



Minority Fellowship Program

The National Board for Certified Counselors

Innovations in Counseling: Working with Minority Populations- Part 4 Session 4: Working with Clients with Substance Use Disorders: A Counselor's Perspective

Webinar Follow-up Question and Answer Session with Dr. Kevin Doyle.

1. Question from Ida Duplechin

Could you talk more about "Loss of control?"

Answer

One way to look at loss of control is to define it as "the inability to consistently predict time, place, amount, or duration of use." The concept here is that if an individual displays this symptom, then it is likely that substance use has become a problem.

Here are some examples:

- Time: Client begins to drink/use in the morning, or during the workday
- Place: Client begins to drink/use in inappropriate places, such as the car, in the office, at school, etc.
- Amount: Client loses the ability to predict how much of the substance he/she will use. Plan might be to have three drinks or less, and he/she has six, for example, or for supply of marijuana to last for a week and it lasts for two days
- • Duration: Client plans to go out for two hours due to having to work the next day and ends up staying at the bar for three hours, coming home after midnight

2. Question from Allen Vosburg

How can the client's support network be kept intact when the network becomes frustrated or overwhelmed with the client's lack of progress or no progress?

Answer

- Refer members of the support network to counseling for themselves, either as individuals or as a group
- Suggest that they attend a support group such as Al-Anon, or Nar-Anon
- Suggest reading material or Internet resources for them, such as Freeing Someone you Love from Alcohol and Drugs, or the Faces and Voices of Recovery web site.

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