

## Reference Notes—Substance Abuse in Intimate Relationships

### **Slide 1:**

No citations

### **Slide 2:**

No citations

### **Slide 3:**

1. Stanton, M.D. (1999). Why It Matters. Clinical update: Alcohol use disorders. *The American Association for Marriage and Family Therapy*, 1(3), 1-8.
2. (2003). Results from the 2002 national survey on drug use and health: National findings. Office of Applied Studies, NHSDA Series H-22, DHHS Publication No. SMA 03-383 (6). Rockville, MD. Retrieved November 3, 2004 from <http://www.DrugAbuseStatistics.SAMHSA.gov/>.

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3. Roberts, L.J. & McCrady, B.S. (2003). *Alcohol problems in intimate relationships: Identification and intervention* (NIH Publication No. 03-5284). Washington, DC: U.S. Government Printing Office.
2. (2003). Results from the 2002 national survey on drug use and health: National findings. Office of Applied Studies, NHSDA Series H-22, DHHS Publication No. SMA 03-383 (6). Rockville, MD. Retrieved November 3, 2004 from <http://www.DrugAbuseStatistics.SAMHSA.gov/>.
1. Stanton, M.D. (1999). Why it matters. Clinical update: Alcohol use disorders. *The American Association for Marriage and Family Therapy*, 1(3), 1-8.

### **Slide 5:**

4. Adult Children Educational Foundation Computer Bulletin Board. (1987). *Resources for adult children*. Retrieved July 25, 2005, from <http://www.recovery.org/acoa/whois.acoa.html>.
5. Lambie, G.W. & Sias, S.M. (2005). Children of alcoholics: Implications for professional school counseling. *Professional School Counseling*, 8(3), 266-274.

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4. Adult Children Educational Foundation Computer Bulletin Board. (1987). *Resources for adult children*. Retrieved July 25, 2005, from <http://www.recovery.org/acoa/whois.acoa.html>.
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5. Lambie, G.W. & Sias, S.M. (2005). Children of alcoholics: Implications for professional school counseling. *Professional School Counseling*, 8(3), 266-274.

**Slide 9:**

6. Racioppo, M. (2003). Is treatment on this plane? *Family Therapy Magazine*, 2(6), 8-13.
  - “Compared to the general population, significantly more couples with SUDs (Substance Use Disorders) experience partner violence.”
7. Murphy, C.M., O’Farrell, T.J., Fals-Stewart, W., & Feehan, M. (2001). Correlates of intimate partner violence among male alcoholic patients. *Journal of Consulting and Clinical Psychology*, 69, 528-540.
8. Shadley, M. (2001, October/November). Dueling demons: Addicted women and interpersonal violence. *Family Therapy News*, 32-34.
  - “The use of alcohol and other drugs by either partner certainly increases the risk factors for domestic violence, however, it is important that we not hear these statistics as supporting a direct cause-and-effect link.”
7. Murphy, C.M., O’Farrell, T.J., Fals-Stewart, W., & Feehan, M. (2001). Correlates of intimate partner violence among male alcoholic patients. *Journal of Consulting and Clinical Psychology*, 69, 528-540.
  - This study focused on male alcoholic patients and found that 60% of the participants reported being violent toward their partner and 22% had engaged in violence that was likely to cause injury.
7. Murphy, C.M., O’Farrell, T.J., Fals-Stewart, W., & Feehan, M. (2001). Correlates of intimate partner violence among male alcoholic patients. *Journal of Consulting and Clinical Psychology*, 69, 528-540.
8. Shadley, M. (2001, October/November). Dueling demons: Addicted women and interpersonal violence. *Family Therapy News*, 32-34.

- This information is adapted from AA and ACOA literature in the public domain.
6. Racioppo, M. (2003). Is treatment on this plane? *Family Therapy Magazine*, 2(6), 8-13.
  7. Murphy, C.M., O'Farrell, T.J., Fals-Stewart, W., & Feehan, M. (2001). Correlates of intimate partner violence among male alcoholic patients. *Journal of Consulting and Clinical Psychology*, 69, 528-540.
  8. Shadley, M. (2001, October/November). Dueling demons: Addicted women and interpersonal violence. *Family Therapy News*, 32-34.

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2. (2003). Results from the 2002 national survey on drug use and health: National findings. Office of Applied Studies, NHSDA Series H-22, DHHS Publication No. SMA 03-383 (6). Rockville, MD. Retrieved November 3, 2004 from <http://www.DrugAbuseStatistics.SAMHSA.gov/>.
4. Adult Children Educational Foundation Computer Bulletin Board. (1987). *Resources for adult children*. Retrieved July 25, 2005 from <http://www.recovery.org/acoa/whois.acoa.html>.

