**Lecture Topic: Family Engagement in counseling of patients with substance use**

Abstract:

The purpose of this lecture is the provision of the latest evidence-based facts to the audience about working with patients to reduce the burden of at-risk issues. For substance users, recovering addicts, and at-risk indicative population, it is crucial to understand a patient as a unit of a family rather than an isolated individual. The systematic involvement of family members and loved ones is quite helpful, especially in the case of patients with any kind of addictive substance use. It is crucial to educate and guide patients with acute and chronic illnesses about the consequences of developing a mental health illness comorbid with an already existing medical condition. The patients suffering from an illness need intense motivation and counseling as well as the support of family to enable them to become more willing to learn, practice, and enhance coping strategies and psychosocial skills to manage the cravings, withdrawal, and relapse prevention. Usually, a multi-dimensional approach of treatment is suggested to deal with substance use, the risk of developing addiction as a disease is triggered by certain biological, psychological, and social/spiritual factors. Through the constant engagement of the family during the therapeutic process, success is possible. We cannot choose blood relations by birth but we can make them a part of success in the path of recovery by choice!

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**Workshop Title: Psychological Treatment Interventions for addictive behaviors among youth: A Step towards substance use management**

Abstract

The purpose is to train the audience in dealing with some of the currently seeing maladaptive behaviors among youth. Such behaviors are usually triggered by obsessions and lead the patient to compulsion. Obsession and Urge management, habit reversal, and coping strategies are important in overcoming addictions for social media, screen use, shopping, gaming, and so on. The interventions that would be included are based on dialectical behavior therapy and acceptance/commitment; such forms of therapy are different than traditional ones. The flexibility of such approaches helps the participants quickly assess their own beliefs, emotions, and actions that are not aligned with goals and values. Mindfulness, interpersonal skills, emotion regulation, and distress tolerance are four major domains; one skill from each of these domains would be explained for further demonstration and discussion. As an example, this plan is based on the helicopter method to provide focus on identification and management of such daily life behaviors that may appear harmless but uncontrollable. Naming emotions, objective-based communication; willingness and mindfulness, and imagery would be used. A tentative plan includes; Introduction to the topic, The main idea of the Intervention skills, Skill description 1, Example discussion and Practice Activity, Outcome Responses from volunteers, Skill description 2, Example discussion and Practice Activity, Outcome Responses from volunteers, Skill descriptions 3 and 4, Example discussion and Practice Activity, Outcome Responses from volunteers, Concluding Remarks and Feedback

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