

# Treatment of shame and guilt in alcoholism counselling

## Haworth - The Role of Shame and Guilt in Addiction Treatment

Figure A-1. Recommended Assessment Tools		
Overview of Recommended Tools		
	Interview	Self-Administered
Screen	Q-S and CAGE	AUDIT
Problem Assessment		
Consumption	BOP	Q-F
Dependence	SCID	ADS
Consequences	SCID	DrInC

  

Descriptive Information on Recommended Tools		
Acronym	Tool Name	Source/Availability
CAGE	Needs for more wine in each of four questions	Mayfield, McGold and Hull, 1976, Irving, 1984 Available on pages A-2 and A-4.
Q-F	Basic Quantity-Frequency Items	NIAAA, 1995 Available on pages B-2 and A-4.
AUDIT	Alcohol Use Disorders Identification Test	Babor et al., 1992 <a href="http://www.caaia.niaaa.nih.gov/publications/audit.htm">www.caaia.niaaa.nih.gov/publications/audit.htm</a>
BOP	Brief Drinker Profile	Miller and Matthes, 1984 Miller, 1984, 1985, 1986, 1987 through A-10
SCID	Structured Clinical Interview for DSM-IV-TR	Fist, et al., 2001 Dependence questions available on <a href="http://www.ptsd.va.gov/therapists/icsd.pdf">www.ptsd.va.gov/therapists/icsd.pdf</a> Available through www.scdl.org
ADS	Alcohol Dependence Scale	Silverman and Horn, 1984 <a href="http://www.ptsd.va.gov/therapists/ads.pdf">www.ptsd.va.gov/therapists/ads.pdf</a>
DrInC	Drinker Inventory of Consequences	Miles, Tennenbaum and Longnecker, 1995 Available on pages A-11 through A-18

Description: -

- Alcoholism counseling

Alcoholism -- Treatment. Treatment of shame and guilt in alcoholism counselling

-Treatment of shame and guilt in alcoholism counselling

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Tags: #How #Feelings #of #Guilt #and #Shame #Fuel #Addiction

### How Feelings of Guilt and Shame Fuel Addiction

Of the pair, shame is the more dangerous and difficult to overcome, but both lead to an increased potential for relapse. And it is indeed a painful emotion to deal with sometimes.

### The Treatment of Shame and Guilt in Alcoholism Counseling

The program makes use of a bi-adaptive psychoeducational and cognitive-behavioral treatment.

### How Shame Impacts Addiction & Recovery

But, why is that the case? Guilt and shame in addiction recovery are some of the biggest hurdles that addicts will face. Each feeling directly contributes to addiction and other mental health issues. For instance, those that smoke on a daily basis and exhibit risky behavior while drinking has been shown to have a lot less interpersonal guilt than their peers that do not regularly use substances.

### How Feelings of Guilt and Shame Fuel Addiction

Forgiveness is also part of making amends with people you hurt or people who hurt you.

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