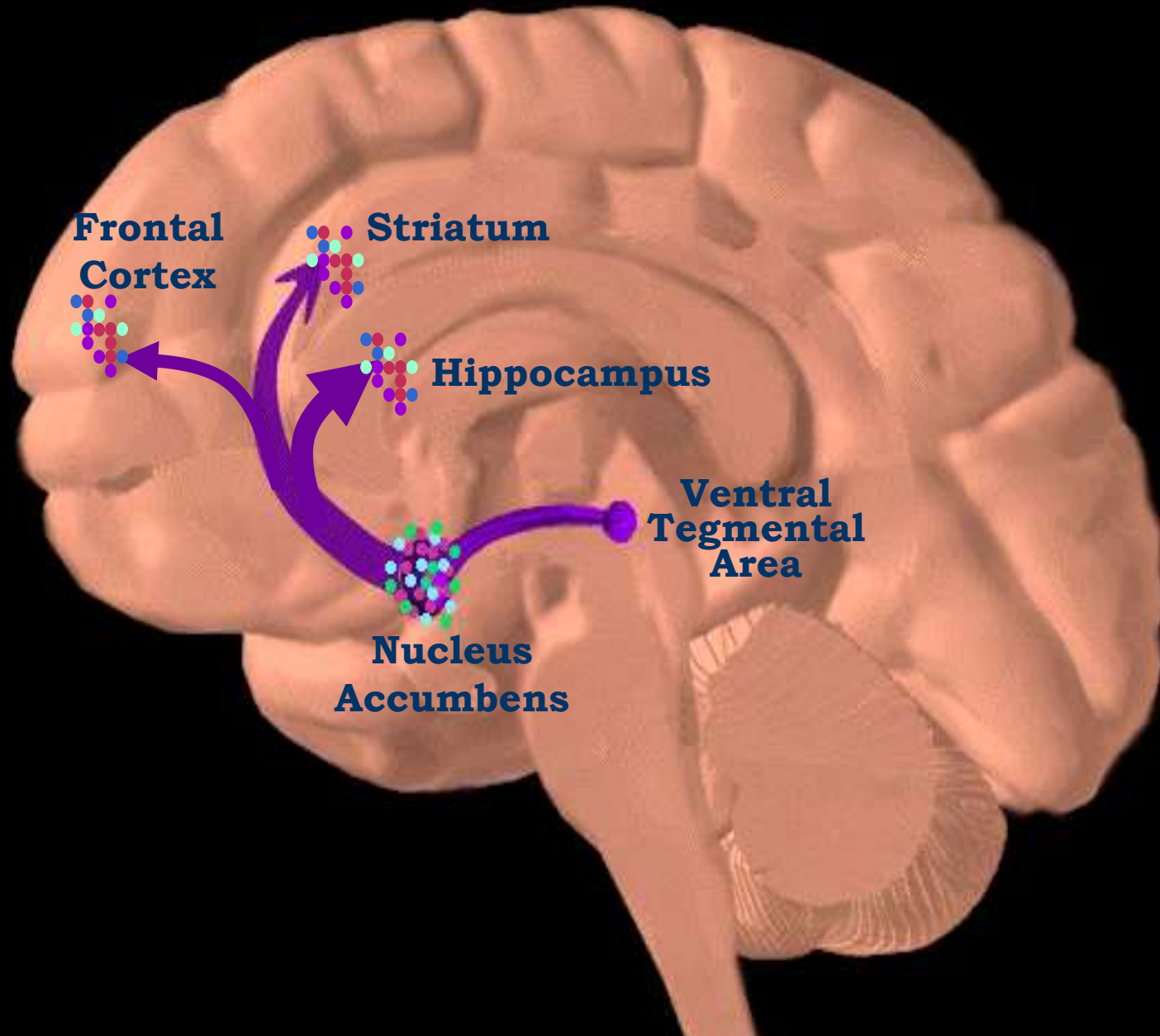
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A BRIEF HISTORY OF ADDICTION PSYCHOTHERAPY

First Wave: Psychoanalysis

1. Psychoanalysis works for all treatable mental illness.
2. Psychoanalysis does not work for addiction.
3. Therefore, addiction cannot be treated.

The Pleasure Reward Pathways



Second Wave: Synanon

The Prototype, Synanon, was founded in California in 1958 to address heroin addiction.

The goal was to:

- Break down defenses,
- Bust through denial, and
- Reshape the addict's personality.

