ASAM REVIEW COURSE 2026

Psychosocial Interventions: Cognitive Behavioral Therapy and Motivational Interviewing

Eve Lasswell, PsyD, ABPP
Associate Clinical Professor of Psychiatry
University of California – San Diego
La Jolla, CA

Financial Disclosure

Eve Lasswell, PsyD, ABPP

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Prevalence in 2024

- 48.5 million people 12+ (17.1%) had a substance use disorder
  - AUD: 10.6% (2021) → 9.7% or 27.9 million people (2024)
  - DUD: 8.7% (2021) → 9.8% or 28.2 million people (2024)

- SUD by age group
  - 12-17: 8.5% (2021) → 7.8% (2024)
  - 18-25: 27.1% (2021) → 25.9% (2024)
  - 26+: 16.6% (2021) → 16.4% (2024)

(NSDUH, 2025)

Why psychotherapy?

Evidence-Based Treatments

- **Alcohol, Opioid, Cannabis Use Disorder**
  - MI
  - MET
  - 12-Step Facilitation
  - Cognitive Behavioral Therapy for SUDs
  - ACT for SUDs
  - DBT in conjunction with any of the above/mindfulness
  - Community Reinforcement and Family Training (CRAFT)

- **Stimulant Use Disorder, Opioid Use Disorder**
  - Contingency Management in conjunction with above modalities

Evidence Base

- **MI** (Sayegh, Huey, Zara, & Jhaveri, 2017) (Santa Ana et al., 2021)
  - Reduction in substance use at follow-up
  - Effective in group settings (attendance, lowered alcohol consumption)

- **CBT** (Magill et al., 2019)
  - Effective and durable gains in short- and long-term follow up

- **MI + CBT**
  - Combined MI and CBT for AUD + MDD decrease symptoms of both (Riper et al., 2014)

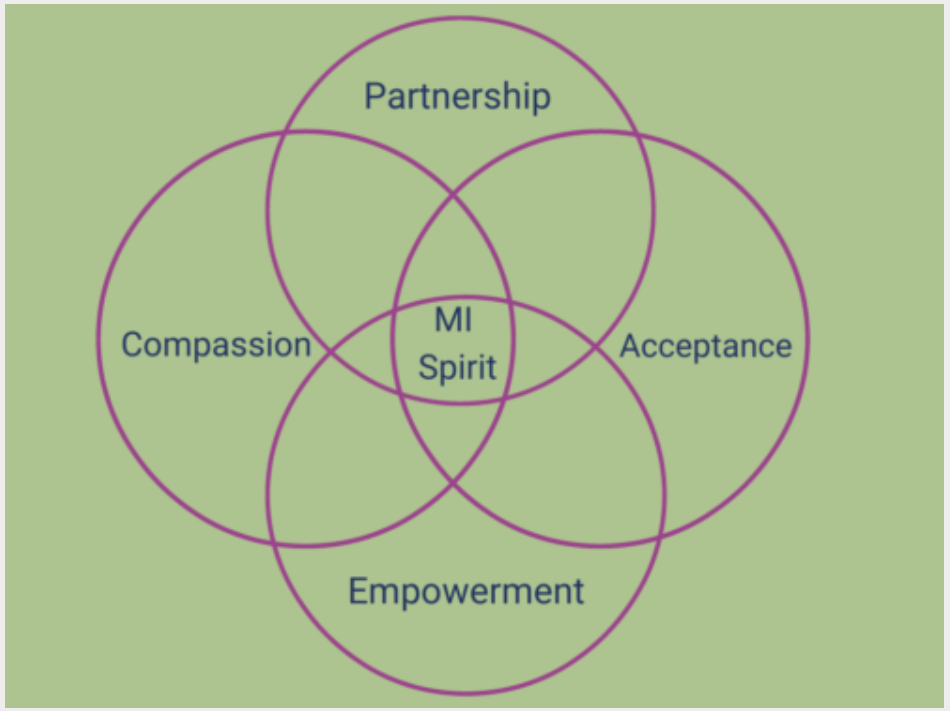
What does treatment entail?

Motivational Interviewing (MI)

From the founders: “MI is about arranging conversations so that people talk themselves into change, based on their values and interests.”

