



*Great Lakes ATTC*

*Presents*

*Micro-Connecting: Engaging Resistant 18  
to 25 year olds in Addictions Treatment*

*Presenter*

*Mark Sanders, LCSW, CADAC*

Mark Sanders, LCSW, CADAC, Lecturer at the University of Chicago  
and President of On The Mark Consulting

## *Engaging Emerging Adults With Substance Use Disorders*

- *Engagement begins with an awareness that many emerging adults with substance use disorders and those affected by someone else's addiction often view the presenting problem as their solution*



## Street Gang

Mark Sanders, LCSW, CADC, Lecturer at the University of Chicago  
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*In the Realm of the Hungry Ghost*  
by  
*Gabor Mate, M.D.*

- *Drugs don't cause addiction any more than a deck of cards causes compulsive gambling*
- *There needs to be a pre-existing vulnerability*
- *For some people, the seeds of addiction is planted years before they use*



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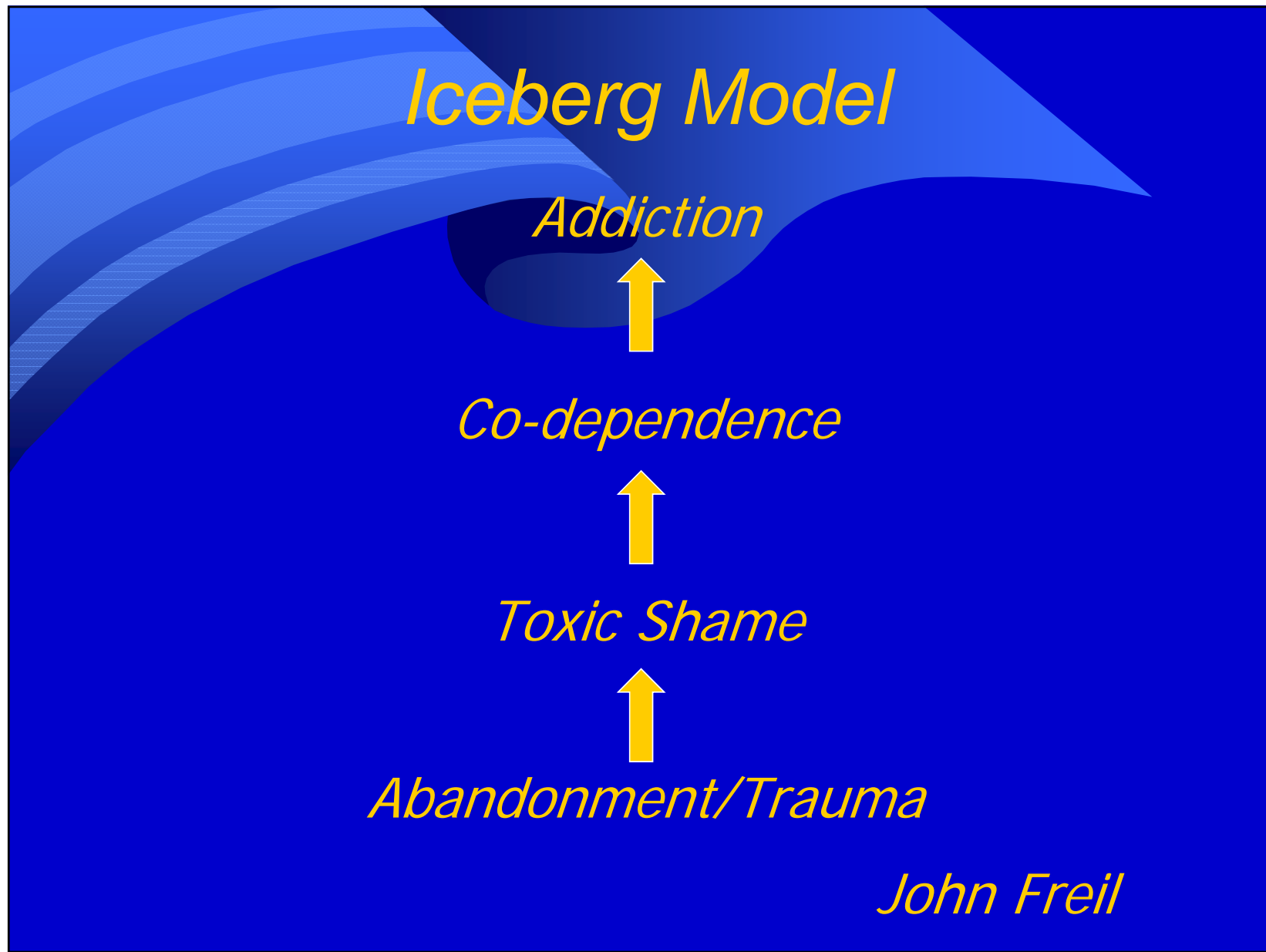


