

Integrated Cognitive Behaviour Therapy (綜合認知行為治療) for Young Cannabis Abusers

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WHAT IS
INTEGRATED
COGNITIVE
BEHAVIOUR
THERAPY
(綜合認知行為治療)

Stages of changes:

- Precontemplation stage – helping the person to find a reason to change (**Motivation Interviewing Strategies** 動機式訪談法)
- Contemplation, Preparation and Action stages – facilitating the young drug abuser be aware of his/her triggers and cravings and to learn to recognize his/her emotive, cognitive and behavioural dysfunctions (**Cognitive Behaviour Strategies** 認知行為治療)
- Maintenance stage – Educating the young person on relapse prevention, to deal with craving in high-risk situations and maintain treatment gains (**Cognitive Behaviour Strategies** 認知行為治療)

Two more foci:

- Developing skills to handle negative emotions (**Emotional Management Strategies** 情緒管理策略)
- Understanding and developing one's strengths (**Strength Building Strategies** 優勢建立策略)

CASE ILLUSTRATION

- Female, 17yo, Form 6, Cannabis abuse for 1.5 years, graffiti artist
- Went to parties and friends' homes to take cannabis
- Speaks very good English and makes friends with foreigners
- 6 months ago, got caught for possession of weeds and has been put on probation
- Probation officer referred her to see RADAR II social worker of HKFYGs
- Came from a single parent family, 3rd of 4 siblings, fair relationship
- Mother is very competent and is also very bossy to her

PRESENTING PROBLEM

Did not seem to see cannabis taking as problematic, claimed that became more focused and artistic after taking cannabis

Did not know how to say no to cannabis (i.e. even when she was given the weeds to carry with herself in the street)

Appeared to be tough in front of others, but rather vulnerable and lacking confidence inside

ENHANCING MOTIVATION FOR CHANGE

Interested in Languages and the agency sponsored her to take a French course (i.e. a few sessions)

Explored her interest in graffiti drawing – finding satisfaction and a sense of self-worth

Invited her to talk online to other youth on graffiti drawing and the various techniques behind the work; developed Facebook with followers

均衡生活自省篇 (Graffiti Girl)

均衡生活自省篇 (Graffiti Girl)

- ⇒ 假設你現時擁有 100 萬，你可運用這些金錢競投下列各拍賣項目，每個項目的最低額不能少於 5 萬，而上限則沒有設定，你會如何作出分配呢？
- ⇒ 請以你期望的**理想生活模式**作為填寫「理想投資額」的藍本，並以**現時生活狀況**作為填寫「實際投資額」的藍本。

項目		理想投資額	實際投資額
1	工作	0 萬	10 萬
2	配偶或男女朋友相處	10 萬	15 萬
3	與家人相聚 (父母、子女、兄弟姊妹)	30 萬	10 萬
4	與朋友相處	15 萬	30 萬
5	休息	萬	萬
6	娛樂	0 萬	30 萬
7	獨處	萬	萬
8	健體活動	萬	萬
9	發展個人興趣	15 萬	5 萬
10	進修學業	30 萬	0 萬
11	認識社會潮流或新事物	萬	萬
12	參加宗教活動	萬	萬
總共:		100 萬	100 萬

