

# National Summer Institute on Addictions

August 18-21, 2003

Montague, Prince Edward Island

## Evidence-based Options for Working with Resistant Clients

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### Detailed Agenda

#### Monday

- 8:00 - 8:30 a.m. On site check-in
- 8:30 - 9:00 Opening Canadian Centre on Substance Abuse/Addictions Research Centre
- 9:00 - 10:30 **Addiction and the Psychology of Change** [G. Alan Marlatt, Ph.D.]  
*Understanding human motivation and change is fundamental to the development of effective treatment interventions for addictive behaviours. An evolving body of research points to the need for practitioners to better understand the dynamics of change and how this knowledge will guide our efforts to reduce the harm associated with substance dependence.*
- 10:30 - 10:45 Health Break
- 10:45 -12:00 Workshop A.1
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 **Coercion vs. Self-Determination in Behaviour Change** [Cam Wild, Ph.D.]  
*Denial and resistance are frequently used to explain treatment failure. Clients who rationalize, blame, minimize, and divert attention are all exhibiting different expressions of resistance. This session emphasizes the idea that resistance is a predictable event that occurs in social interaction, as opposed to a static trait of clients. Principles from studies of human motivation will be described in order to understand how front-line workers can facilitate or inhibit expressions of disinterest among clients. By understanding how perceptions of coercion come about, we can often 'short circuit' a defensive, resistant pattern of interaction.*
- 2:45 - 4:30 Workshop A.2
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- 6:00 - 8:00 Reception
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## Tuesday

8:00 - 9:00

Elective

9:00 - 10:30

**Techniques for Building Motivation** [Wayne Skinner, M.S.W.]

*A variety of groundbreaking techniques will be reviewed in this seminar. These interventions have been shown to work effectively with the most challenging clients. Over the last decade, a number of important influences have dramatically altered the way we build motivation and commitment to change in a treatment context (e.g., the transtheoretical model of change, multidisciplinary assessments, motivational interviewing, therapeutic alliances and others). In this seminar, we will take an in-depth look at these approaches and how they may help us work with the most resistant clients.*

10:30 - 10:45

Health Break

10:45 - 12:00

Workshop B.1

12:00 - 1:00

Lunch

1:00 - 2:30

Workshop B.2

2:30 - 2:45

Health Break

2:45 - 4:00

Workshop B.3 (sector based)

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Open Evening - arranged event options

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## Wednesday

8:00 - 9:00

Elective

9:00 - 10:30

**Community Reinforcement** [John G. Gardin II, Ph.D., FACAPP]

*Community Reinforcement is an empirically supported cognitive-behavioural model. It acknowledges the powerful influence of environmental factors in both promoting and discouraging addictive behaviours. This approach lends itself to many varied applications, including institutional living, family- and community-based work, and is especially effective in efforts to prevent relapse – a common reality for the dependent client. We will examine this model in detail and explore its application in a number of relevant settings.*

10:30 - 10:45

Health Break

10:45 - 12:00

Workshop C.1

12:00 - 1:00

Lunch

1:00 - 2:30

Workshop C.2

2:30 - 2:45

Health Break

2:45 - 4:00

Workshop C.3 (sector based)

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Dinner [Michel Perron, CCSA]

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## Thursday

8:00 - 9:00 Elective

9:00 -10:30 **Research and Evaluation** [Alan Ogborne, Ph.D.; Brian A. Grant, Ph.D.]

*This workshop will provide an overview of issues and methods in program evaluation, and will demonstrate the use of program logic models for evaluation planning. Logic models can also be used for program development. Options for receiving ongoing support for program evaluation from the Addictions Research Centre will also be presented and discussed.*

10:30 - 10:45 Health Break

10:45 - 12:30 **Sector Summaries - Project Proposals and Research Implications**

*Presentations of ideas, initiatives, and procedures will be made, including an overview of proposals for ongoing development. These presentations will include a problem statement, background (including a review of relevant theoretical influences), a description of the proposed intervention, its value and application and the actions needed to move beyond from this conceptual idea to implementation and evaluation. Research implications from this session will be reported at the National Research Symposium occurring in the fall of 2003.*

*\*\* Research staff will assist with structuring and presentation.*

12:30 - 1:30 Closing Lunch [H. Wade MacLauchlan, President, UPEI]

1:30 - 3:00 **Identification of Future Training Needs, Evaluation, Wrap-Up**

*It is the intent of the co-sponsors to (pending the evaluation outcome) offer an Institute in subsequent summers, and to find the most appropriate niche for the event within the Canadian addictions training context. Based on their experience of the past week, participants will be asked for their advice on how sponsors can best achieve these aims. Finally, during this closing session of the Institute, participants will also be provided a unique opportunity to give input into national research, best practice development and workforce development agendas being prepared during the fall of 2003.*