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## *Seeds for his Addiction*

- *Absence of a childhood*
- *Pressure to be perfect*
- *Low self concept*
- *Father wounds*



## *Guilt vs. Shame*

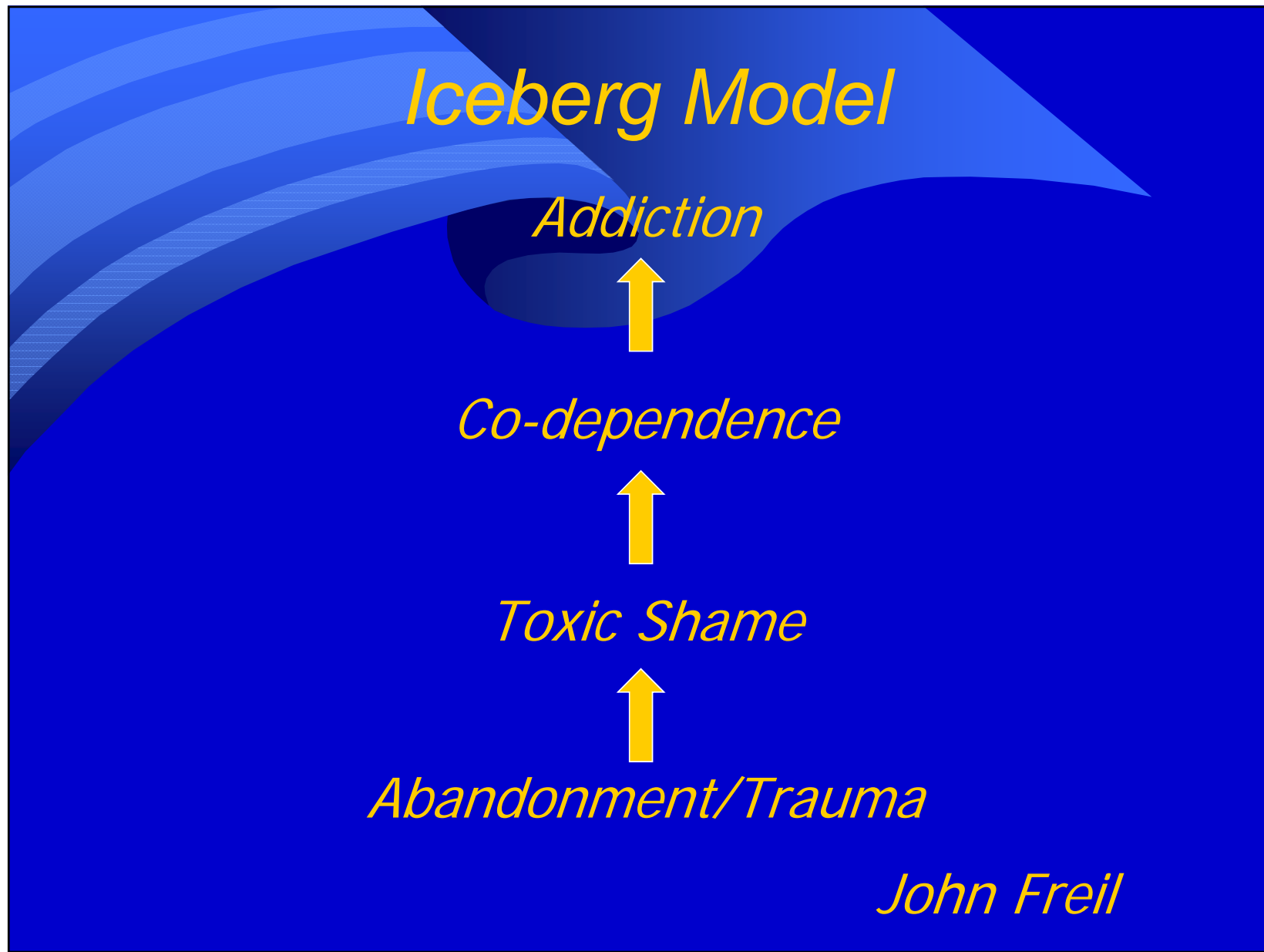
<u><i>Guilt</i></u>	<u><i>Shame</i></u>
<ul style="list-style-type: none"><li>● <i>Behavior</i></li></ul>	<ul style="list-style-type: none"><li>● <i>Your being</i></li></ul>
<ul style="list-style-type: none"><li>● <i>"I've done wrong"</i></li></ul>	<ul style="list-style-type: none"><li>● <i>"There is something wrong with me"</i></li></ul>
<ul style="list-style-type: none"><li>● <i>"I've done bad"</i></li></ul>	<ul style="list-style-type: none"><li>● <i>"I am bad"</i></li></ul>
<ul style="list-style-type: none"><li>● <i>"I made a mistake"</i></li></ul>	<ul style="list-style-type: none"><li>● <i>"I am a mistake"</i></li></ul>