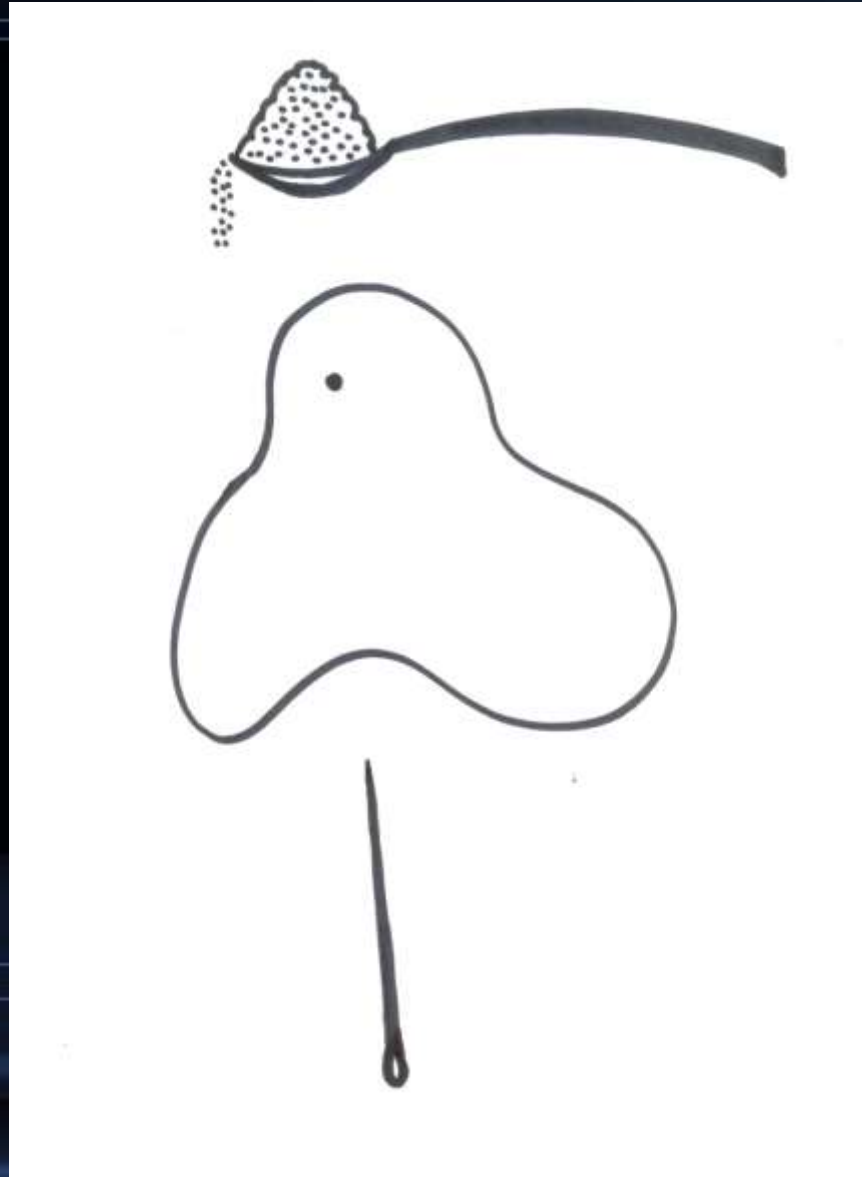
Second Wave: Therapeutic Communities (TCs)

1. Shaving heads
2. Hanging humiliating signs around residents' necks
3. Subjecting patients to “encounter groups” involving loud, free flowing attacks from staff and fellow residents

Third Wave: Cognitive-Behavioral Therapy

1. Based on Operant Conditioning
2. Functional Analysis
3. Skills Training to:
 - Identify,
 - Avoid, and
 - Cope with thoughts & cravings

Third Wave: The Amoeba Theory



Fourth Wave: Motivational Interviewing (MI)

Motivational Interviewing is a:

- client-centered (autonomy),
- directive method (collaboration) for
- enhancing intrinsic motivation to change by exploring and resolving ambivalence (imaginative re-creation).

Fourth Wave: MI Principles

REDS

1. **R**oll with **R**esistance
2. **E**xpress **E**mpathy
3. **D**evelop **D**iscrepancy
4. **S**upport **S**elf-Efficacy

Fourth Wave: The Stages of Change

1. Precontemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance
6. Relapse

Handbook of **MOTIVATION** and **CHANGE**

A Practical Guide for Clinicians

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PREVENTION

Primary Prevention

We had a few cocktails,
smoked a blunt, popped an X and
then did some crystal...