– Miller & Rollnick

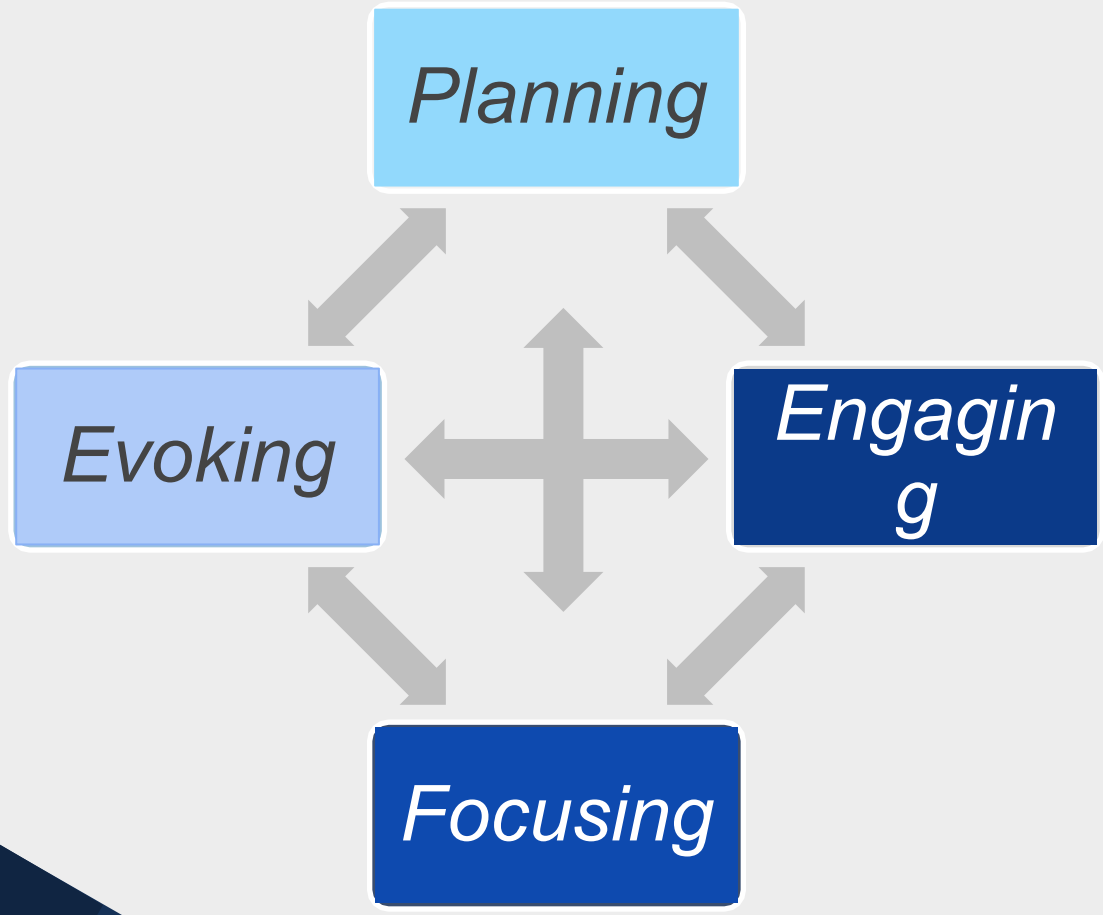
- Spirit: Dancing vs. wrestling
- PACE
- Frames ambivalence as a normal reaction
- Emphasizes and encourages “change talk” (vs. “sustain talk”)



Four Fundamental Tasks

Stair-step imagery because these tasks are inherently somewhat linear…

…and also recursive



- Engaging skills (and re-engaging) continue throughout MI
- Focusing is not a one-time event; re-focusing is needed, and focus may change
- Evoking can begin very early
- “Testing the water” to see if ready for planning - may need to go back to another task

Change Talk

- DARN CAT
  - **D**esire
  - **A**bility
  - **R**easons
  - **N**eed
  - **C**ommitment
  - **A**ctivation
  - **T**aking Steps

- Generate Change Talk with:
  - **O**pen-Ended Questions
  - **A**ffirming
  - **R**eflective Listening
  - **S**ummarizing

