

# **Training in Cognitive Behavioral Therapy for Substance Abuse Treatment: A Comparison of 3 Training Methods**

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# Purpose of the Study

- Cognitive Behavioral Therapy (CBT) is a form of counseling that has been shown to be effective in the treatment of individuals with alcohol and drug abuse disorders.
- There have been almost no studies on how to best train clinicians (psychologists, social workers, nurses or counselors) how to do CBT.
- The purpose of this study is to compare 3 methods of CBT training.

# Three Training Methods

- The CBT materials being used in this study consist of a 12 session manual
- Training Methods Consist of:
  1. Use of a training manual with a brief orientation to the manual
  2. In-person training with and expert master trainer (3 days of training with role plays and bi weekly supervision for 12 weeks).
  3. Same training sessions as in #2 delivered over video and tele-conference technologies

# Design of Research Study

- 30 clinics will be assigned randomly (by chance) to one of the 3 training groups.
- All clinical staff in each of the clinics will receive the same type of training.
- We will measure the degree to which clinical staff are able to deliver CBT to their patients in a manner consistent with training.

# Measurements used in the Study

- Questionnaires completed by clinical staff, before, during and after the study
- Audiotapes of clinical sessions with selected patients (scored by the research staff for the degree to which CBT is used according to training).
- Cost of the training methods

# Proposed Study Schedule

- Feb 2006: Visit to SANCA clinics
- March-Sept: Preparations (training of research staff, expert trainer, preparation of forms, regulatory approvals)
- Oct 2006. Study initiation with 6 clinics (2 per each of the 3 training groups).
- 2007-2009: Train the other 24 clinics and collect data.
- 2010: Write up study findings

# Potential Benefits of Study

- Clinical staff will receive high quality training from an expert trainer.
- All clinical staff will receive a certification of completion from University of California at Los Angeles.
- New knowledge will be gained about how to best and most cost effectively train clinical staff in CBT
- Improved patient care