

Treatment of shame and guilt in alcoholism counselling

Haworth - The Role of Shame and Guilt in Addiction Treatment

Figure A-1. Recommended Assessment Tools

	Interview	Self-Administered
Screen	Q-F and CAGE	ATDT
Problem Assessment		
Consumption	BEP	Q-F
Dependence	SCID	ADS
Consequences	SCID	Defac

Assessment	Descriptive Information on Recommended Tools Tool Name	Administration (time in minutes)
CAGE	Stands for main word Brands of four questions Available on pages 6-7 and 8-9	1
Q-F	Basic Quantity Frequency Screen SMAA, 1985 Available on pages 8-9 and 8-10	1
ATDT	Alcohol Use Disorders Identification Test Ruhoff, et al., 1992 www.cmu.edu/gpa/publications/assault.htm	2
BEP	Brief Drinker Profile Miller and Maruff, 1984 Available on pages 9-10 through 9-11	3-5*
SCID	Structural Clinical Interview for DSM-IV-TR First, et al., 2001 Dependence questions available on pages 6-7 and 8-9. Alcohol abuse questions available through www.scid.org	2-5*
ADS	Alcohol Dependence Scale Simpson and Horn, 1986 www.cmu.edu/gpa/publications/adh.pdf	5
Defac	Drinker Inventory of Consequences Miller, Tonigan, and Longmough, 1995 Available on pages 10-11 through 10-12	10

*Times are estimates for the adapted versions presented in this Guide.

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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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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