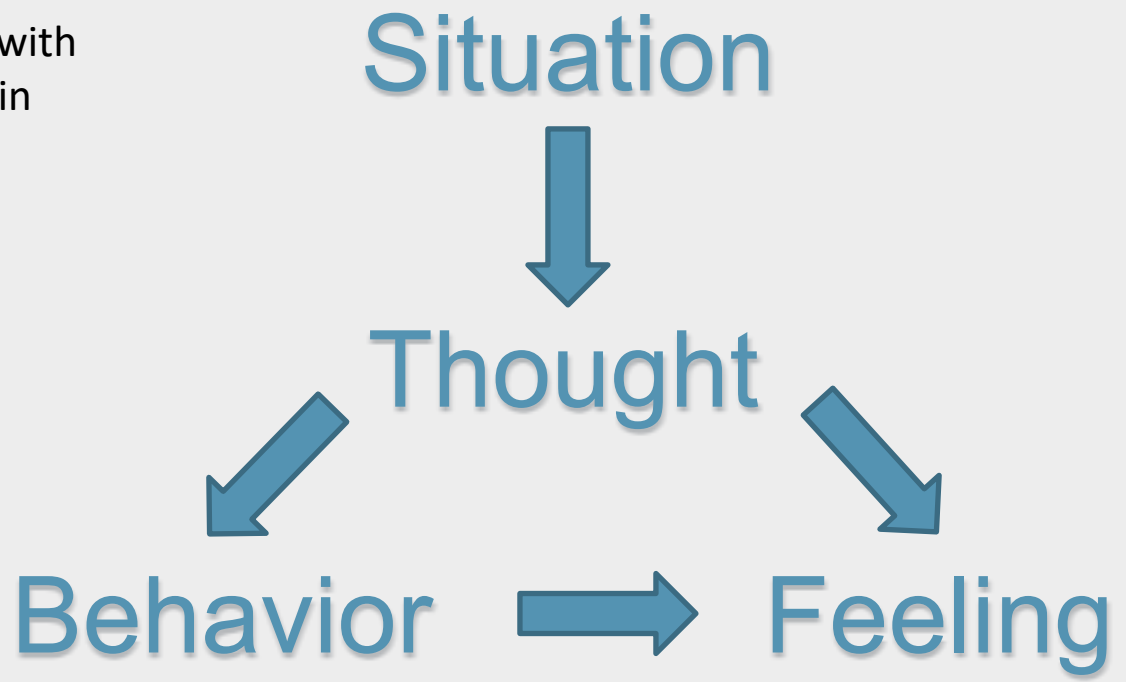
  - Scaling questions

Cognitive Behavioral Therapy (CBT)

From the founder: “As applied to substance [use], the cognitive approach help individuals come to grips with the problems leading to emotional distress and to gain a broader perspective on their reliance on drugs for pleasure and/or relief from discomfort

– Aaron T. Beck

- CBT says: Substance use is inherently reinforcing, this interacts with psychological or behavioral coping deficits to produce increase in substance use
- SUD develops when this pattern is repeated over and over
- Solution: more effective coping, managing expectancies re: use
- Stages of treatment:
  - Building rapport and alliance
  - Preparing for Change
  - CBT Strategies
  - Maintaining Change/Termination



Cognitive Distortions

- Extreme or exaggerated thought patterns that lead to misery and distress
- A way to make sure we won't be surprised if things turn out badly
- Our brain's way of keeping us safe and protecting us now from the things that have hurt us in the past

Cognitive Distortions

Emotional reasoning

Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

Labeling

Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

should

must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Personalization

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

All or nothing thinking

Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Mental filter

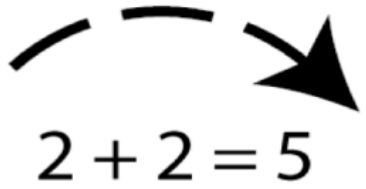
Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

Over-generalizing

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Jumping to conclusions



There are two key types of jumping to conclusions:

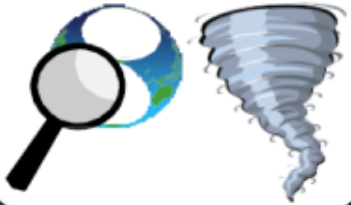
- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Disqualifying the positive

Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Magnification (catastrophizing) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

