

**CCB S2S Webinar Presentation**  
**March 24, 2010**

**TIP 41**  
**Substance Abuse Treatment:**  
**Group Therapy**

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 Connecticut Certification Board, Inc.

**S2S**  
 Science 2 Service  
 Learning Series

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**Science 2 Service Webinar: TIP 41**

- Introductions
- CCB Science 2 Service Initiative
- What is a TIP?
- TIP 41 Overview
  - Chapter 1 – Groups and Substance Abuse Treatment
  - Chapter 2 – Types of Groups
  - Chapter 3 – Criteria for Placement of Clients in Groups
  - Chapter 4 – Group Development and Phase Specific Tasks

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**Science 2 Service Webinar: TIP 41**

- Chapter 5 – Stages of Treatment
- Chapter 6 – Group Leadership, Concepts and Techniques
- Chapter 7 – Training and Supervision
- Training Using TIP 41
- Discussion

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**Science 2 Service Webinar: TIP 41**

- Introductions
  - Name
  - Agency
  - How did you hear about this Webinar?
  - What do you hope to gain from this presentation?
  
- Have you reviewed/read TIP 41?
  - Comments

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**Science 2 Service Webinar: TIP 41**

- Challenges within the Behavioral Health Field
- SAMHSA and others have identified a "Workforce Development Crisis"
  - Funding Challenges
  - Science to Service Gap
  - Education to Practice Gap
  - Balancing Clinical Experience AND Science & Evidence-Based Interventions

**IMPORTANT NOTE:** The TIP 41 authors use the term *substance abuse* to refer to substance use disorders including substance abuse and substance dependence through the content of TIP 41. Please allow this term to be used flexibly in this content as well.

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**Science 2 Service Webinar: TIP 41**

- CCB Science 2 Service Initiative
- Services, Products, Technical Assistance and Consulting to address the challenges facing the field
- CCB Science 2 Service Activities
- Dissemination of Resources and Tools
    - Science and Research-based publications
    - Evidence-based Practices and Interventions
  - Live Learning Programs (Training and Workshops)
  - Webinars and Self-paced Learning Programs

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### Science 2 Service Webinar: TIP 41

- What is a TIP?
- TIP – Treatment Improvement Protocol
  - Developed by **CSAT** – *The Center for Substance Abuse Treatment* and **SAMHSA** – *The Substance Abuse and Mental Health Services Administration*
  - Free and within the public domain
  - Many available electronically and all can be ordered or downloaded from [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov)
- Based on Science/Research & Practice/Expertise
- Consensus document of best-practice guidelines

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### Science 2 Service Webinar: TIP 41

- **TIP 41 Overview**
  - **Chapter 1** – Groups and Substance Abuse Treatment  
*- focuses on providing definitions of therapeutic groups in substance abuse treatment*
  - **Chapter 2** – Types of Groups Commonly Used  
*- description of the five most common group models*
  - **Chapter 3** -- Criteria for Placement of Client in Groups  
*- discussion of appropriate group placement for individual clients*

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### Science 2 Service Webinar: TIP 41

- **Chapter 4** – Group Development and Phase-Specific Tasks  
*- discussion of appropriate group placement for individual client*
- **Chapter 5** – Stages of Treatment  
*- focus on differences in client conditions and therapeutic strategies*
- **Chapter 6** – Group Leadership, Concepts and Techniques  
*- description of leadership traits and behaviors*
- **Chapter 7** – Training and Supervision  
*- outline of necessary skill set for successful group work*

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### Science 2 Service Webinar: TIP 41

- TIP 41 Overview
  - Chapter 1 – Groups and Substance Abuse Treatment
  
- TIP 41 – Approach of the TIP
  - TIP 41 is designed to help counselors expand their awareness and comprehension of group dynamics
  - Help counselors better manage their groups and individual members
  - Improve retention by appropriately acknowledging issues that are outside the scope of the group

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### Science 2 Service Webinar: TIP 41

- TIP 41 Overview
  - Chapter 1 – Groups and Substance Abuse Treatment
    - Provides a definition of group treatment

#### *Advantages/Risks of Group Treatment*

- "Any treatment modality-group therapy, individual therapy, family therapy, and medication-can yield poor results if administered by an unskilled or improperly trained therapist." (TIP 41 p 3)
- Group therapy is not equivalent to individual therapy
- Group therapy is not equivalent to 12-Step program practices

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### Science 2 Service Webinar: TIP 41

- TIP 41 Overview
  - Chapter 1 – Groups and Substance Abuse Treatment

This chapter provides basic information on:

- Defining therapeutic groups in substance abuse treatment.
- Types of groups and the similarities and differences between them.
- Curative factors of groups.

