

Demystifying Dual Diagnosis: Diagnosis, Psychopharmacology & Treatment Guidelines

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Goals of Training:

1. To be able debunk myths about dual diagnosis.
2. To understand new diagnostic criteria from DSM-V.
3. To have a functional understanding of the psychopharmacology treatments and the role medications play in the treatment process.
4. To integrate early engagement strategies into treatment strategies.
5. To identify and practice the most current motivational interviewing interventions.
6. To have clinical staff be cognizant of best practices for treatment with clients who have dual diagnoses.
7. To design effective discharge protocols through relapse prevention and recovery planning.
8. To be able to demonstrate competencies with diagnosis and treatment of dual diagnosis through course discussions, small group exercises, and case studies.

Outline:

Diagnosis, Prevalence, Neuroscience, & Clinical Pharmacology

- Dual diagnosis is the expectation not the exception
- Dual diagnosis or co-occurring disorders: A rose by any other name
- Exploring DSM-V diagnostic criteria
- What we are learning about the brain
- Small group activity: Applying what we have learned

Screening, Assessment & Treatment Planning

- Screening instruments
- Comprehensive bio-psycho-social assessment
- Current medication recommendations
- Wellness recovery action planning
- Small group activity: Clinical vignette

Early Engagement & Motivating Change

- Meeting the client where they are at
- Not working harder than the client
- Dealing with differential Stages of Change for mental health & substance use problems
- Empowering clients to find their own reasons for change
- The latest recommendations from Motivational Interviewing
- Small group activity: Practicing our new techniques

Cognitive Behavior Therapy

- Educating the client about the Stages of Recovery
- Effectively dealing with external and internal triggers
- Being smart not strong
- Avoiding relapse drift and relapse justification
- The importance of self-care
- Small group activity: Clinical vignette

Dialectical Behavior Therapy

- Exploring philosophical foundations briefly as it relates to dual recovery
- Helping clients be mindful, manage distress, regulate emotions and be effective in relationships
- Leveraging the meta-skills to empower dual recovery
- Small group activity: Clinical vignette

Relapse Prevention & Recovery Planning

- Learning warning signs and effective responses
- Implementing skills and strategies learned from treatment
- Continuing self-care and building healthy support systems
- Case studies as time allows