Co-occurring treatment recovery chart

[Name of the Writer]

[Name of the Institution]

**Topic 3: Co-Occurring Treatment and Recovery Chart**

| **Strategy** | **Description or definition of strategy** | **Key concepts and brief definitions** | **Strategy’s purpose/use in working with clients with co-occurring disorders** | **Overall successful outcome(s) looks like?** | **How the strategy is used in various treatment settings** | **How the strategy aids in recovery** |
| --- | --- | --- | --- | --- | --- | --- |
| **Motivational Interviewing (Stages of change)** | Motivational interviewing (MI) is regarded as an approach used in counseling, in an attempt to deal with multiple issues (Arkowitz et al., 2015). Specifically, it is used for people with substance abuse for understanding the need of change stage. | The key concepts of the MI involve the stages of change that are understood while this technique and counseling is applied. It include:  1)Precontemplation  2) Contemplation  3) Preparation  4) Action  5)  Maintenance  6) Termination | The purpose of using MI with the co-occurring disorders is that the client with these problems does not recognize or desire to treat their problems, hence this intervention is used first to make them aware about their problems and then treat them. | The successful outcomes of this approach are based on maintaining a supportive and non-threatening atmosphere which allow clients to explore their reason to be changed. | This strategy can be used with substance abuse, co-occurring disorders as well as the disorders managed in care settings, where the cost related issues are concerned because this strategy is low cost and efficient approach. | This strategy tends to motivate, guide and support the patient in order to achieve the recovery and maintain the goals that are desired. |
| **Contingency Management** | This strategy is based on the behavioral principal for reinforcing and rewarding the particular aspect in order to increase or decrease the occurrence of a behavior. | The basic key concepts that are involved in this strategy includes the terms of Rewards and consequences.  Rewards can be described as a positive incentive and consequence is regarded as a negative incentive for increasing or decreasing a particular behavior. | One of the major purposes for the use of this strategy with the co-occurring disorders is that it target specific maladaptive behaviors, reinforces them through reward and consequence, which leads to improving the quality of life in terms of the disorders. | Successful outcomes of this strategy include the behavioral contract which tends to make it easier for the patients to recover rapidly based on the rewards for the avoidance of behavioral avoidance. | This strategy can be used in multiple health care setting for avoiding certain types of behaviors, in both out settings as well as in setting care systems. | The links between the behavior and its reinforcement provide the basis for this strategy to be helpful in recovery as rewards and reinforcements can provide motivation for the patients to recover. |
| **Cognitive Behavioral** | This strategy is defined for making the patients manage their problems by changing their mindsets regarding how they perceive, think and behave about the problems. | The major key concepts of this strategy include the cognitions which mean thinking the process and the behavior which means the way in which a person acts. | The purpose of this strategy is to make the patients deal with a problems in a positive way by breaking them into parts, and changing the negative patterns of thinking process (Kennerley et al., 2016). Hence, it can be used for this purpose with the co-occurring disorders as well. | The successful outcomes of this strategy are that it works without any medication. Hence the change in the cognitions tends to change the behaviors of the patients regarding their problems. | This strategy can be used with multiple problems, as it helps the patient to deal with their symptoms in a positive way. Also, it requires no medication and is very efficient. Hence it can be used with every issue. | As the change in the cognitions leads the change in the behavior which improves the patient's perspectives about their symptoms, and the positive outlooks cause the rapid recovery for the patient. |
| **Medication- Assisted Treatment** | This strategy is mainly used with substance abuse and co-occurring disorders (Iancu, 2015). It can be defined as the way of treatment along with the counseling; certain medications are used in order to cope with the cravings related to some substance or behavior to show. | The key concepts of this strategy involve medications which contain a set of medical drugs that are used for dealing with the disorder. It involves different medications based on the problems which are required for treatment. | The purpose of using this strategy with co-occurring disorders is that for some problems there is a part which can be dealt with the help of counseling. However, some problems require medications additionally, so the purpose of using this strategy is to control the issue with the help of mix method. | The successful outcomes of this strategy are that it is based on the "whole patient" approach, so it causes the multiple aspects of patients improved by the use of a single method. | This strategy can be used in multiple treatment settings, considering the counseling room, hospitals, and care units as well as at home too because it uses medications as well as the counseling techniques alongside. | It aids in the recovery of patients for the reason that it considers different aspects of the patient’s condition, including behavioral and physical or biological aspects alongside. |

**References**

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