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### Science 2 Service Webinar: TIP 41

#### ■ TIP 41 Overview

##### □ Chapter 2 – Types of Groups Commonly Used in Substance Abuse Treatment

Identification of five common group therapy models and 4 specialized groups:

- Identification of purpose
- Identification of principal characteristics
- Identification of leadership skills and styles
- Identification of techniques

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### Science 2 Service Webinar: TIP 41

#### ■ TIP 41 Overview

##### □ Chapter 3 – Criteria to Assess Group Readiness

*“Every effort should be made to place the client in a group in which [they] can succeed”* (TIP 41 p. 42)

##### □ Cultural Issues in Group Placement

- “Diversity” in a broad sense
- Ethnic/cultural matching
- Leader self assessment tool

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### Science 2 Service Webinar: TIP 41

#### ■ TIP 41 Overview

##### □ Chapter 3 – Criteria to Assess Group Readiness

- Clients enter groups with varying expectations of the leaders, experiences in decision making and conflict resolution, understanding of gender roles, families and communities. A common set of values cannot be assumed.

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**Science 2 Service Webinar: TIP 41**

■ TIP 41 Overview

- Chapter 4 – Group Development and Phase Specific Tasks

**Identification of Specific Tasks for:**

- Pre group preparation
- Beginning phase
- Middle (productive change) phase
- Ending (closure) phase

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**Science 2 Service Webinar: TIP 41**

■ TIP 41 Overview

- Chapter 5– Stages of Treatment

**Identification of:**

- Condition of clients in each stage (Early, middle, late)
- Therapeutic strategies
- Leadership skills and competencies

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**Science 2 Service Webinar: TIP 41**

■ TIP 41 Overview

- Chapter 6 – Group Leadership, Concepts and Techniques

**Discussion of:**

- Qualities of a skillful group leader
- Specific interventions
- Transference and counter transference
- Resistance
- Problem management

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### Science 2 Service Webinar: TIP 41

#### ■ TIP 41 Overview

- Chapter 7– Training and Supervision

“...people who abuse substances are supremely adept at helping group leaders make mistakes.”

(TIP 41 p. 123)

#### Outlines:

- Skills for supervisors
- Characteristics of the supervisory relationship
- Professional organizations for more information

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### Science 2 Service Webinar: TIP 41

#### ■ Training using TIP 41

- What are some of the trainings offered within your agencies?
- How are trainings structured? Who offers them?
- How can you implement this tool within your agency?

**TIP 41 RECOMMENDATION:** *Hold 6 or more small group discussions/training events on the content in TIP 48. After or while the events are being held, reference the content in clinical supervision and team meetings to encourage the staff to use the content in clinical practice and integrate into the practices of the agency.*

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### Science 2 Service Webinar: TIP 41

- If you are interested in offering a 1 hour in service at your agency using the slides presented today, the CCB will work with you to modify the event to meet the needs of your agency and provide you with a certificate to provide staff for the event at no cost.
  - To request that assistance: email [mrosier@ctcertboard.org](mailto:mrosier@ctcertboard.org)
- If you are interested in working with CCB staff to design a brief training program using TIP 41, contact the CCB to explore how we can help assist you to develop and/or present the training program at your agency.

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**Science 2 Service Webinar: TIP 41**

The CCB Science 2 Service Distance Learning Program

Self-paced TIP 41 training available  
8 hour course  
Cost: \$55.00

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**Science 2 Service Webinar: TIP 41**

- Please note that the CCB is offering a full day training based upon the content of this TIP and other materials on May 12, 2010, entitled *“Intro to Group Therapy in Substance Abuse Treatment”*.

Registration information and assistance in available in the Spring 2010 Training Catalog

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**Science 2 Service Webinar: TIP 48**

■ **Questions?**

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**CONTACT INFO**

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