

COMMUNITY REINFORCEMENT APPROACH (CRA)

Behavioral Treatment for Addictions

Tuesday 19th, Wednesday 20th & Thursday 21st January 2016

At the Taito kan (台東館)

2F meeting room A, Tokyo, Japan

<https://www.sanbo.metro.tokyo.jp/taito/access/>

Prof. dr. Hendrik G. Roozen, the Netherlands

The Community Reinforcement Approach (CRA) is a broad multifaceted set of behavioral procedures for treating substance use disorders. Based on operant conditioning it has been developed over more than thirty years and now stands as one of the strongest supported treatments, across multiple substances, settings, patient groups, and in combination with pharmacological treatments. Prof. dr. Roozen has been utilizing and studying CRA for more than twenty years, but this is only his second trip to Japan, and his first workshop. The three days are truly a unique opportunity to learn about CRA. Places have to be strictly limited to twenty-five, so apply early to avoid disappointment.

Visit: www.communityreinforcement.com

Info: crawsjp@gmail.com

DAY ONE

- 9:15 - 9:30** **Reception and registration**
- 9:30 - 10:45** **History and Efficacy of CRA**
- Overview of CRA studies in detail.
The neurobiology of addiction
The role of (positive) reinforcement
Modifying environmental contingencies
- 10:30 - 10:45** **BREAK**
- 10:45 - 12:30** **History and Efficacy of CRA (Continued)**
- Overview of CRA studies in detail.
Describe specific trials past and ongoing
Evidence based interventions
How do we apply some of this information to your current programs?
- 12:30 - 13:30** **LUNCH**
- 13:30 - 14:30** **CRA Induction – CRA Happiness Scales**
- CRA - Induction and how to establish a working relationship. How to describe to client what will happen during therapy, identifying reinforcers, building rapport and trust, and setting positive expectations.
Client engagement using positive reinforcement
Getting background and substance use information
Using the Happiness Scale to help client identify problem areas
- 14:30 - 14:45** **BREAK**
- 14:45 - 16:00** **CRA Treatment Goals**
- How to use the Happiness Scale to help develop the individual treatment plan
Determining appropriate goals
Identifying Potential problems in completing goals
Home work
- 16:00 - 16:15** **Questions –Discussion**

DAY TWO

9:15 - 9:30	Reception and registration
9:30 - 10:30	Functional Analysis How to do a Functional Analysis of any behavior Identifying Antecedents to drug use Identifying consequences for drug use How to give a summary and how to use the information in treatment planning
10:30 - 10:45	BREAK
10:45 - 11:15	Functional Analysis for Pro-social behavior
11:15 - 11:30	Drug Refusal Skills Teaching new skills, assertiveness training
11:30 - 12:30	Communication Skills How to get what you want
12:30 - 13:30	LUNCH
13:30 - 14:00	Problem Solving Define the problem Generating Alternative Deciding on a Solution Evaluating the Outcomes
14:00 - 14:30	Social/Recreational Counseling Pro-Social behaviors Finding Reinforcers How, where, with whom and when to recreate
14:30 - 14:45	BREAK
14:45 - 16:00	Social/Recreational Counseling (continued) Pro-Social behaviors Finding Reinforcers How, where, with whom and when to recreate
16:00 - 16:15	Questions –Discussion

DAY THREE

9:15 - 9:30	Reception and registration
9:30 - 10:00	Relapse Prevention
10:00 - 10:30	Sobriety Sampling/ Medication Introducing the concept of sobriety Planning for time limited sobriety Motivating the client to accept some Asobriety time@ Using pharmacological agents such as disulfiram, naltrexone or acamprosate in conjunction with Sobriety Sampling
10:30 - 10:45	BREAK
10:45 - 11:30	Relationship Therapy Relationship Happiness Scales Relationship Treatment Plan Reminders to be Nice
11:30 - 12:30	CRA how to resolve treatment non-compliance
12:30 - 13:30	LUNCH
13:30 - 14:30	CRA in an inpatient context e.g. negative/natural consequences
14:30 - 14:45	BREAK
14:45 - 15:30	Implementing CRA in regular treatment practice
15:30 - 16:15	Certification information, questions, discussion and wrap up