

Example of addiction counselling research paper

[Health & Medicine](#), [Addiction](#)



Abstract

Addiction is multicultural meaning that it could occur to anyone regardless of their race, social standings or culture. There are many addictions in the world today, but the most common are gambling addiction, alcohol and drug addiction, sex addiction, shopping addiction and video games addiction. These addictions have become troublesome in the community in that most people in the society have had a family member fall prey to the addiction. The addiction has caused a lot of consequences to the victims and the society. For the victims or addicts it has landed them in prison, made them homeless and ended up dead. In every addiction, there is a different type of counselling method that is used to treat the addicts such as cognitive-behavioural therapy, group counselling, interpersonal therapy and the twelve-step programs.

Introduction

Addiction counselling is very essential for people who are addicted to one thing, or another. Addiction counselling is a multicultural thing because when it comes to the problems experienced by the addicts anyone in the world regardless of the race or culture will fall prey to it. Even the counsellors themselves come from different backgrounds. Addiction is defined as the constant repetition of a certain behaviour regardless of the consequences it will have in one's life. There are various types of addiction that is been experienced in a modern society. Examples of these addictions are gambling, computer addiction, alcohol and drug addiction, sex addiction, video games addiction, shopping addiction, food addiction and exercise

addiction. These are many reasons why people become addicts or dependent on something such as loneliness, heartbreak, lack of self-control and over use of something.

The people who are addicted usually look for instant gratification, but they do not look at the long-term effects it has in their lives or their family's lives. Once one is addicted to something they do not think of anyone else apart from themselves, and this could end up ruining other people's lives. When someone does not get help when addicted, they could end up in prison or dead. It is a fact that when one is addicted they would do anything to get money and fix their addiction. Some of the illegal activities that get them in prison or dead are stealing, joining gangs, killing, embezzling and using their homes as collateral especially for those with gambling addiction (Simpson, 2011, P. 1733).

There are some people who have physiological dependence in that the substances they are used to taking becomes incorporated in the body as a normal substance in the body. This is what brings about a condition known as tolerance in which the body adapts to the substance, and therefore, will make the body to continue wanting more of that substance. The other condition that will be formed is withdrawal especially when the substance an addict was using is reduced. The symptoms of withdrawal are either psychological or physical such as hallucinations, tremors, anxiety, nausea, severe cravings, cold sweats and irritability. A good example of treatment is addiction counselling. The fact that there are many addictions that various people in a multicultural society have then there are different addiction counselling methods that are used to treat different addictions that exist in

the society (Simpson, 2011, P. 1733). When it comes to counselling, it is very important for the patient to acknowledge the fact they need help. This attitude will make it easy for the counsellor to help the patient with their addiction by getting their cooperation.

Sex addiction

There are various methods of counselling that are used to treat sex addictions such as cognitive-behavioural therapy, support groups, twelve step programs and interpersonal therapy. These counselling methods have been proven to be very effective in the treatment of sex addiction. There are many people with sex addiction but claim that they are not addicts therefore, it is very important for the patient to acknowledge the fact that they have an addiction. The signs to know that one is a sex addict are that they watch a lot of porn videos, have serial affairs or have compulsive hook ups with people from different backgrounds and visit prostitutes on the streets or in the sexual massage parlour. There are many reasons that make a person to be a sex addict, but the main reason usually is to get away from stressful situations in one's life.

Cognitive behavioural therapy

This kind of counselling is one of the mostly used by counsellors to treat sex addiction. This is because it has been proven by many to be very effective and has cured a lot of sex addicts. This kind of counselling looks at the reasons that makes a person to be a sex addict or have the desire of some certain sexual activities. Once the counsellor has found a reason that causes the client to be an addict it is their job to focus on the behavioural methods

that the patients can use to change their reactions. This means that this kind of counselling helps the addict to stop having sexual thoughts by channelling their thoughts into something else. The counsellor will also ensure that the addict is focusing their energy, which would be used on sexual activities into healthy activities such as having hobbies such as swimming, running and cooking. Other activities could be exercising by going to gyms or other recreation activities (Griffiths, 2014).

Twelve-step therapy for sex addiction

This kind of counselling is well known to be used for alcoholics but due to its transformation over the years, it has also been proven to be very effective in treating sex addicts, as well. An example of sex addiction 12-step group is the Sex Addicts Anonymous (SAA) that is very helpful to sex addicts in order to help them stop having compulsive sexual behaviours and be abstinent. In this, programs the addicts are able to interact with one another thus provide support or encourage one another. In the program, there are twelve steps that are formulated by the counsellor that will be used by the addicts in order to overcome their addiction of sex.

