

Finding Client “Truth”: Attitude Change Skills for DUI Treatment Programs

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Feeling Comfortable with Truth Icebreaker

- Stage 1: 1 Person stand up
- Stage 2: +1 stand up
- Stage 3: +1 stand up
- Stage 4: +50% stand up
- Stage 5: +25% stand up
- Stage 6: All but 1 stand up
- How did you feel at each stage?

Agenda

- What is DUI Treatment? and the DUI Treatment Program Social Context
- Treating the Cognitive Dissonance Behind Attitude Change
- The Six Attitude Measurement Elements
- The Eight Attitude Change Skills
- Example: Changing Your Attitude – Movie
- Example: The Therapeutic Alliance – Counselor’s Becoming Part of the Attitude
- Example: Changing Individual Attitudes – Limiting Substance Use
- Example: Changing Group Attitudes – Moving from Contemplation to Preparation
- Summary and Questions

Terminology

- Cognitive Dissonance -- the psychological discomfort felt between selecting between two mutually-exclusive beliefs
- Balance -- cognitive equilibrium between an idea, opinion, or belief and the social context that the person ascribes to it.
- Attitude Change – a basic premise: People do not make significant, long-lasting changes in their attitudes without changing with whom they compare their ideas. (For example, how do people make drastic changes in religion, culture, and language and still feel comfortable with the change? It is the same with harm reduction and behavioral modification in DUI Treatment as it is in AOD Treatment: real, long term change is made with a new social context for comparison.)

What is DUI Treatment?

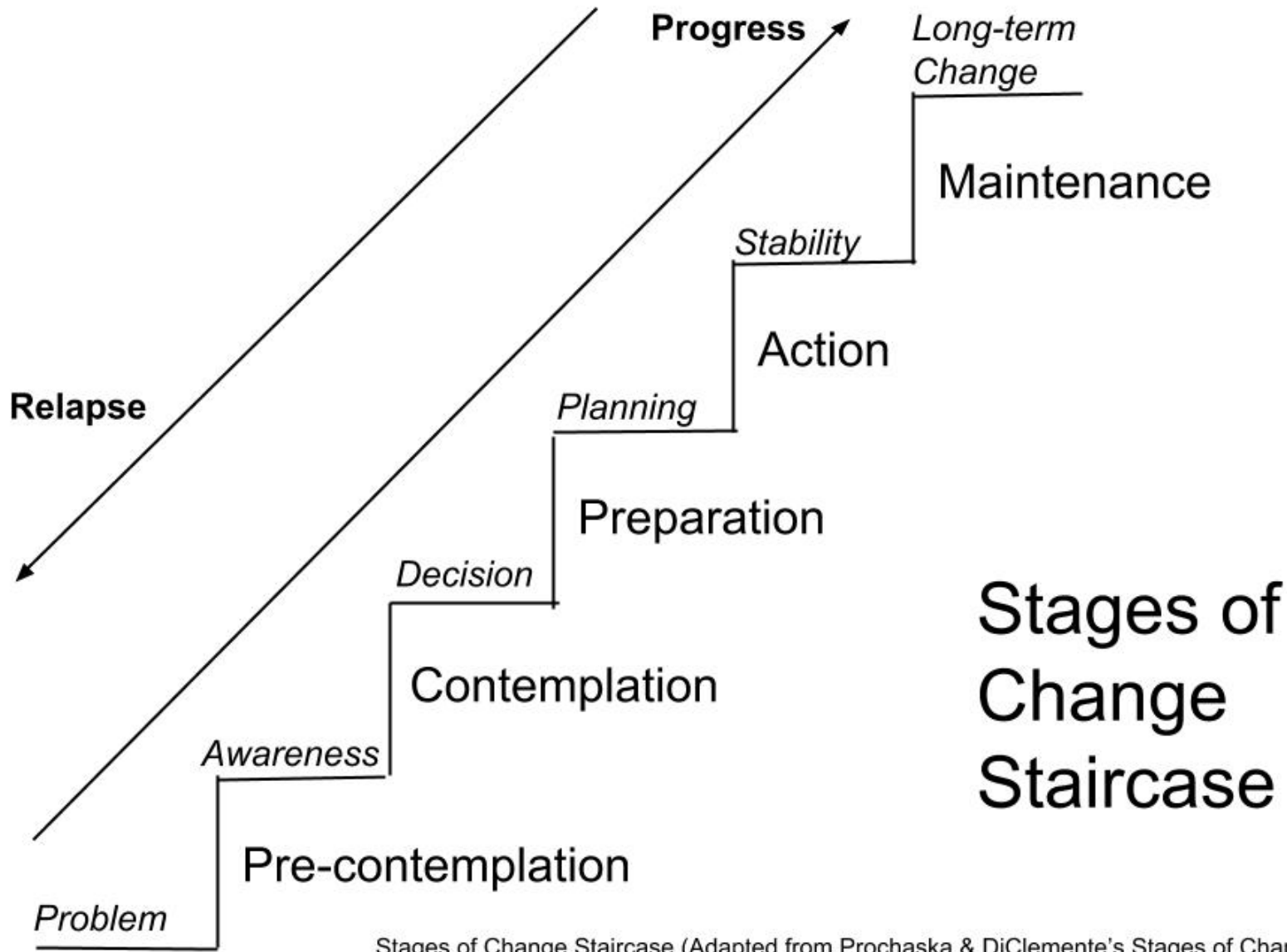
- Behavioral Modification; Clients Work Through Stages of Change for Harm Reduction and/or Addiction Recovery Around Behavioral Change to Stop Drinking and Driving (with random breathalyzer tests, and possible referral to detox, residential, outpatient AOD tx, and peer support groups, such as AA, NA, or Online AA).
- All AOD Core Functions Except Individualized Treatment Planning (e.g., no specific goals around Prochaska & DiClemente's stages of change.)
- Modified MAST (Minnesota Alcohol Severity Test) for Assessment