1 Catch It

2 Check It

3 Change It

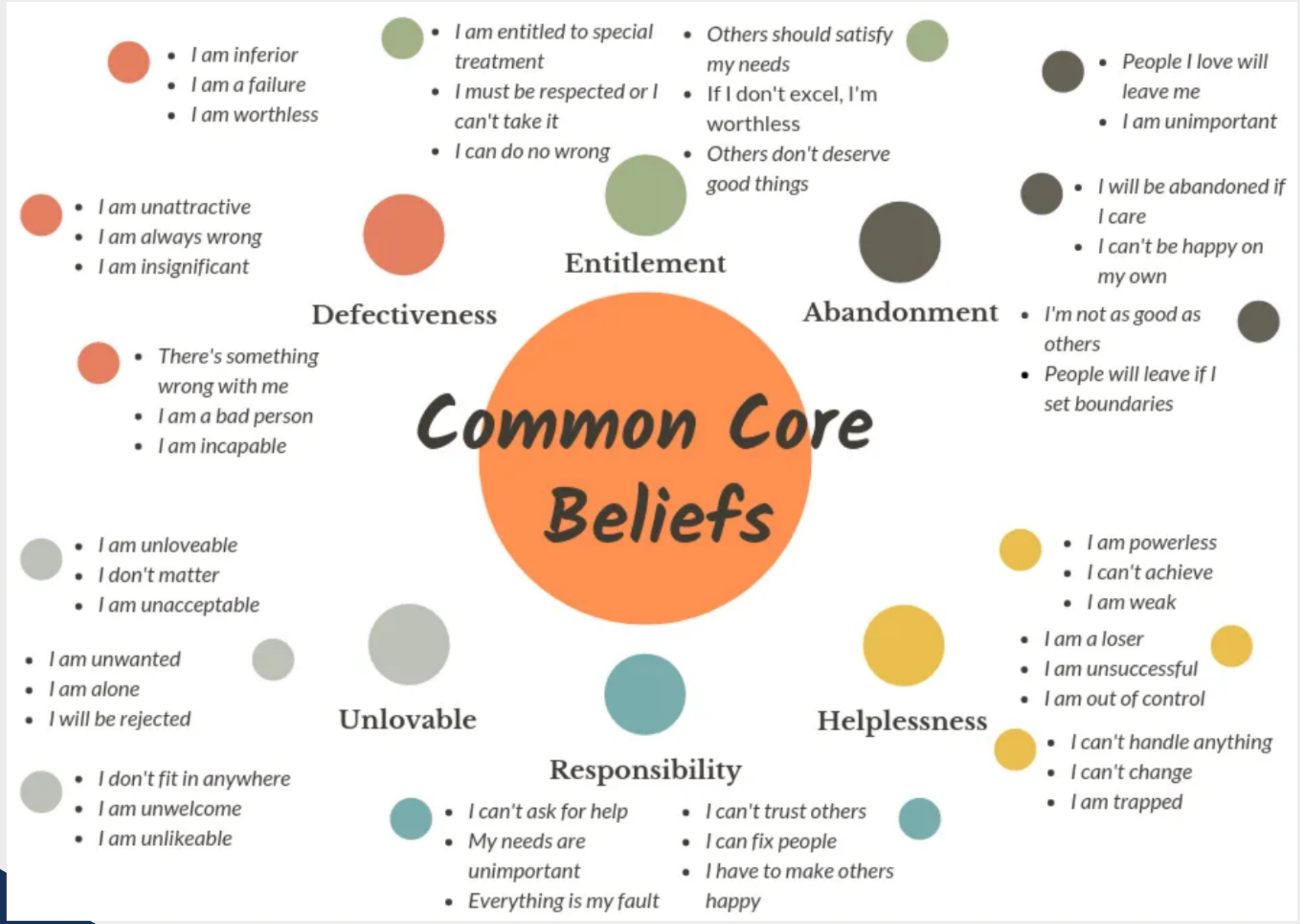
What happened?	What were your feelings?	What was your thought?	Examine your thought. Is it helpful or harmful? Is it accurate, complete and balanced?	Replace the harmful thought with a helpful thought.
I had a fight with my partner.	*Sad, angry.*	*My partner always gets his/her way.*	*Was there a time when I got what I needed? Maybe my thought isn't complete.*	*We won't always agree. My partner gets his/her way sometimes, but I often get what I want too.*
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Core Beliefs

- Core beliefs: Our deeply held assumptions about ourselves, the world, and others

- Impact the way situations are interpreted (thoughts), emotional reactions (feelings), and behavior