Interpersonal therapy for sex addiction

Most sex addicts feel like they have a huge load of weight on their shoulders due to their addiction. In the interpersonal therapy, this is a platform in which the addict can communicate freely with the counsellor in order to unburden some of their frustrations. In this counselling, the counsellor will be able to find out whether the addict has other mental problems that require treatment. By talking with a counsellor in the interpersonal therapy, the

addict can find a number of ways in, which they will be able to learn new ways that will help them to have self-control or cope with their addiction. They are also made aware of their addiction thus they are able to control their urges of having sexual activity (Griffiths, 2014).

Group counselling

An example of a support group for sex addiction is the Sex Addicts Anonymous. When it comes to support group, the addicts are able to get support from one another. This is because they help one another with coping with their mutual addiction. In the support group, the addicts have sponsors who are always there to help them to overcome their addiction. In a support group, an addict is given an opportunity to discuss with others the effects the sex addiction has had in their lives (Griffiths, 2012, p. 115).

Substance abuse addiction

People with substance abuse addiction involve people who are addicted to alcohol and drugs which could either be prescription or recreation drugs. There are many consequences that are usually followed when people become drug and alcohol addicts in that they may end up dead, homeless or in prison. This therefore becomes very essential for the addict to accept that they have a problem in order to get the treatment they require. There are various types of treatment given to these addicts such as counselling and medication. There are different types of counselling methods that are used such as cognitive behavioural therapy, group counselling, interpersonal therapy and the 12-step therapy (McCrary, 2014, p. 70).

Twelve-step programs

The twelve step programs are the mostly used form of treatment for people with drugs and alcohol addiction. There are two types of the 12 step programs that are well known and have many members such as Alcohol Anonymous (AA) and Narcotic Anonymous (NA) (Michelle et al., 2011, p. 184). In method of counselling, there are twelve programs that are used by the counsellor to motivate and help the addicts to cope with their addiction. In the program, the addicts are able to interact with one another thus are able to help one another to overcome their addiction.

Group counselling

A good example of group counselling especially for alcoholics is Alcohol Anonymous (AA). When it comes to substance abuse addiction the best method of therapy is mostly preferred to be group counselling rather than individual counselling. When it comes to group counselling the addicts are able to communicate with one another in that they will be able to speak their minds freely. In group counselling through interaction with one another the addicts are able to support one another and help each other to heal. When it comes to the treatment plan of substance abuse, the counsellor does whatever it takes not to prescribe any drugs for medication of the addiction (McCrary, 2014, p. 72). This is because it will bring about a new addiction of the drugs because the addict will start depending on the drug. This is why most treatments used with this kind of addiction are counselling.

Cognitive behavioural therapy

Cognitive behavioural therapy is claimed to be one of the most successful modes of treatment for substance abuse addiction, therefore, most

counsellors in the world like using it. In the cognitive behavioural therapy, the counsellor looks at the negative thoughts the addict may have that leads them to using drugs or alcohol and find better ways in which they could channel their thoughts into something positive. The counsellor also educates the addicts on different ways in which they could change their behaviours into something else such as exercising or yoga. The main reason for this behaviour change is because it will help the addict to cope with their addiction if they are concentrating on other things. The counsellor will help the addict to have short-term goals in the beginning but as the client is doing well then they will start formulating long-term goals. The main purpose of the goals is to empower and motivate the client. In the long-term goals, the addict will be able to make amends with families and friends whom they had wronged and find jobs or beg for their old jobs back. It is a fact that the work of the counsellor in cognitive behavioural therapy is to ensure that the addict can cope with their addiction and help them to go back to their lives with a positive attitude that they will succeed or have a normal life.

Shopping addiction

Everybody in the world likes to shop, but there are other people whose shopping habit goes to the extreme. In this process, they end up being in debt or other severe consequences. This kind of addiction is claimed to be similar as that of substance abuse in that the addict will feel a sense of accomplishment when they have exceeded their shopping spree. These shoppers will end up spending thousands of money in one day. This kind of addiction is claimed to be seasonal or to other people it can be an ongoing activity. There are different counselling methods that are going to be used in

the treatment of this addiction. Examples of these counselling methods are cognitive therapy, behavioural therapy and financial counselling(Simpson, 2011, p. 1733).

Financial counselling

In this type of counselling, the addict is taught on the effects the addiction is having on their finances. If the addict can see how bad their finances are then, they will be able to stop their shopping habits. The main reason for the counsellor to have the financial counselling is so that they can be able to help the addicts to stop their spending habits and be able to go back to normal lives while stopping their overspending.