What is DUI Treatment? (cont.)

- Program Length Dependent on Number of DUIs, Court Sentencing, and DMV Requirements
- For example, an 18 month Multiple DUI Offender program (upon 2nd DUI within 10 years) requires:
 - 1 one hour orientation session
 - 6 two hour Prime for Life Education Classes
 - 26 fifteen minute 1:1 case management sessions
 - 26 two hour process group sessions
 - 6 one hour re-entry/termination sessions [during last 6 months]).
 - 18 month DUI Program Total: 79 ½ hours of treatment and 65 sessions
- DUI Treatment Overview: Client is observed extensively in a clinical setting and a case is made in favor of allowing the Client to be reissued their Class C License.

DUI Treatment Program Social Context

- Clients Mandated into 12 Hour / 3 Month / 9 Month /18 Month Programs
- Clients are Generally High-Functioning / Stable Mental Health Dx
- Clients are encouraged to limit or cease drinking, depending on their circumstances and health concerns
- Lots of Pre-Contemplation and Contemplation around Addiction
- Some Preparation and Action around Low Risk Transportation and Substance Use



Stages of Change Staircase

Stages of Change Staircase (Adapted from Prochaska & DiClemente's Stages of Change)
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Power of Social Influence: Mean Girls

- A scene from the greatest social psychology movie of all time:
- _Mean Girls Movie T-Shirt Scene_ --
- <https://www.youtube.com/watch?v=NPwrmfRVwoA>

Finding Client “Truth” – What Does That Mean?

- Clients adopt attitudes that seem comfortable and normal for the immediate social situation.
- NB: the immediate social situation (or social context) can be a person or group, or a memory of a person or group that seems associated to the decision/idea/belief
- Clients adopt attitudes that seem “true” to them and “the truth” can sometimes seem relative to the counselor or others watching. E.g., Did the client lie?
- Clients often use the immediate social situation as a tiebreaker regarding opinions to interpret decisions/ideas/beliefs
- Example: If I am watching my favorite movie with you, I will probably look at or listen to see if you are enjoying the movie. If you seem to enjoy the movie, I will enjoy the movie. However, if you seem to dislike the movie. I will not enjoy the movie as much. Your reaction to the movie moderates my current opinion of the movie through cognitive dissonance.
- When Client’s Know How They are Being Influenced, They Make Better Decisions

You, Them, and It (Starting Choice/Belief/Idea)

You -> It: "I like It."



Them -> It (Endorsement): "They like It."



You -> Them-> It: "They have an important opinion about It."

You, Other/Them, and Opposite It (Goal Choice/Belief/Idea)

You -> Goal-It: "I like Goal-It."



Other/Them -> Goal-It (Endorsement):
"They like Goal-It."



You -> Them-> Goal-It: "They have an
important opinion about Goal-It."

















The Six Attitude Measurement Elements

- Starting Choice Must Balanced:
 - Your Opinion of a Starting Choice/Belief/Idea (❤️/🚫)
 - The Endorsement (Person or Group) of a Starting Choice/Belief/Idea (❤️/🚫)
 - The Importance of the Endorsement of a Starting Choice/Belief/Idea (❤️/🚫)
- Goal Choice Must Balanced:
 - Your Opinion of the Goal Choice/Belief/Idea (❤️/🚫)
 - The Endorsement (Person or Group) of the Goal Choice/Belief/Idea (❤️/🚫)
 - The Importance of the Endorsement of a Goal Choice/Belief/Idea (❤️/🚫)

Six Attitude Measurements (Goal Example)

