

CRAFT

Community Reinforcement and Family Training

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Alphabet Soup

CRAFT	Community Reinforcement and Family Training
CSO	Concerned Significant Other or the Family Member
CRA	Community Reinforcement Approach
Engagement	Entering Treatment



Rationale for Working with The Family

- Substance abusers often report that family pressure prompted treatment seeking
- You can influence substance abusers' family behavior due to extensive contact
- CRA has always viewed Family as crucial collaborators



Rationale for Working with Families (cont'd)

- Families also need help (victims of violence, verbal assaults, \$ problems, marital conflict, etc. etc. etc.)
- We have a history of excluding family members!



What is CRAFT?

A CRAFT therapist works with the family member (CSO) to help modify the family members behavior in such a way that a non-substance using lifestyle is more rewarding than one focused on using alcohol or other drugs.



What is CRAFT?

- **Family members are the focus of your therapy. By helping the family member learn about enabling behaviors, new ways to communicate & solve problems; and that timing the new behaviors is crucial when approaching the substance user.**



Ten Basic Messages for Family members

1. Research has shown that family members can successfully learn techniques to engage their substance-abusing loved ones into treatment.

We cannot emphasize this enough!!!



Ten Basic Messages for Family Members

2. You are not alone.

As isolated as you may feel as you cope with your loved one's substance abuse, the fact is that you are not alone. Millions of families are at this very moment suffering from problems just like yours. Although knowing that others suffer certainly doesn't lessen your pain, you may take hope from knowing that many have "solved" their problems and learned to live more satisfying lives.



Ten Basic Messages for Family Members

3. You can catch more flies with honey than vinegar.

Research has shown that it is easier to get your loved one to listen to loving words than to criticism. So choose ways to discuss about *what you do like about him or her and what positive changes please you.*



Ten Basic Messages for Family Member

4. You have as many tries as you want.

Relationships are a *process*; they exist over time. One event or discussion rarely defines an entire relationship, so you have as many tries at improving your relationship as you wish to take. CRAFT is designed move at the pace you choose. People can be helped at any time.



Ten Basic Messages for Family Members

5. You can live a happier life whether or not your loved one becomes abstinent.

An important part of CRAFT is learning to take care of yourself, regardless of your loved one's behavior. *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening* (Meyers & Wolfe, 2004) teaches you how to do that and feel good about it.



Helping Yourself Helps.

6. When you help yourself you help your family.

You become a positive role-model for the whole family.

Your resilience upbeat and healthy attitude can be infectious, in a good way.



Ten Basic Messages for Family Members

- 7. Neither you or your loved one are crazy. All people have problems and substance misuse is just that a problem.
- You did not cause it, your loved one did not set out to be an abuser, and problems have solutions.



Ten Basic Messages for Family Members

- 8. The world is not black and white. Most problems vary in degree and difficulty. One should think of changing a bad habit in successive approximations. Change may be easier for an individual if they have more than one option.



Labels do more harm than good

9. Scientific studies have shown that labels (Addict, Alcoholic) are a major barrier to people seeking help for substance use.

10. You have nothing to lose and a lot to gain by getting involved.



WHERE TO BEGIN?



	Not an important goal			A very important goal	
to help your loved one get clean and sober	1	2	3	4	5
to decrease the risk of violence in the family	1	2	3	4	5
to relieve your own emotional distress	1	2	3	4	5
to get your loved one into treatment	1	2	3	4	5
to learn how to support your loved one's sobriety and treatment	1	2	3	4	5
to increase your loved one's motivation for change	1	2	3	4	5



CRAFT Procedures: Overview

- Positive Focus
- Functional Analysis of IP's Using Behavior
- Domestic Violence Precautions
- Communication Training
- Use of Positive Reinforcement



CRAFT Procedures: Overview (cont'd)

- Time Out from Positive Reinforcement
- Natural Consequences for Using
- Reinforcers for the Family member
- Suggestion of Treatment to the User
- Rapid Intake



CRAFT Induction

- Stay client focused
- Let CSO express frustration
- Begin to identify problem areas
- Use positive reinforcement
- Describe CRAFT's goals, procedures
- Describe expected role of CSO
- Begin to establish "reinforcers"



The three things rule!

1. Things with your life can get better.
2. Things in your life can stay the same.
3. Things in your life can get worse.

The choice is yours!



Guidelines for Goal Setting

Goals should be:

- Brief (uncomplicated)
- Positive (what *will* be done)
- Specific behaviors (measurable)
- Reasonable
- Under the CSO's control
- Based on skills the Client has



CRAFT therapists along with their Client decide when and how to use each procedure.

This is a program that needs the therapist to use their skills and intuition to provide what the client needs at any given time.
(communication skills).



CRA Induction: First Session

- Build rapport, build rapport, build rapport
- Stay client-focused
- Respect, dignity, support and **no judgments** never ever
- Use positive reinforcement
- Provide an overview of the basic CRA objectives
- Begin to establish “reinforcers” (motivators)



CRA Induction (cont'd)

- Set positive expectations (e.g., CRA has scientific backing)
- Explain that treatment is time limited and they are in control of the length of their treatment
- Discuss several CRA procedures relevant to client's situation (e.g., problem-solving)
- Emphasize independence/self-reliance



New CRAFT Adaptations

- CRAFT in Groups
- CRAFT with Gambling Problems
- CRAFT with family member who is already in treatment
- CRAFT with returning war veterans with PTSD & SUD
- CRAFT groups on the internet
(Smart Recovery)

