

CBASP for Co-Occurring Persistent Depression and Alcohol Use Disorders

J. Kim Penberthy, Ph.D., ABPP

Chester F. Carlson Professor of Psychiatry & Neurobehavioral Sciences, University of Virginia
School of Medicine and Health System, Charlottesville, VA USA

CBASP has been adapted to treat persistently depressed individuals who have co-morbid alcohol use disorders. Persistently depressed alcohol dependent individuals possess unique characteristics that make effective treatment more challenging. For instance, they have a higher likelihood of psychological abuse and trauma history, specific cognitive/learning deficiencies, a more chronic and severe course of depression, including an earlier age of onset, increased number of co-morbidities, and a more complex and riskier prognosis. Depressed alcoholic individuals typically report a lifelong history of intrapersonal and interpersonal failure and demonstrate interpersonal avoidance and detachment. Research supports the hypothesis that an integrated therapy which possesses components of motivational, cognitive behavioral therapy, as well as management of interpersonal skills, including mindfulness strategies and behavioral reinforcements to target co-occurring depression and alcoholism may be most effective.

Level: Intermediate

Learning Objectives:

1. Describe the augmented case conceptualization that links the problematic use of alcohol (or other addictions) to the chronic depression and explore how this learning component is uniquely addressed in CBASP.
2. Describe and demonstrate the augmented techniques utilized to facilitate alcohol reduction and abstinence.
3. Describe the significance of learned interpersonal avoidance behavior in this population, and the importance of promoting reductions in friendly submissive, submissive and especially hostile submissive interpersonal interactions.
4. Describe the ethical dilemmas and effective strategies to address them in this population.