- Starting Choice/Belief/Idea (Will Attempt to Balance)
 - You Like Start-It ❤️
 - They Like Start-It ❤️
 - What They Think of Start-It is Important ❤️
- Goal Choice/Belief/Idea (Will Attempt to Balance)
 - You Don't Like Goal-It 🚫
 - They Don't Like Goal-It 🚫
 - What They Think of Goal-It is Important ❤️

The Eight Attitude Change Skills

1. Replacing the Endorser (Person  / Group ) of Starting Choice/Belief/Idea
2. Modifying the Endorsement ( / ) of Starting Choice/Belief/Idea
3. Increasing/Decreasing the Importance ( / ) of the Endorsement of Starting Choice/Belief/Idea
4. Changing Your Opinion ( / ) of Starting Choice/Belief/Idea
5. Replacing the Endorser (Person  / Group ) of Goal Choice/Belief/Idea
6. Modifying the Endorsement ( / ) of Goal Choice/Belief/Idea
7. Increasing/Decreasing the Importance ( / ) of the Endorsement of Goal Choice/Belief/Idea
8. Changing Your Opinion ( / ) of Goal Choice/Belief/Idea

Changing Your Attitude – Movie _Titanic (1997)_

- Starting Attitude: I loved the Titanic (1997) movie. I think my best friend will love the movie. My friend's opinion is important to me.
- Intervention and Attitude Change: We watched the movie, but my best friend hated the part where Leonardo DiCaprio dies: A. Maybe I should stop watching movies with that friend and watch them with someone else? (Skills 1 and 5) B. Perhaps my friend doesn't understand Romantic Movies? (Skills 2 and 6) C. Who says their opinion is important? (Skills 3 and 7) D. Now, I like the movie a little bit less? (Skills 4 and 8).
- Ending Attitude: I like this movie less now. But my best friend doesn't understand Romantic Movies. And I still think their opinion is important.

Six Attitude Measurements (Titanic Movie Example)

- Starting Belief (Imbalanced)
 - You Loved the Titanic Movie ❤️
 - Your Best Friend Hated the Titanic Movie 🚫
 - What Your Best Friend Thinks of the Titanic Movie is Important ❤️
- Goal Belief (Balanced)
 - You Don't Really Like the Titanic Movie 🚫
 - Your Best Friend Hated the Titanic Movie 🚫
 - What Your Best Friend Thinks of the Titanic Movie is Important ❤️

The Therapeutic Alliance – Counselor’s Culture Becoming Part of the Attitude

- Starting Attitude: I don’t want to go to counseling. This counselor has a different ethnicity and I don’t think they can understand me. The counselor’s opinion is not important to me.
- Intervention and Attitude Change: The Client has been mandated to counseling, noticed that the counselor’s ethnicity is different and doesn’t think the counselor’s opinion is important: A. Perhaps a counselor of the same ethnicity would be more acceptable to the client? (Skills 1 and 5) B. Perhaps the counselor doesn’t understand my issues? (Skills 2 and 6) C. Perhaps the counselor’s opinion is more important than I thought? (Skills 3 and 7) D. Now, I like working more with the counselor than I thought? (Skills 4 and 8).
- Ending Attitude: I am not sure that I like working with this counselor. But I think the new counselor may understand my issues well enough to help me. And I think their opinion may be important.

Six Attitude Measurements (Therapeutic Alliance Example)

- Starting Belief (Imbalanced)
 - You Want to Talk to The Counselor 🚫
 - The Counselor Understands My Ethnicity 🚫
 - The Counselor's Opinion is Important to Me 🚫
- Goal Belief (Balanced)
 - You Want to Talk to The Counselor 🚫
 - The New Counselor Understands My Ethnicity ❤️
 - The Counselor's Opinion is Important to Me 🚫

Six Attitude Measurements (Limiting Substance Use)

