



DrugScope Reading List

Counselling and therapy

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This reading list contains a selection of key documents on drugs and pregnancy with web links to the full document where available. For a more comprehensive list please search our library database, DrugData, [here](#)

Please call our information service on 020 7940 7520 between 10am and 1pm Monday to Friday, or email us on info@drugscope.org.uk if you need any more information.

Drug misuse and dependence: UK guidelines on clinical management [2007].

UK. Department of Health., UK. Northern Ireland. Department of Health, Social Services and Public Safety, UK. Scottish Home and Health Department, UK. Welsh Office, UK.

National Health Service. National Treatment Agency for Substance Misuse, NTA, 2007.

An updated version of 'Drug Misuse and Dependence – UK Guidelines on Clinical Management' (the 1999 clinical guidelines, commonly called the 'Orange Book'). The new guidelines build on the previous evidence-based and well-established guidelines but reflect some of the considerable changes that have occurred in drug treatment over the past eight years. They also reflect the recent suite of guidance from NICE. The Clinical Guidelines 2007 provide a UK-wide framework for the clinical treatment of drug misuse. There is more guidance on psychosocial treatment for drug misuse than in previous versions both in the context of keyworking and formal psychosocial programmes for polydrug and alcohol misusers and non-opioid misusers.

Web address:

http://www.nta.nhs.uk/publications/documents/clinical_guidelines_2007.pdf

Issues surrounding the delivery of prison services in England and Wales, with a focus on Black and minority ethnic prisoners.

Fountain J., Roy A., Antha S., Davies K., Bashford J., Patel K. University of Central Lancashire. Faculty of Health. Centre for Ethnicity and Health., Preston, UCLAN, 2007.

The latest statistics available at the time of this study showed that there were over 70,000 prisoners in England and Wales. Around one quarter were members of Black and minority ethnic communities. Sections in this report cover prison drug services, ethnic monitoring, drug services tackling black and minority ethnic prisoners, factors affecting the accessibility of prison drug services and experiences and perceptions of specific prison drug services, including detoxification, counselling, groupwork, drug testing, services for users of drugs other than heroin and throughcare.

Young people and addiction psychiatry: a crash course in common sense.

Alcorn R., SCAN bites: 3(4), Winter, 2006, p.4-6.

Interview with Roy Alcorn about the uncertainty of the future of young people's addiction services.

Web address: http://www.scan.uk.net/docstore/SCANbites_10_final.pdf

A price on their heads.

Shapiro H. DrugScope. Druglink: 21(5), September-October, 2006, p.18-19.

How much does it cost per client to prescribe methadone, run a needle exchange or operate a counselling service? This article examines unit costing.

Effectiveness of drug and alcohol counselling during methadone treatment: content, frequency, and duration of counselling and association with substance use outcomes.

Gossop M., Stewart D., Marsden J. Addiction: 101(3), 2006, p.404-412.

This study investigates the relationship between the type and severity of drug and alcohol use problems, and the provision of drug- and alcohol-counselling in methadone programmes. It also specifically investigates the relationship between content, frequency and duration of counselling provided during the first month of treatment, and heroin, cocaine, and alcohol use outcomes at 6 months. The study sample comprised 276 patients receiving outpatient methadone treatment who were followed-up 6 months after treatment entry. Data on client characteristics, drug and alcohol problems and on counselling received were collected by structured face-to-face interviews. The findings showed that drug-focused counselling was associated with less frequent heroin and cocaine use at follow-up, but was not related to pre-treatment drug use. Alcohol-focused counselling was provided for those with higher levels of drinking at admission but was not significantly associated with drinking outcome at 6 months.

Counselling drug-related problems.

Guppy A., Woods S. London: Sage, In: "The Sage handbook of **counselling and psychotherapy**." Fetham C., Horton I.E. 2006. p.394-399.

This book chapter provides an overview of the special challenges within the field of drug counselling. It includes sections on models of drug use behaviour and practical issues in drug counselling.

Psychological treatments of substance misuse and dependence.

Curran V., Drummond C. UK. Department of Trade and Industry. Office of Science and Technology. Foresight, 2005. 42p.

This review summarises what is known about psychological treatments for addictions, examines gaps in the evidence base, and looks to the future at treatment and research in relation to new drugs, new opportunities and new priorities.

Web address:

http://www.foresight.gov.uk/Previous_Projects/Brain_Science_Addiction_and_Drugs/Reports_and_Publications/ScienceReviews/Psychological%20Treatments.pdf

The effectiveness of psychological therapies on drug misusing clients.

Wanigaratne S., Davis P., Pryce K., Brotchie J. UK. National Health Service. National Treatment Agency for Substance Misuse. London: NTA, 2005. 12p.

This document briefly reviews the effectiveness of psychological therapies in the treatment of substance misuse. Clients who misuse substances generally receive psychological therapy, which is used to assist the individual in: changing their substance using behaviour and addressing co-existing disorders such as depression, anxiety, personality disorder, or post traumatic stress disorder (PTSD), linked to their substance use.

Web address: http://www.nta.nhs.uk/publications/docs/rb11_final.pdf

Scoping the options for future research on psychosocial interventions.

UK. Scotland. Scottish Executive. Substance Misuse Division. Effective Interventions Unit, UK. Scotland. Scottish Executive. Drug Misuse Research Programme. 2005. 15p.

This report considers the following questions: (i) What is the nature and range of counselling interventions currently being used by treatment services across Scotland? (ii) what are practitioners' perceptions of the nature of effective counselling? and (iii) What are appropriate ways of measuring the effectiveness of counselling interventions?

Web Address: <http://www.drugmisuse.isdscotland.org/eiu/CounsellingReport.pdf>

Beyond pharmaceutical treatments.

Morse G. Royal College of General Practitioners. London: RCGP, In: "RCGP guide to the management of substance misuse in primary care." Gerada C. 2005. p.243-250.

Some non-pharmaceutical strategies have, in recent years, gained some good data testifying to their usefulness, discussed in this book chapter. These include counselling, group therapy, 12 step programmes, acupuncture, herbal remedies, aromatherapy, relaxation techniques and meditation.

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