

Interactive Journaling®:
An intervention for
Opioid Treatment Courts

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Presentation Objectives

- Understand the personalized nature of *Interactive Journaling®*
- Find out what works in behavior change and what doesn't
- See how the Medication Assisted Treatment (MAT) journal is utilized nationwide
- Learn how MAT can play a key role in the behavior change process for opioid court participants

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What is Interactive Journaling®?

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The Elements of *Interactive Journaling*®

Interactive Journaling® is a **structured** and **experiential** writing process that **motivates** and **guides** individuals toward positive life change.

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How *Interactive Journaling*® Works

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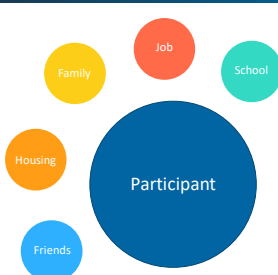
Stages & Processes of Change

Adapted from Changing for Good by James Prochaska, PhD, John Norcross, PhD, and Carlo Diclemente, PhD

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Stages & Processes in *Interactive Journaling*®

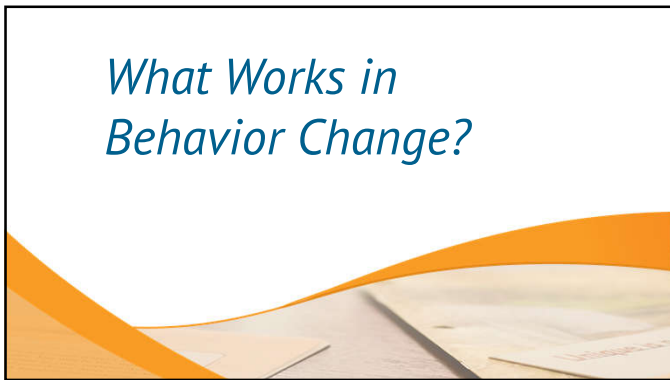
- Participant-centered
- Emphasizes self-efficacy
- Processes are strategically placed within the pages
- Serves as a road map for change



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What Works in Behavior Change?



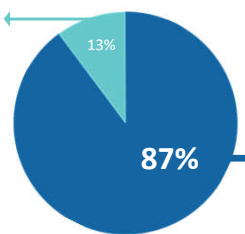
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The Therapeutic Alliance

The Empirical Evidence

Treatment

- Empathy
- Alliance
- Hope
- Model



87% → Extratherapeutic

Wampold, B.E. (2003). The great psychotherapy debate: Models, methods, and findings. New York: Lawrence Erlbaum.

Wallerstein, D.S., Newell, D., & Pincus, B. (2005). Finding Treatment. (Chapt. 11). Lawrence Erlbaum, Inc. Treatment of clinical family therapy. New York: Wiley.

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Extratherapeutic

- Readiness to change
- Strengths and resources
- Level of functioning
- Existing social support network
- Socioeconomic status
- Life events
- Personal motivations

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Common Factors

Common Factors	% Variability in Outcome
Goal consensus/collaboration	11.5%
Empathy	9.0%
Alliance	7.5%
Positive regard/affirmation	7.3%
Congruence/genuineness	5.7%
Treatment (modality) differences	<1.0%

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*The MAT Journal
and Opioid Court
Participation*

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MAT Participant Journal pg. 4-5

Why are you here?

Are you struggling to live a healthier lifestyle? Do you want to make a change and stop using substances? Do you want to feel better about yourself? Do you want to feel better about your life? Do you want to feel better about your future?

There are many reasons why you may be here. It could be that you want to feel better about yourself. It could be that you want to feel better about your life. It could be that you want to feel better about your future. Whatever the reason, we are here to help you.

What do you think your goals are going to be for this week?

1. _____
2. _____
3. _____

Describe the one that is most meaningful to you.

How MAT medications work

Medications are used to help you feel better about yourself and your life. They work by changing the way your brain works. This helps you feel better about yourself and your life.

The brain has many parts. Some parts are called neurotransmitters. These are chemicals that help the brain work. Medications work by changing the way these neurotransmitters work.

Medications - Change the way neurotransmitters work to help you feel better about yourself and your life.

Supplements - Change the way neurotransmitters work to help you feel better about yourself and your life.

Herbals - Change the way neurotransmitters work to help you feel better about yourself and your life.

What is your understanding of why your doctor chose your medication for you?

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MAT Facilitator Guide pg. 22-23

Page 4 - Why are you here?

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MAT Participant Journal pg. 11-12

Beginning new routines

Change is hard. It's not always easy to make new habits. But it's worth it. It's worth it because it helps you feel better about yourself and your life. It's worth it because it helps you feel better about your future.

Start with small, healthy habits you would like to develop.

1. _____
2. _____
3. _____

Circle the healthy habit you would like to focus on.

Why this healthy habit?

Learning the habit cycle

A habit is a behavior that you repeat over and over again. It's a behavior that you do without thinking about it. It's a behavior that you do automatically.

Cue - The trigger that starts the habit cycle.

Routine - The behavior that you do.

Reward - The good feeling that you get.

What do you think of forming a habit? Apply to the healthy habit you chose on page 11.

Cue _____

Routine _____

Reward _____

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MAT Participant Journal pg. 13-14

Being open-minded

Remember, learning takes time. You have to be patient and open-minded to the process. It's not a race. It's a journey. You will learn a lot from the process and the people you meet along the way.

When you are open-minded, you will be able to see things from a different perspective. You will be able to see the value in the things that others see as worthless. You will be able to see the value in the things that others see as unimportant.

Remember, it's not about the destination. It's about the journey. It's about the people you meet along the way. It's about the things you learn and the things you do. It's about the things that make you who you are.

Remember, it's not about the things you do. It's about the things that you are. It's about the things that make you who you are. It's about the things that make you who you are.

Overcoming unexpected hurdles

Remember, the things that you do are not always the things that you want to do. Sometimes, you have to do things that you don't want to do. Sometimes, you have to do things that you don't want to do. Sometimes, you have to do things that you don't want to do.

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Questions?

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Thank You

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