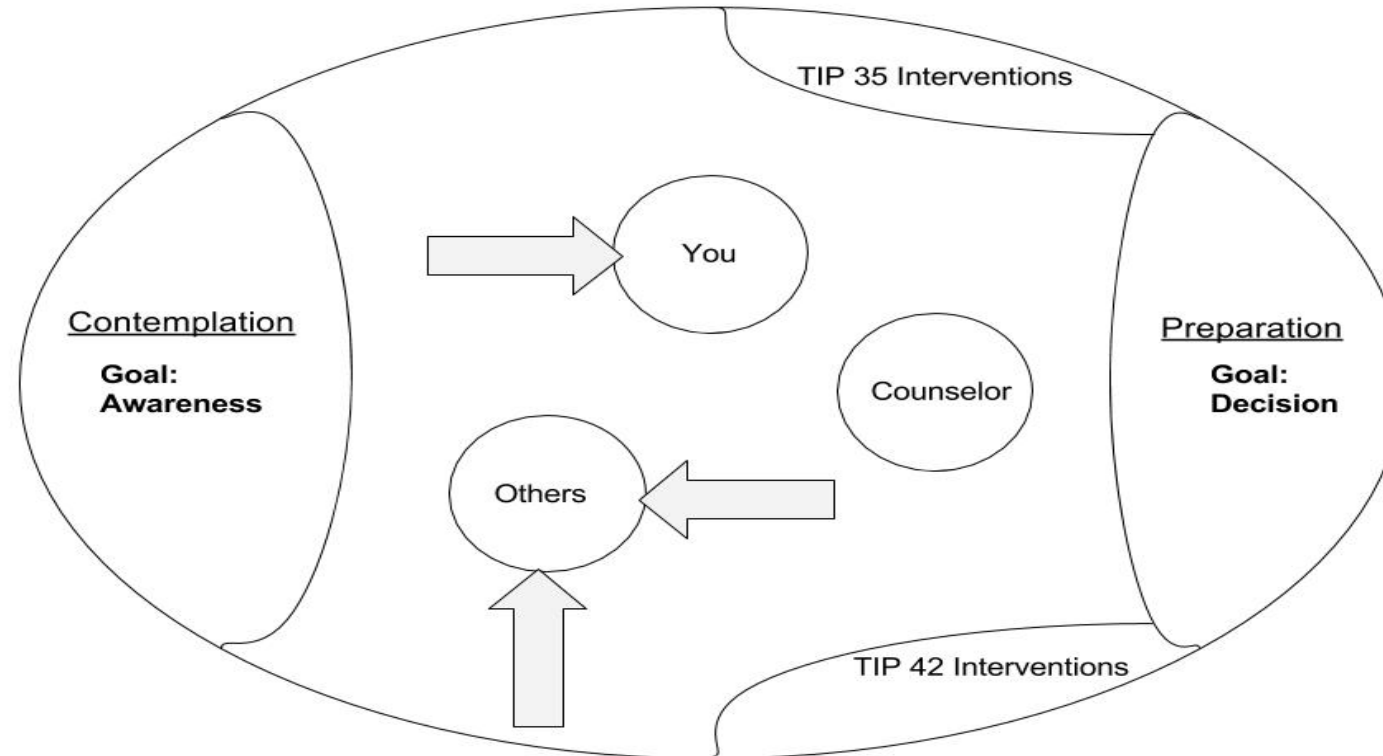
- Starting Choice/Belief/Idea
 - You Like Drinking/Smoking Heavily ❤️
 - Friends Like Drinking/Smoking Heavily ❤️
 - What Friends Think of Drinking/Smoking is Important ❤️
- Goal Choice/Belief/Idea
 - You Don't Like Limiting Substance Use 🚫
 - Friends Don't Like Limiting Substance Use 🚫
 - What Friends Think of Limiting Substance Use is Important ❤️

Example: Changing Individual Attitudes – Start: Drinking and Smoking Heavily. Goal: Limiting Substance Use

- Skill 1. Start: My Idiot Cousin was the wrong person to compare my ideas about drinking heavily and smoking pot; I should have compared myself to my parents.
- Skill 2. Start: My Idiot Cousin acted like he drank a lot, but in reality he was inexperienced and didn't know very much.
- Skill 3. Start: Why do I care what my Idiot Cousin thinks? It's not important.
- Skill 4. Start: Perhaps I was wrong... I should have been drinking heavily!
- Skill 5. Goal: My Non-Partying Friends seem like a good choice with whom to compare my ideas.
- Skill 6. Goal: My Non-Partying Friends have a negative view of partying too much.
- Skill 7. Goal: My Non-Partying Friends have an important opinion.
- Skill 8. Goal: Perhaps I was right... I should NOT be drinking or smoking pot!

Changing Group Attitudes – Moving from Contemplation to Preparation

“Your World” Thinking Map: Headed Toward Preparation But Others Who You Feel Close to Are Regressing to Contemplation. Unbalanced.



Lewin's Jordan Curve Re-envisioned.
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Six Attitude Measurements (Moving from Contemplation to Preparation)

- Starting Choice/Belief/Idea (Balanced)
 - You Like Awareness ❤️
 - They Like Awareness ❤️
 - What They Think of Awareness is Important ❤️
- Goal Choice/Belief/Idea (Unbalanced)
 - You Don't Like Decision 🚫
 - They Don't Like Decision 🚫
 - What They Think of Decision is Important ❤️

Summary and Questions

- True or False? When clients don't know how their attitudes are being influenced by comparison with others' attitudes, they make better decisions.
- True or False? The Eight Attitude Change Skills help clients manage cognitive dissonance arising from behavioral health situations.
- True or False? Permanent attitude change requires conscious choices about with whom we compare our choices/ideas/beliefs.
- Questions?

References

- Prochaska & DiClemente
- Wagner, D.A. (2005-2014).
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