**Slide 11:**

5. Lambie, G.W. & Sias, S.M. (2005). Children of alcoholics: Implications for professional school counseling. *Professional School Counseling*, 8(3), 266-274.
  - “The instability and unpredictability that COAs experience in their homes affect their relationships with others. These students may be embarrassed to have friends come to their home and may isolate themselves.”
10. Ross, L.T. & Hill, E.M. (2001). Drinking and parental unpredictability among adult children of alcoholics: A pilot study. *Substance Use & Misuse*, 36(5), 609-638.
  - “Children of alcohol-dependent parents report experiencing a worse home environment than controls, as measured by marital conflict, less positive marital communication, parent-child conflict, and family arguments. ACOAs are more likely to report parental abuse, whether it be emotion, physical, or sexual.”
5. Lambie, G.W. & Sias, S.M. (2005). Children of alcoholics: Implications for professional school counseling. *Professional School Counseling*, 8(3), 266-274.
  - “Fear is a common feeling among COAs. Fears include the fear of losing control, fear of feeling, and fear of conflict. Family life is unpredictable and frequently violent.”

5. Lambie, G.W. & Sias, S.M. (2005). Children of alcoholics: Implications for professional school counseling. *Professional School Counseling*, 8(3), 266-274.
10. Ross, L.T. & Hill, E.M. (2001). Drinking and parental unpredictability among adult children of alcoholics: A pilot study. *Substance Use & Misuse*, 36(5), 609-638.

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11. O'Farrell, T., & Fals-Stewart, W. (2006). *Behavioral couples therapy for alcoholism and drug abuse*. New York: The Guilford Press.

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12. Roberts, L.J. & McCrady, B.S. (2003). *Alcohol problems in intimate relationships: Identification and intervention* (NIH Publication No. 03-5284). Washington, DC: U.S. Government Printing Office.

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13. Fals-Stewart, W. (2003). Substance abuse and intimate relationships. *Family Therapy Magazine*, 2(6), 34-39.

- The therapist works with the couple to develop the recovery contract, which is something both partners sign. As part of that contract they might have a daily sobriety trust discussion, which is a brief talk in which the substance abusing partner describes his or her success in remaining abstinent during the previous day. In turn, the non-abusing partner expresses positive support for the client's effort and success.
- For substance abusing clients who are medically approved and willing, the contract may include abstinence-supporting medication, which the other partner might witness and reinforce.
- The catch your partner doing something nice exercise is where each partner notices and acknowledges one pleasing behavior that their significant other performs.
- In the caring day exercise, each partner plans ahead to surprised their significant other with a day when they do something special to show their caring.

12. Roberts, L.J. & McCrady, B.S. (2003). *Alcohol problems in intimate relationships: Identification and intervention* (NIH Publication No. 03-5284). Washington, DC: U.S. Government Printing Office.

- “Drinking problems may negatively alter marital and family functioning, but there also is evidence that they can increase as a consequence of marital and family problems. Thus, drinking and family functioning are strongly and reciprocally linked. Not surprisingly, alcohol problems are common in couples that present for marital therapy, and marital problems are common in drinkers who present for alcohol treatment” (page 5).

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13. Fals-Stewart, W. (2003). Substance abuse and intimate relationships. *Family Therapy Magazine*, 2(6), 34-39.

- Because a couple-based intervention for addiction will attempt to capitalize on the strength of the relationship to support recovery, it is critical to conduct a thorough evaluation of relationship strengths and weaknesses. Birchler, Doumas, and Fals-Stewart (1999) developed a conceptual framework, called the “7 C’s,” which describes seven critical elements of a long-term intimate relationship to be evaluated as part of a couple assessment:
  - Character features (personality traits).
  - Cultural factors (e.g., racial, ethnic, religious, family of origin, and SES variables).
  - Contract (i.e. explicit and implicit expectations about partners’ roles and what they expect to derive from the relationship).
  - Commitment (i.e. to be involved, remain loyal, and to maintain the stability and quality of the relationship over time).
  - Caring (i.e. partners’ abilities to express relational behaviors that promote intimacy).
  - Communication (i.e. open sharing of information between partners).
  - Conflict Resolution (problem solving, anger management, violence).

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13. Fals-Stewart, W. (2003). Substance abuse and intimate relationships. *Family Therapy Magazine*, 2(6), 34-39.

12. Roberts, L.J. & McCrady, B.S. (2003). *Alcohol problems in intimate relationships: Identification and intervention* (NIH Publication No. 03-5284). Washington, DC: U.S. Government Printing Office.

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- This screening device can also be used via a family member report. The questions might look like this:
  - Has your partner ever attempted to Cut down on his/her drinking?
  - Has your partner ever become Angry or upset when others comment on his/her drinking?
  - Has your partner ever felt bad or Guilty about his/her drinking?
  - Does your partner ever have a drink first thing in the morning (Eye opener)?

**Slide 19:**

14. Hoffman, N. (2003). UNCOPE. Retrieved November 10, 2006 from [http://www.evinceassessment.com/UNCOPE\\_for\\_web.pdf](http://www.evinceassessment.com/UNCOPE_for_web.pdf).

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14. Hoffman, N. (2003). UNCOPE. Retrieved November 10, 2006 from [http://www.evinceassessment.com/UNCOPE\\_for\\_web.pdf](http://www.evinceassessment.com/UNCOPE_for_web.pdf).

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13. Fals-Stewart, W. (2003). Substance abuse and intimate relationships. *Family Therapy Magazine*, 2(6), 34-39.

**Slide 22**

13. Fals-Stewart, W. (2003). Substance abuse and intimate relationships. *Family Therapy Magazine*, 2(6), 34-39.

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