...then we were blazed
and hittin' it raw.

Now I'm trippin'... I have HIV.

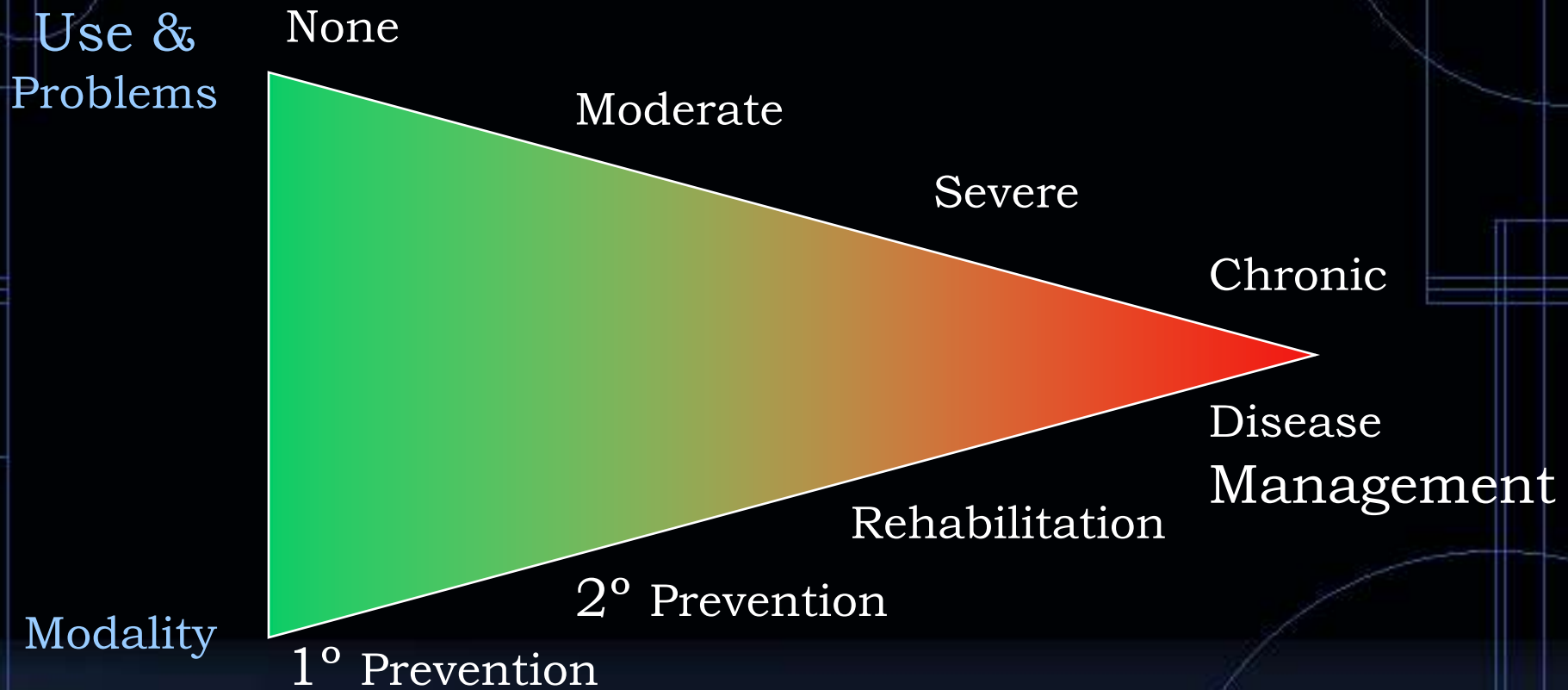
**Alone or in a mix—
Crystal and other drugs can be dangerous.
Know the risks.**

Si estás volando en drogas...

crystal ghb yerba
sexo alcohol
cocaina special k éxtasis

...harás cosas que
normalmente no harías...

Public Health Approach To Alcohol Use and Disorders



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CONCLUSIONS

1. Addiction treatment philosophy has moved from confrontation to motivation.
2. In 2010, the Stages of Changes Model and Motivational Interviewing form the basis of treatment.

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QUESTIONS & ANSWERS