



Social Learning Theory: Skills Are Essential in Treating Addictive Disorders

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Why Social Learning Theory ?

“For over a century, psychologists have investigated the ways humans and animals learn. This research has resulted in a vast body of knowledge. Throughout the years, various learning theories have been proposed, tested, and refined. Because of this research, we now have a solid understanding of the how learning occurs.

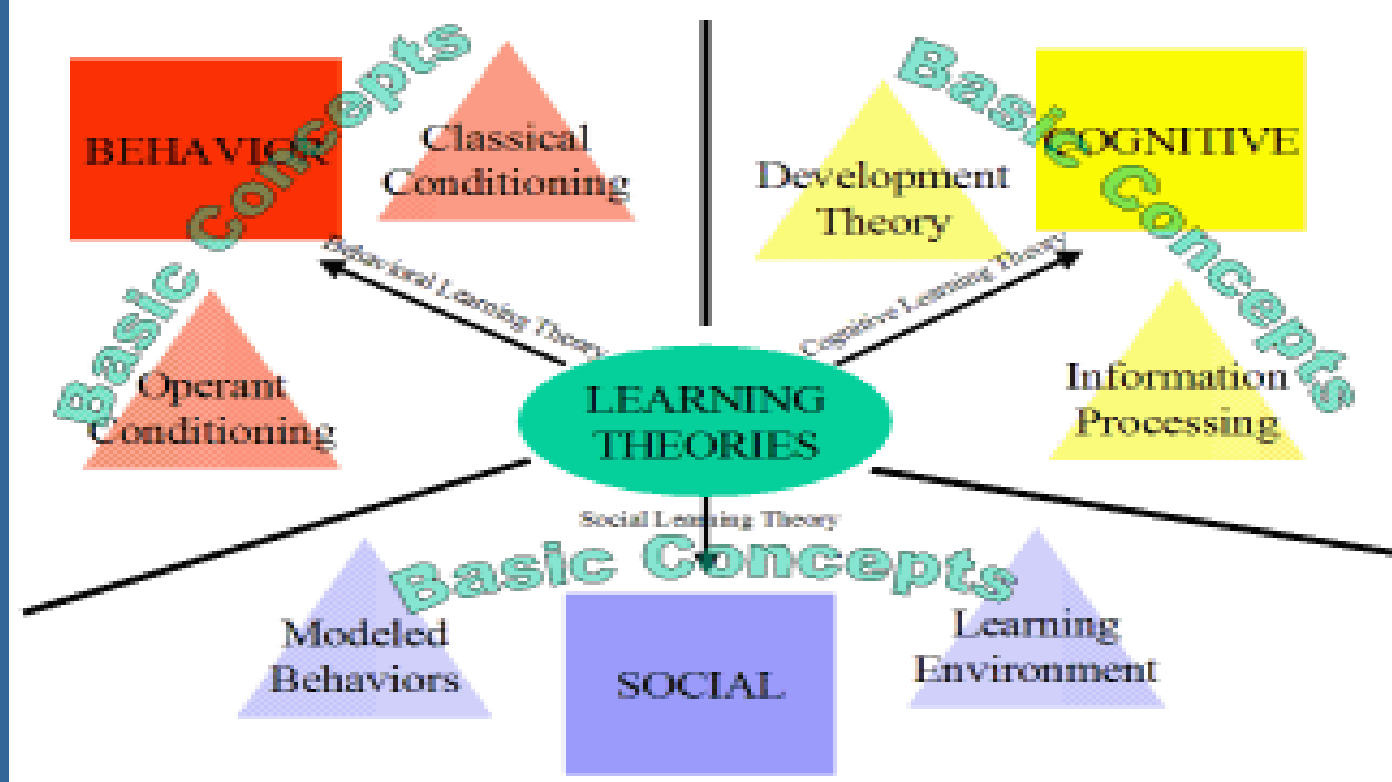
This knowledge is extremely useful in treating many types of psychological and emotional problems. Therefore, it is not surprising that the application of learning theory is critical to the understanding of the addiction and recovery process. As such, it remains an important area of addictions research.



Rationale

■The SLT Model of alcohol abuse is derived from principles of experimental, social, and cognitive psychology.

■The major assumption is that if clients take responsibility for learning new behaviors, they can learn to better manage their genetic and social learning vulnerabilities.



■Communication skills are important for rehabilitation of clients for two reasons:

They can enhance coping with high risk situations that commonly precipitate relapse, including both interpersonal risks for relapse and intrapersonal emotions such as anger or depression.