# *Shame*

*The belief that I am unlovable and unworthy of belonging.*

*Brene Brown, Ph. D.*





## *Co-dependence*

*An over involvement with things outside of us and an underinvolvement with things inside of us. Left untreated codependence can lead to addiction.*

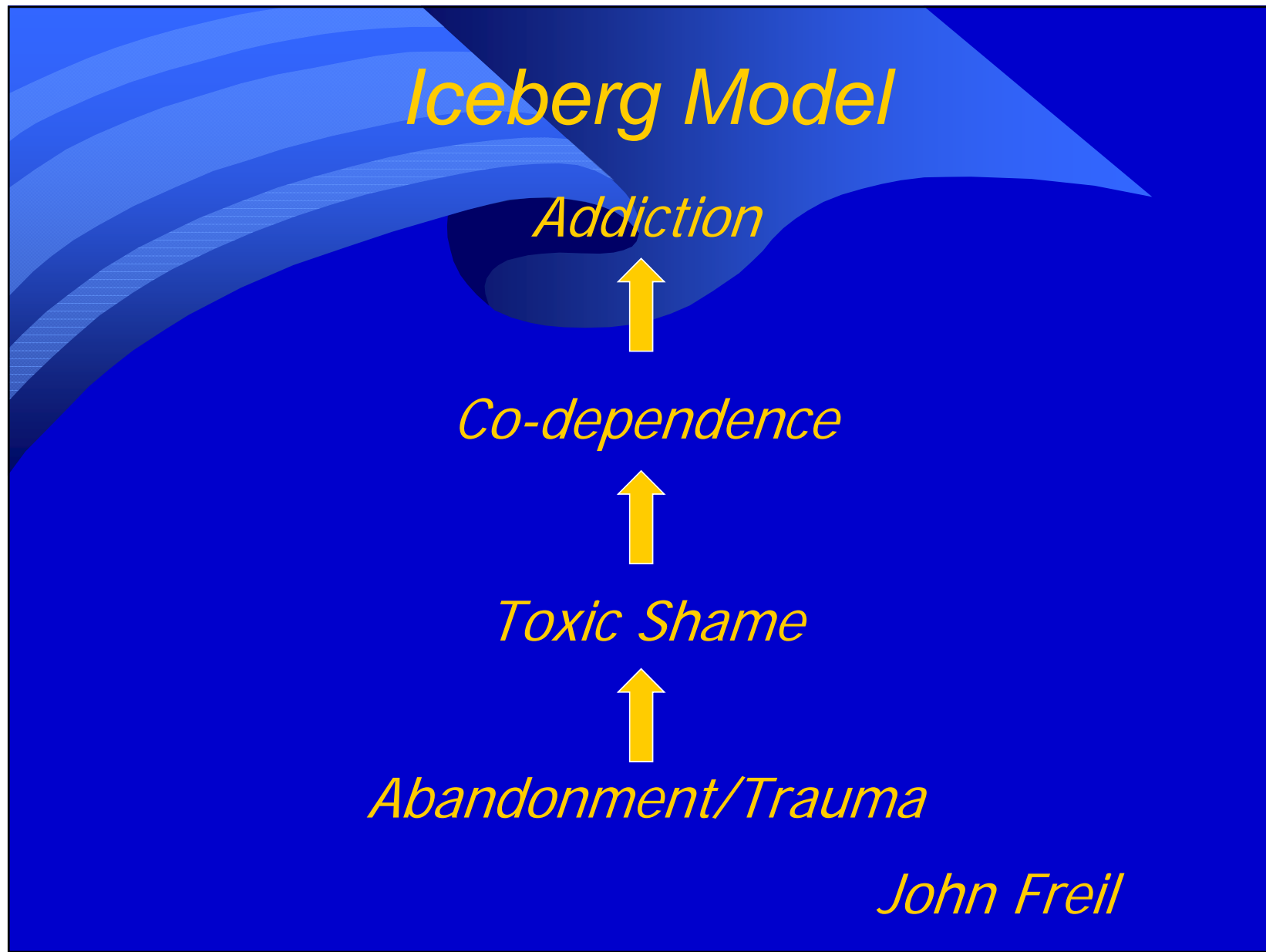
*John Friel*



*Marilyn Monroe*



*Billie Holiday*



## *Drugs Work!*

- *They numb emotional pain*
- *They simmer rage*
- *They provide relief from "moral injury"*
- *They provide constant companionship*
- *They are predictable*
- *They provide relief from trauma and abandonment*



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## *Four Factors that Lead to Client Engagement*

- *The therapeutic model*
- *Counselor hopefulness*
- *The therapeutic relationship*
- *Client factors*



## *Client Extra Therapeutic Factors*

- *Success prior to addiction*
- *A good education*
- *Reading comprehension*
- *The family name*
- *Love*

## *Client Extra Therapeutic Factors Continued*

- *Resilience*
- *Hope for the future*
- *Cultural pride*
- *Leadership qualities*

