Cognitive-behavioral therapy as an effective treatment method in the ASEAN setting

Cognitive-Behavioral Therapy (CBT) was developed as a method to prevent relapse when treating alcoholism, and later it was modified for individuals with substance use disorder. Cognitive-behavioral strategies are based on the theory that in the development of maladaptive behavioral patterns like substance abuse, learning processes plays a significant role. The use of CBT is to learn to identify and correct addictive behaviors by using a range of different skills that can be used to prevent drug abuse and to address an assortment of other problems that often co-occur with it. A central element of CBT is anticipating likely problems and enhancing clients' restraint by helping them expand effective coping strategies. Specific techniques include looking into the positive and negative consequences of drug use, self-monitoring to identify cravings on the onset and recognize situations that might put one at risk for use, as well as developing strategies for coping with cravings and avoiding those high-risk situations. Research indicates that the skilled individuals become skilled through cognitive-behavioral approaches which remain after the completion of treatment. Current research focuses on how to produce even more influential effects by combining CBT with medications for drug abuse and with other types of behavioral therapies.

Biography

Martin Peters is the Director, Drug and Alcohol Rehab Asia (DARA). He has worked in a variety of settings within the healthcare sector over the past 20 years. After receiving BA (Hons) in Social Policy and Administration from the University of Plymouth (UK), his studies and passion for working with people led on to a Diploma of Higher Education in Nursing Studies with Registered Nurse status from the University of the West of England (UK). He continued to undertake continued professional development, obtaining numerous Nurse & Midwifery Council accredited certifications in Mental Health and Healthcare Management. He is currently undertaking a Certificate in Cognitive Behavioral Therapy (CBT) with the University of the West of Scotland (UK) leading to a Diploma in CBT. Throughout his career, he worked with people who have required support and guidance in a number of difficult and challenging situations, assists people in empowering themselves to live a life free from the grip of addiction and illness, working with complementary, modern, and traditional approaches incorporating best clinical practice.