Cognitive therapy

In cognitive therapy, the counsellor concentrates on the thoughts of the addicts that make them go on an uncontrollable shopping spree and change these thoughts into something else. In changing these thoughts, the addicts will be able to cope with the addiction and stop over shopping (Eisenacha et al., 2012, p. 20).

Behavioural therapy

In the behavioural therapy, the counsellor will be able to change ones behaviour of over shopping and change it to other behaviours that are considered healthy such as swimming. The change of behaviour will make the addicts channel their behaviours into something positive in that they will stop over shopping for things they do not require in their lives. This kind of therapy also ensures that the addicts stop their shopping habits and make them a bit normal (Simpson, 2011, p. 1735).

Gambling addiction

Gambling addiction can be defined as a compulsive need or desire to buy scratch cards, visit a casino, online gambling and play a slot. This eventually ends up ruining the life of a person. This is because once one is hooked in gambling they are not able to control certain behaviours that could end up killing them or land them in prison. There are many consequences of gambling such as financial debts, social problems or legal issues. There are many counselling methods used to treating this addiction such as 12 step program and cognitive behavioural therapy (Ludwig, 2012, p. 1558).

Twelve-step program

The twelve-step program contains the Gamblers Anonymous (GA). In this program, the addicts are able to be in a group, therefore, are able to interact with one another thus providing support to one another. This support is what makes an addict to focus on being better or healed so as to have normal lives. In the 12 steps program, there is an approach in which the addicts are able to make amends from their families and society. In making amends, they are also healing (Rigbye, 2011, p. 280).

Cognitive behavioural therapy

In the cognitive behavioural therapy, the counsellor can focus on the thoughts the gambler had towards the addiction and help them have positive thoughts that will erase the thoughts of gambling. The counsellor will also focus on the negative behaviours that bring about the addiction and channel it into positive behaviours or activities, which are healthy such as dancing or sports. This causes the addict to be motivated into doing other things that will bring about positive outcome in their lives (King, 2012, p. 1188).

Video game addiction

When it comes to entertainment video game is one of the mostly used in the world especially United States. As the years go by the video games are continuing to advance thus more people become interested in playing the games. This also causes people to be addicts especially children and the men in the society. This addiction has become one of the major addictions in the world in the recent years. There are major consequences that are followed after video game addiction especially the violent games they may end up been killers. This is because there are some teenagers who play violent games and end up imitating those games a good example is the columbine massacre killers. For people with a severe case of gambling problems usually go for counselling for treatment. Examples of treatment programs for this addiction are inpatient and outpatient programs (Bavelier et al., 2011, p. 766).

Inpatient program

In the inpatient program, the addicts are able to get away from the situation where they will be able to play video games. This is because the addict goes to a facility that is specialized to help the addict for a long period. In the inpatient program, the counsellor and the addict are able to interact more often thus could end helping the addict to cope with their addiction and live with it (Daniel et al., 2011, p. 1113). The inpatient program also causes the patient to know that they can live without playing video games. The problem with the inpatient programs only a few people can be able to afford to pay for it for their treatment of video games addiction.

Outpatient programs

In the outpatient programs, the addict can continue being at home but meets up with their counsellor now and then for their treatment. There are many people who recommend this especially for people who cannot afford to go to an inpatient program. In this treatment, the addict can have one on one session with the counsellor thus they are able to come up with the root of their addiction and set up a plan that will help them deal with their problems that lead to video game addiction. This is also very useful for children with this kind of addiction (Kimberly et al., 2011).

Group therapy

In group therapy, the addict can interact with other addicts and thus help one another to cope and deal with their addiction. This is a forum where all the addicts are able to tell one another about their problems or the consequences they had due to the addiction. There are some consequences that others did not have in their lives, therefore, when they hear and see the effects it has had in the society or family then they will stop their video game addictions.

In conclusion, addiction counselling is a multicultural thing because anyone in the world could end up been an addict or a counsellor. There are various addictions in the world today such as gambling addiction, sex addiction, shopping addiction, drug and alcohol addiction. One of the most used types of addiction counselling in the world is the cognitive behavioural therapy. In the CBT, the counsellor can channel the behaviour or the thoughts that led the addiction and change them to positive thoughts or behaviours. This encourages the addict to start doing healthy activities such as exercising or

having hobbies. The other forms of counselling methods mostly used are group counselling, interpersonal therapy and the 12 step programs.

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