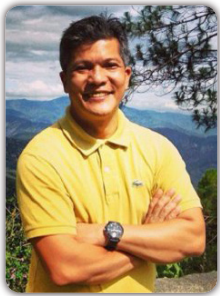


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Cognitive-behavioral therapy as an effective treatment method in the ASEAN setting

The treatment of addiction is complex and broad in approach, without much study and work on regional and cultural realities thus resulting in poor outcomes. 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 behavioural patterns like substance abuse, learning processes play a significant role. The use of CBT is to learn to identify and correct addictive behaviours 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 skills individuals become skilled at through cognitive-behavioral approaches 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 behavioural therapies. From my particular practice of combining culturally sensitive factors we focus on a particular cognitive distortion described as personalisation. Doing so has been producing positive treatment outcomes.

Biography

Robert R Labos, BA-Arch, IAC, RC completed his Bachelor of Arts Degree, majoring in Architecture from the University of Santo Tomas, Manila, Philippines. In the spring of 2000, he has completed a short course on Addiction offered by the Harvard Medical School, Department of Continuing Education, Cambridge, USA. He has also continued to update himself by going to training and workshops, completing in the first and third quarter of 2013, Training and Workshop on Addiction Treatment given by the Colombo Plan-Asian Center for Continuing Education, Bangkok, Thailand. His research interests are in alternative practices in treatment of addiction as well continuing care and relapse prevention and cognitive behaviour therapy. He began working in the Addiction field in 1995 with one of the Philippines' best Minnesota Method Outpatient Treatment Facility, located in Makati City, the country's central business district.

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