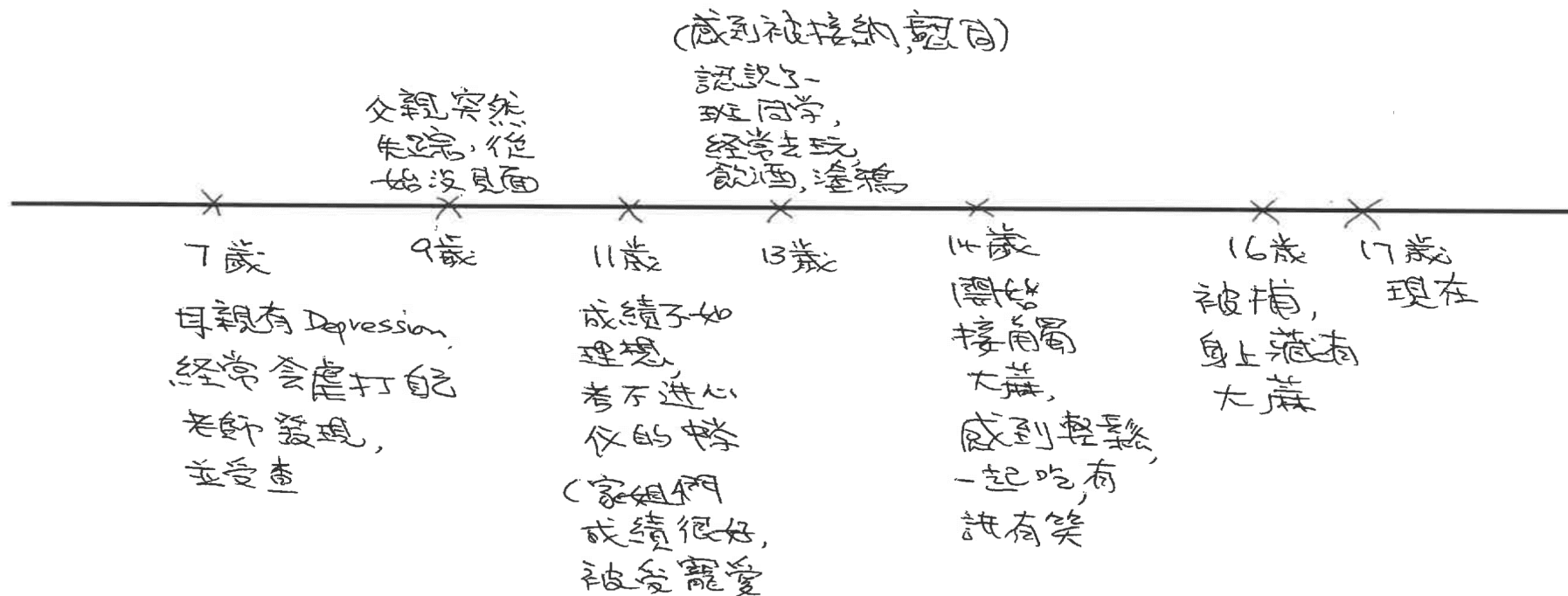
GOALS

To become a tattoo designer;

To rebuild relationship with family members

(Graffiti Girl)

人生大事回顧 (優勢版)