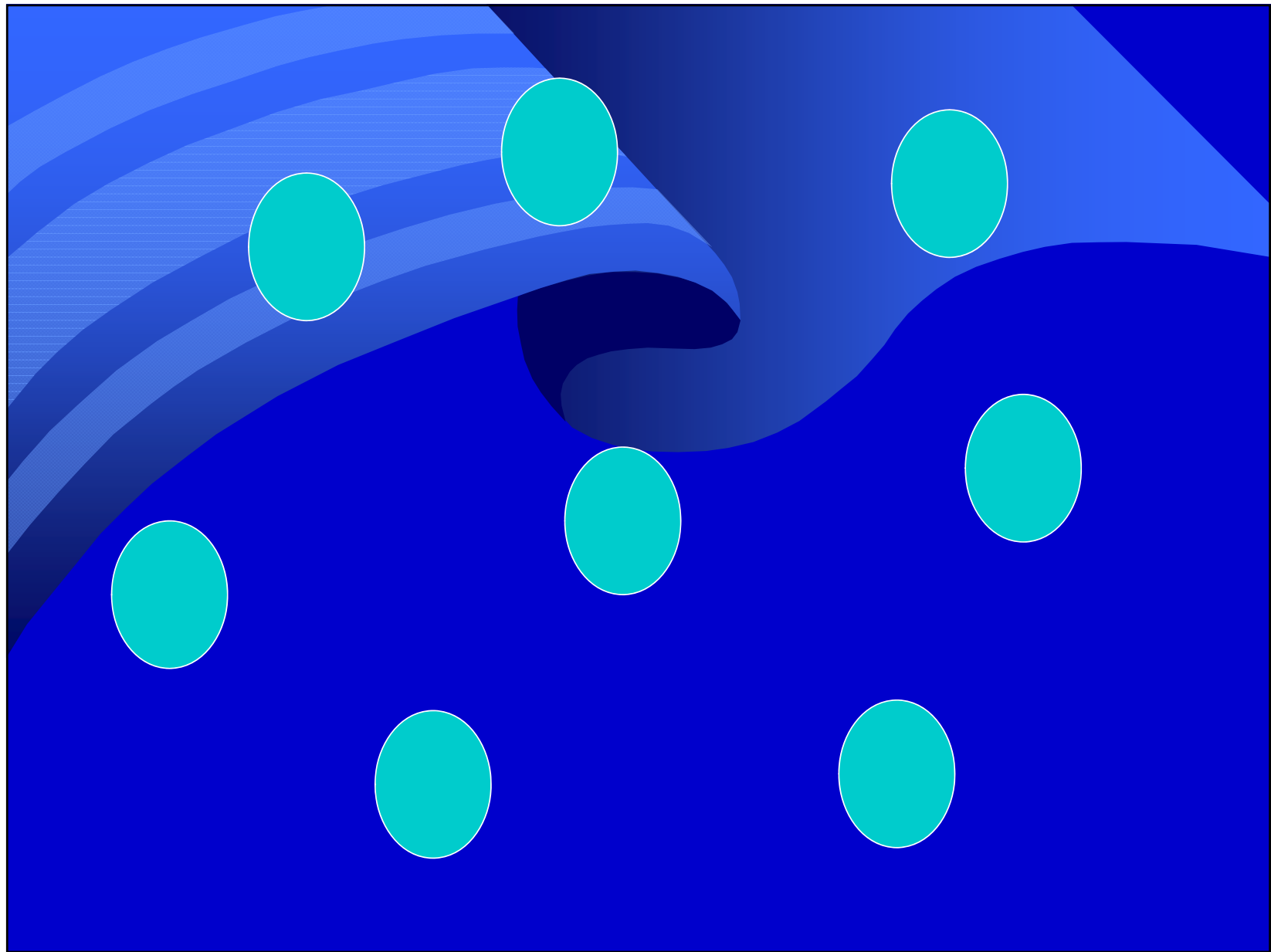


*Have an effective opening  
statement*

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## *Opening Statement*

*"I know I cannot make you stop getting high.  
I will honor whatever decision you make  
concerning your use."*



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## *What to do Instead*

- *Roll with resistance*
- *Exposure to stories*
- *Values clarification*
- *Role clarification*
- *A drug use vacation*
- *Make a contract . . . if this does not work*
- *Build recovery capital*





*Use stage based interventions*

- *Pre-contemplation*
- *Contemplation*
- *Readiness*
- *Action*
- *Maintenance*

*Understand why some therapists engage clients with substance use more effectively than others and make personal and professional changes*

*What the research says:*

- *passion about your approach increase engagement*  
*"You cannot sell something you do not believe in."*
- *Mastery of and passion about several approaches helps with engagement*

*(Davis and Piercy 2007)*

## *What the Research Says Continued*

- *Friendliness helps with engagement*  
*(Wampold, 2011)*
- *Therapist wellbeing impacts engagement*  
*(Blow, Sprenkle and Davis, 2007)*
- *Naturally Therapeutic qualities:*  
*empathy, genuineness and warmth*  
*facilitates engagement*  
*(Miller, 2012)*

*"Models are words on paper  
and are not effective in and of  
themselves. Models either die  
or come alive through the  
therapist."*

*(Blow, Sprenkle and Davis, 2007)*

## *What the Research Says Continued*

- *10 year gap in age can negatively impact engagement*
- *Experience matters most with the most difficult clients*
- *Decreasing directiveness when client resistance is high and increasing directiveness when resistance is lowest increases engagement*

*(Bentler, Consoli and Lane, 2005)*

## *What the Research Says Continued*

- *Cultural competence increases engagement*
- *Matching the length of sessions with the needs of the client can increase engagement*  
*(Davis, 2007)*
- *A match between the approach and the clients world view helps facilitate engagement*