- Trauma: Safety, Trust, Power/Control, Intimacy, Self-Esteem


Common Core Beliefs
Defectiveness
I am inferior
I am a failure
I am worthless
I am unattractive
I am always wrong
I am insignificant
There's something wrong with me
I am a bad person
I am incapable
Entitlement
I am entitled to special treatment
I must be respected or I can't take it
I can do no wrong
Others should satisfy my needs
If I don't excel, I'm worthless
Others don't deserve good things
Abandonment
People I love will leave me
I am unimportant
I will be abandoned if I care
I can't be happy on my own
I'm not as good as others
People will leave if I set boundaries
Unlovable
I am unloveable
I don't matter
I am unacceptable
I am unwanted
I am alone
I will be rejected
I don't fit in anywhere
I am unwelcome
I am unlikeable
Helplessness
I am powerless
I can't achieve
I am weak
I am a loser
I am unsuccessful
I am out of control
I can't handle anything
I can't change
I am trapped
Responsibility
I can't ask for help
My needs are unimportant
Everything is my fault
I can't trust others
I can fix people
I have to make others happy

List three pieces of evidence contrary to your negative core belief.

1. _____

2. _____

3. _____

Thank you!

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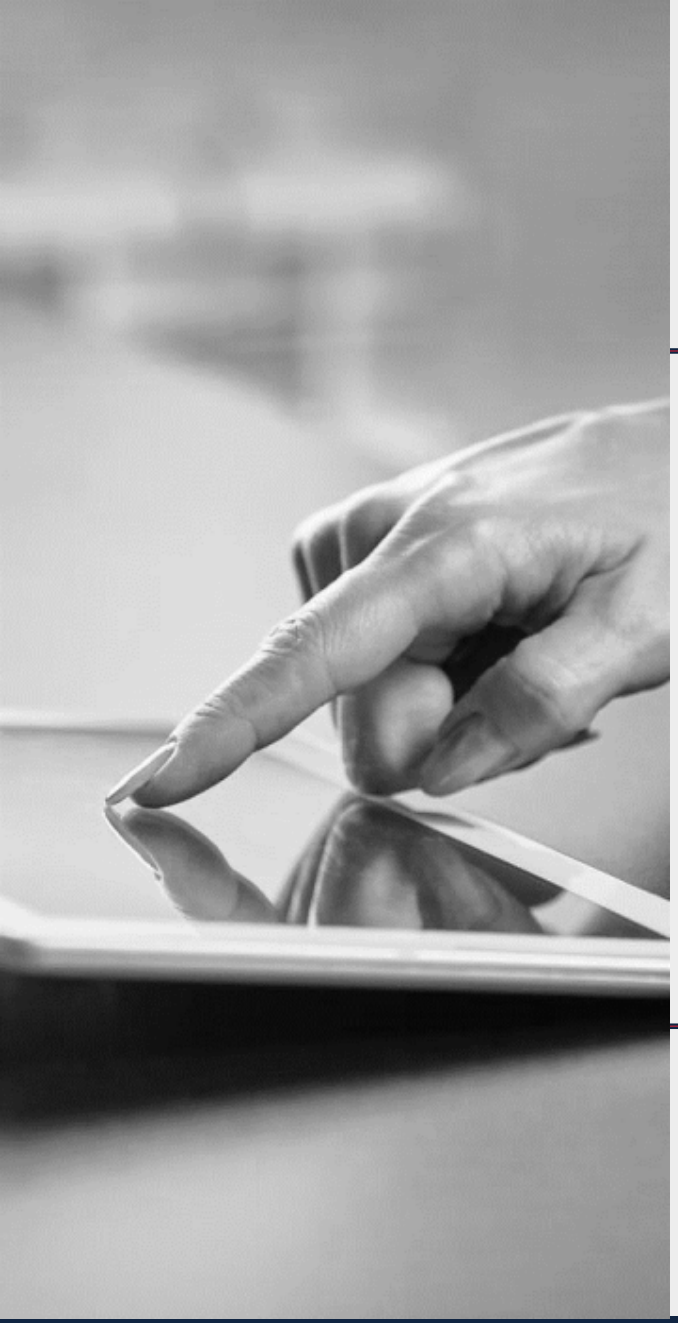

Get in Touch

301.656.3920

education@asam.org

www.asam.org