LIFE REVIEW

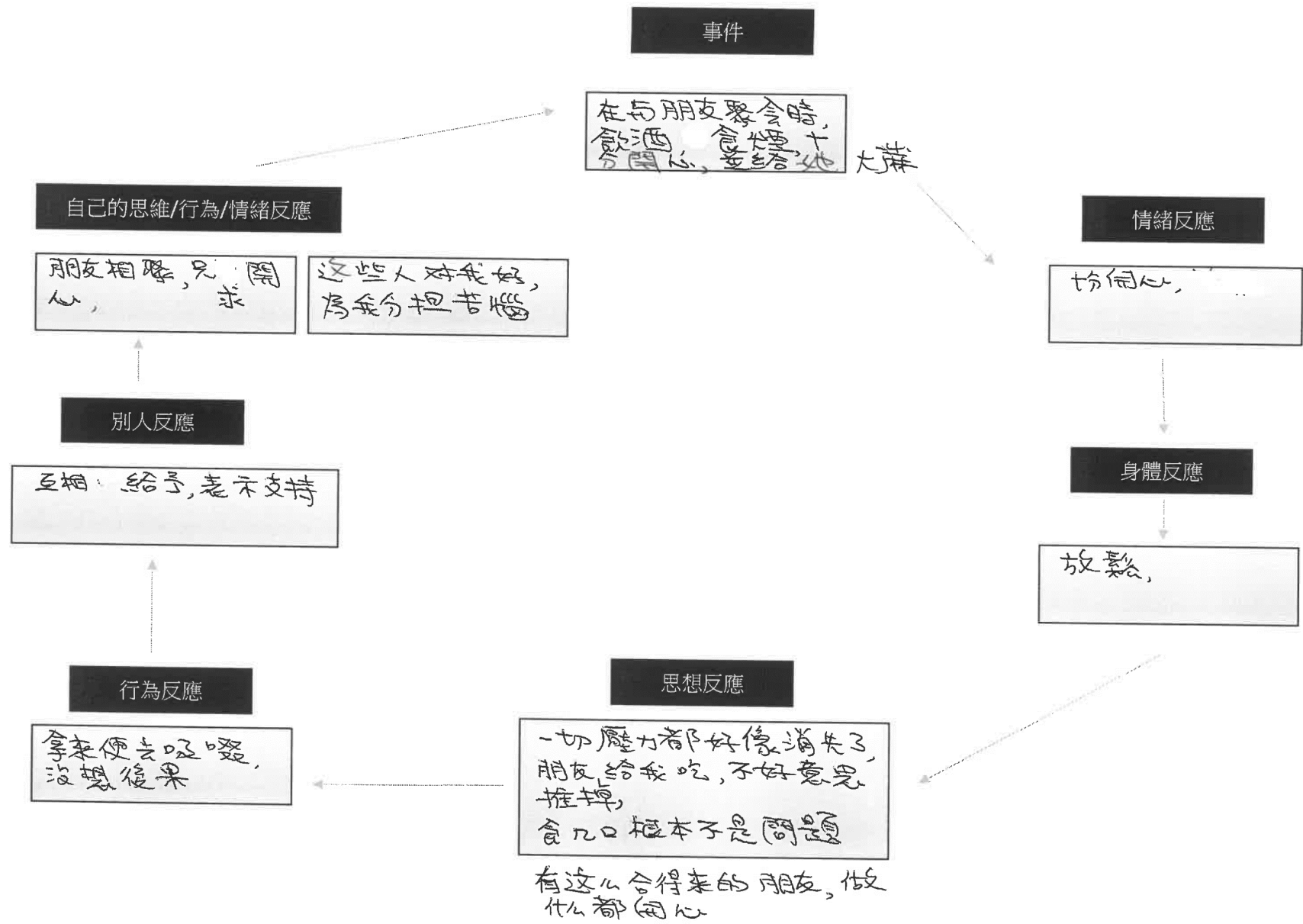
Got to understand her family situations

Got to know why she became attached to friendship and could not say no

Got to know how she developed very low self-esteem about herself

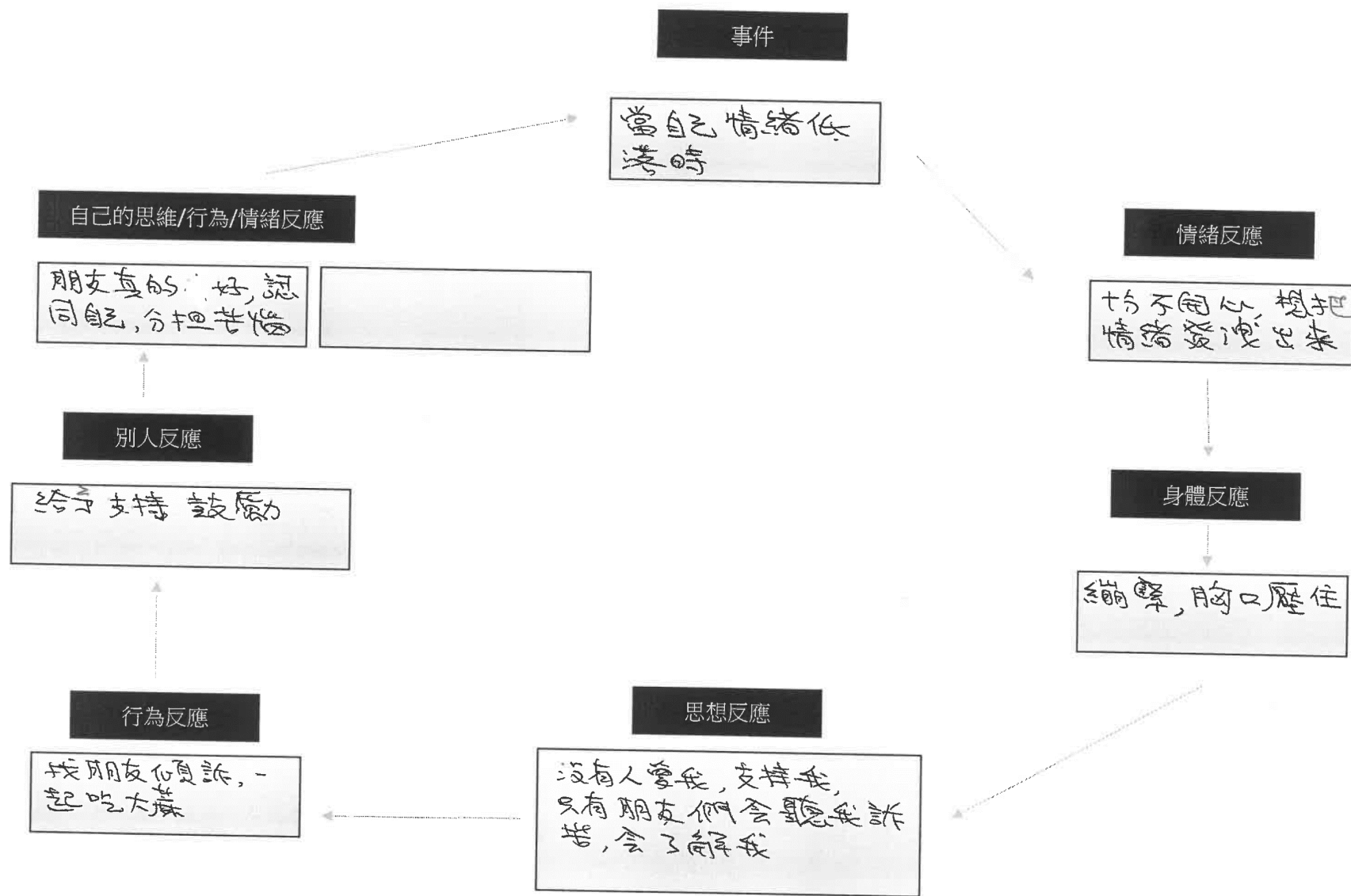
(Graffiti Girl Ez)

惡性循環圖



(Graffiti Girl E.)

惡性循環圖



PATTERN OF
RESPONSES –
UNABLE TO SAY
“NO”

- Whether she is happy or unhappy, she does enjoy the connection and companion from friends
- When relaxed, she loses her sense of alertness, and when she is distressed, she yearns for relief
- She engages in a lot of thoughts that allow herself to take cannabis
- What makes her feel better, is it the cannabis itself? Or is it the sense of companionship and support from friends?
- What consequences will she have if she continues to mix with this group of friends?

DEVELOP NEW PLAN

- Has decided to resume to study Form 6 and see if she can go further from there
- Has been spending more time with mother
 - Do things with mother together
 - Begin to appreciate and realize that mother does care about her
- Has discussed and begun to develop new life routine
 - Did a few classes on graffiti for other young people
 - Join agency services (e.g. interest classes)
 - Encourage to develop friendship with those in the agency

KEY TAKEAWAY

Without Cannabis.....

- I can still have good friends
- I can still do graffiti
- I have my mom back



Thank you!