

# COMMUNITY REINFORCEMENT APPROACH (CRA)

## Behavioral Treatment for Addictions

Tuesday 19<sup>th</sup>, Wednesday 20<sup>th</sup> & Thursday 21<sup>st</sup> 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](http://www.communityreinforcement.com)

Info: [crawsjp@gmail.com](mailto:crawsjp@gmail.com)

## DAY ONE

<b>9:15 - 9:30</b>	<b>Reception and registration</b>
<b>9:30 - 10:45</b>	<b>History and Efficacy of CRA</b>  Overview of CRA studies in detail. The neurobiology of addiction The role of (positive) reinforcement Modifying environmental contingencies
<b>10:30 - 10:45</b>	<b>BREAK</b>
<b>10:45 - 12:30</b>	<b>History and Efficacy of CRA (Continued)</b>  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?
<b>12:30 - 13:30</b>	<b>LUNCH</b>
<b>13:30 - 14:30</b>	<b>CRA Induction – CRA Happiness Scales</b>  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
<b>14:30 - 14:45</b>	<b>BREAK</b>
<b>14:45 - 16:00</b>	<b>CRA Treatment Goals</b>  How to use the Happiness Scale to help develop the individual treatment plan Determining appropriate goals Identifying Potential problems in completing goals Home work
<b>16:00 - 16:15</b>	<b>Questions –Discussion</b>

**DAY TWO**

<b>9:15 - 9:30</b>	<b>Reception and registration</b>
<b>9:30 - 10:30</b>	<b>Functional Analysis</b>  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
<b>10:30 - 10:45</b>	<b>BREAK</b>
<b>10:45 - 11:15</b>	<b>Functional Analysis for Pro-social behavior</b>
<b>11:15 - 11:30</b>	<b>Drug Refusal Skills</b>  Teaching new skills, assertiveness training
<b>11:30 - 12:30</b>	<b>Communication Skills</b> How to get what you want
<b>12:30 - 13:30</b>	<b>LUNCH</b>
<b>13:30 - 14:00</b>	<b>Problem Solving</b> Define the problem Generating Alternative Deciding on a Solution Evaluating the Outcomes
<b>14:00 - 14:30</b>	<b>Social/Recreational Counseling</b> Pro-Social behaviors Finding Reinforcers How, where, with whom and when to recreate
<b>14:30 - 14:45</b>	<b>BREAK</b>
<b>14:45 - 16:00</b>	<b>Social/Recreational Counseling (continued)</b> Pro-Social behaviors Finding Reinforcers How, where, with whom and when to recreate
<b>16:00 - 16:15</b>	<b>Questions –Discussion</b>

**DAY THREE**

<b>9:15 - 9:30</b>	<b>Reception and registration</b>
<b>9:30 - 10:00</b>	<b>Relapse Prevention</b>
<b>10:00 - 10:30</b>	<b>Sobriety Sampling/ Medication</b> 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
<b>10:30 - 10:45</b>	<b>BREAK</b>
<b>10:45 - 11:30</b>	<b>Relationship Therapy</b>  Relationship Happiness Scales Relationship Treatment Plan Reminders to be Nice
<b>11:30 - 12:30</b>	<b>CRA how to resolve treatment non-compliance</b>
<b>12:30 - 13:30</b>	<b>LUNCH</b>
<b>13:30 - 14:30</b>	<b>CRA in an inpatient context e.g. negative/natural consequences</b>
<b>14:30 - 14:45</b>	<b>BREAK</b>
<b>14:45 - 15:30</b>	<b>Implementing CRA in regular treatment practice</b>
<b>15:30 - 16:15</b>	<b>Certification information, questions, discussion and wrap up</b>