

Psychosocial therapies for psychoses and bipolar disorders

ADDICTION THERAPY

Addiction therapy can make a significant contribution to the future course of a psychotic illness. Based on the various treatment traditions, supportive vs. confrontational, patients with a so-called double diagnosis have up till now found it difficult to find a therapy that is appropriate for them. Within the framework of an integrated therapy, that is, simultaneous treatment of both illnesses, treatment success and the acceptance of treatment are the most important factors.

Integrated addiction treatment includes not only the provision of combined therapy but also concerns itself with the specific requirements of the patients. The fundamental concept of integrated treatment is developing an individual vulnerability–stress model for understanding addiction and psychosis. An individual concept of psychosis, as well as the meaning of a person’s consumption of drugs form the basis for understanding an individual’s history in this regard.

These therapeutic steps should be embedded into a discussion that is accepting, supportive and above all motivating. This forms the basic structure of intervention in terms of addiction therapy. Working on the assumption that the patient has an ambivalent attitude to his own consumption, these contradictions should be named and the individually listed advantages of reduction or abstinence highlighted. Integrated treatment is a worthwhile intervention, as the results for the patient are usually the start of a more stable, structured and stress-free future.