

RELAPSE

WHAT IS RELAPSE ?

- Relapse is a process, a series of maladaptive responses, that eventually leads to the act of taking substance again.
- Changes at the level of thoughts.
- Changes at the level of feelings.
- Shifts in feelings.
- Shifts in behavior patterns.
- Relapse vary in intensity, Client may reach out for help after a single use OR may switch over to regular use.

MISCONCEPTIONS ABOUT RELAPSE

- RELAPSE IS NOT A SIGN OF POOR MOTIVATION
- Client under treatment are motivated to give up drugs OR alcohol, willing to make changes in life style, but yet unable to cope up with demands and challenges. Please remember, it is equally emotionally painful for the addict, as is for disappointed near and dear ones.

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MISCONCEPTIONS ABOUT RELAPSE

- RELAPSE DOES NOT SIGNAL FAILURE OF TREATMENT.
- It points out need to refine OR fine tune the treatment plans. Addiction is viewed as a chronic disorder in which RELAPSES are part of recovery process and can be used constructively towards goal of abstinence.

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MISCONCEPTIONS ABOUT RELAPSE

- REPEATED RLAPSES DO NOT INDICATE THAT THERE IS NO HOPE FOR RECOVERY.
- Unnoticed Relapse Triggers.
- Depression.
- Underlying Psychiatric problems.
- Physical illness.
- Unresolved childhood.
- Marital issues.

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MISCONCEPTIONS ABOUT RELAPSE

- RELAPSE DOES NOT DEFINE – HITTING BOTTOM ONCE AGAIN TO ASK FOR HELP.
- Huge load of Guilt & shame.
- Hesitation.
- Shakes Self-confidence.

ISSUES TO BE ADDRESSED

- Understanding the nature and intensity of problems, strengthening the resolve to abstain.
- Identifying high risk situations and making plans to handle it.
- Focusing on Qualitative recovery by initiating life style changes.
- Maintaining regular follow-ups to sustain recovery.

PLANNING A RELAPSE PREVENTION PROGRAMME

- Depending on Treatments center's resources.
- Lectures to present facts, group therapy, counseling, assignments, work book activities.
- Role play sessions, refusal skills, assertiveness, communication skills.
- Frequency, duration & impact of programme.

FOUR COMPONENTS OF RELAPSE PREVENTION

- STABLIZATION
 - I. Medical assistance to ease withdrawal symptoms.
 - II. Counseling sessions to sort out issues.
 - III. Need to focus on task at hand – establishing abstinence.

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FOUR COMPONENTS OF RELAPSE PREVENTION

- INSIGHT INTO RELAPSE PATTERN
 - I. Identify the relapse triggers.
 - ✓ *stress related to work, finance OR boredom.
 - ✓ *interpersonal conflicts related to family/friends.
 - ✓ * strong positive Or negative feelings like happiness, anger, grief or anxiety.
 - ✓ * repeated invitations Or presence of related cues towards substance.

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FOUR COMPONENTS OF RELAPSE PREVENTION

- INSIGHT INTO RELAPSE PATTERN

II. Recognize the warning signs.

- ✓ *Irrational thoughts.
- ✓ *Unmanageable feelings.
- ✓ *Self defeating behavior patterns.

FOUR COMPONENTS OF RELAPSE PREVENTION

- INSIGHT INTO RELAPSE PATTERN

III. Understand the relapse process.

- ✓ *Irrelevant decisions.

- ✓ *Lack of social skills.

- ✓ *Conversation.

FOUR COMPONENTS OF RELAPSE PREVENTION

- DEVELOP A RECOVERY PLAN TO SAFEGUARD SOBRIETY
 - I. Handling Relapse triggers.
 - II. Recognizing Warning signs.
 - III. Dealing with craving issues.
 - IV. Improving Lifestyle.
 - V. Medical help.

FOUR COMPONENTS OF RELAPSE PREVENTION

- STRENGTHENING SOCIAL SUPPORT
 - I. Family
 - II. Friends
 - III. Self Help Groups.
 - IV. Colleagues.

CONCLUSION

- Counselor plays a key role for recovery and reestablish sobriety.
- Need to appreciate every progress made and support the client through difficult times with messages of hope & optimism.
- Walk with the client as a guide, identifying pitfalls, some visible and others hidden. Teaching coping skills to overcome them OR side step each of them.

THANK YOU