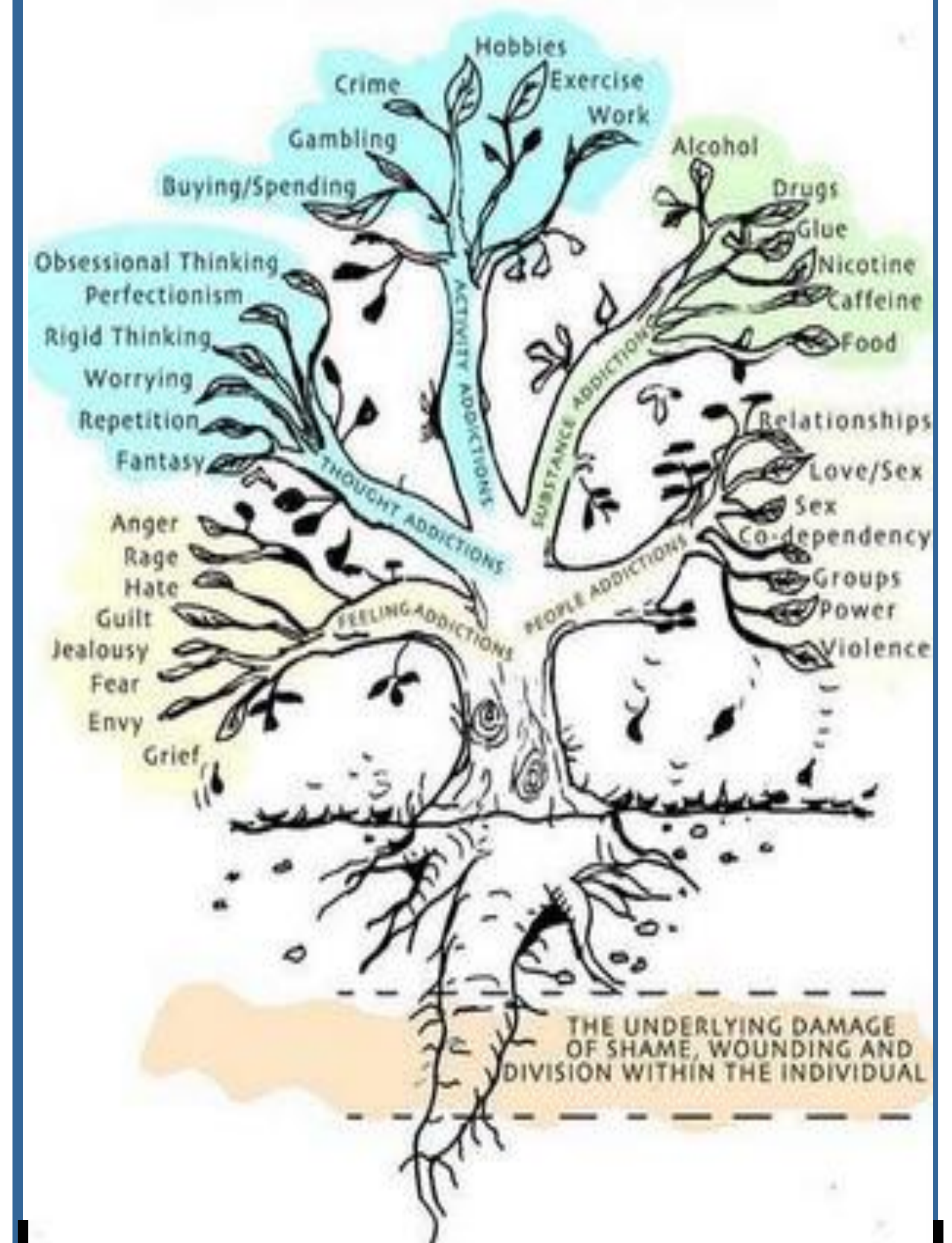
Incorporate knowledge about clients and various cultures into the practice and delivery of the curriculum.



Conclusion

Client’s lack skills that will enable them to function appropriately in life. This lack of skills also increases the likelihood of them relapsing. Teaching them new skills increases the chances that they will cope with problems without using.

THE ADDICTION TREE



“The skills that are covered are designed to give clients options. They may or may not choose to use these options but if they have options other than using they may make a better choice.”

References

A. Tom Horvath, Ph.D., ABPP, Kaushik Misra, Ph.D., Amy K. Epner, Ph.D., and Galen Morgan Cooper, Ph.D., edited by C. E. Zupanick, Psy.D.
 Treating Alcohol Dependence: A Coping Skills Training Guide August 15, 2002, Monti , Kadden, Rohsenow, Cooney, Abrams

Key Questions

WHY:

✓ **Showing the client what it looks like to use the skills allows them to get a better picture of how to do it. We all learn by watching and then doing.**

HOW:

✓ **Model the skill steps using an example that allows the clients to see what they are going to do.**

WHY:

✓ **Practicing skills within the group allows clients to practice in a safe environment and receive immediate feedback about their performance. We all learn by DOING.**

HOW:

✓ **Follow Steps for Role Playing or engage clients in an active learning activity. Allow each client to practice the skill using one of their own personal examples.**