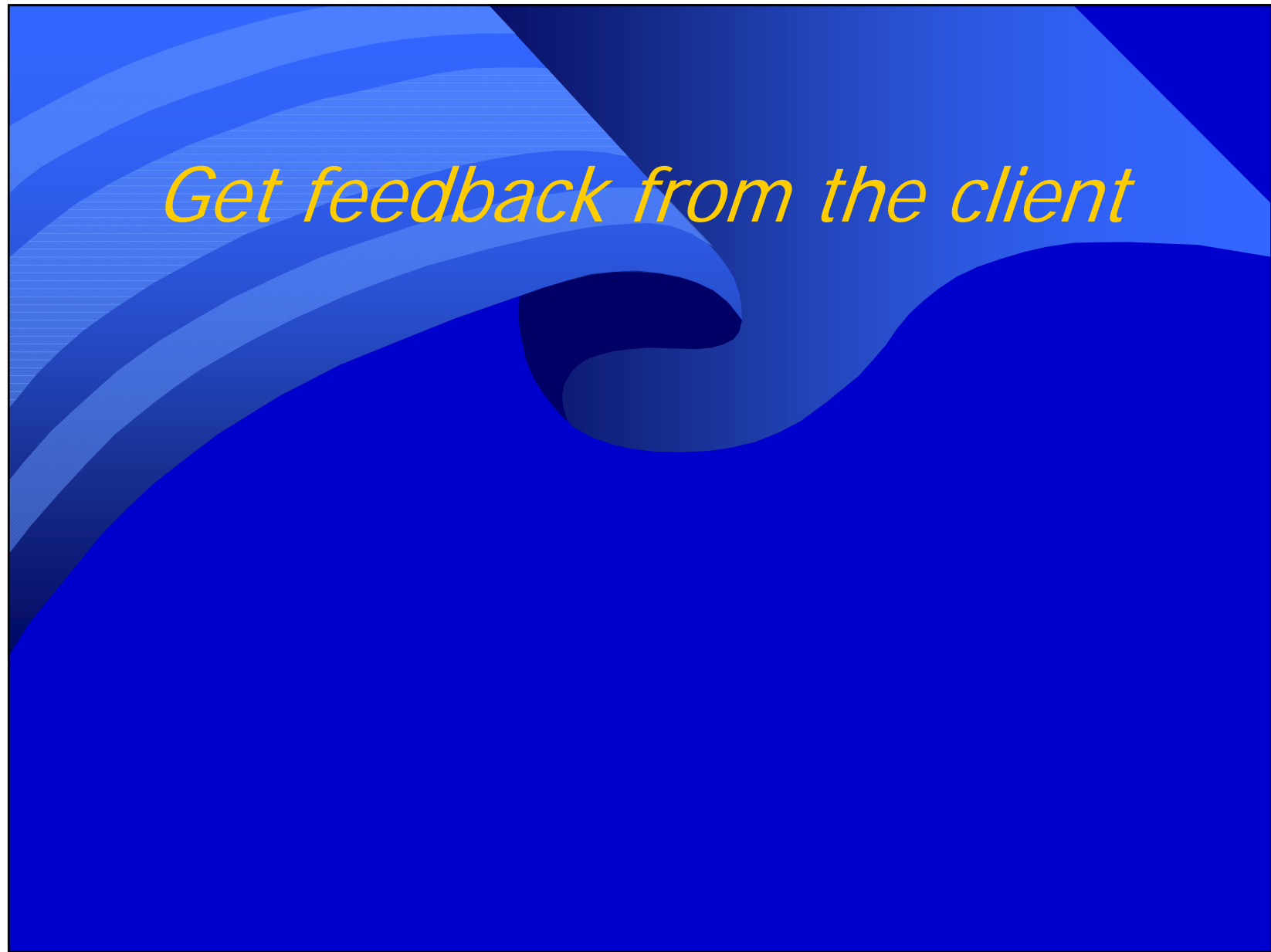


## *Fishbowl Technique*

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- *Alter counseling approaches*
  - *Be aware of countertransference reactions*
  - *Have strategies to deal with resistance*

- 
- *Acknowledge the resistance*
  - *Avoid labels*
  - *Avoid talking too much about change in the beginning*

- *Emphasize personal choice*
- *Avoid wrestling*
- *Simple reflection*  
*"Weed is not a concern of yours."*



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## *Feedback*

- *How was the session today?*
- *What worked?*
- *What did not work?*
- *What would you like to see different in the next session?*