

Couple Therapy for Alcohol Use Disorders and PTSD (CTAP)

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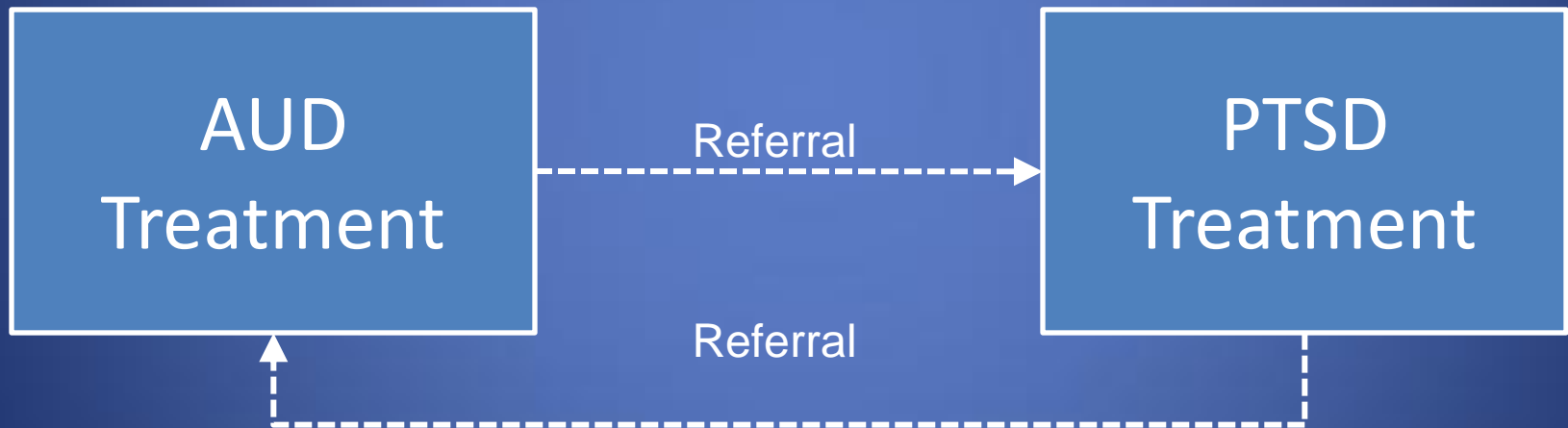
Alcohol Use Disorders (AUD) and PTSD

- 73% male combat Vietnam Veterans with PTSD have lifetime AUD (Kulka et al., 1990)
- AUD and PTSD Among OIF Veterans (Milliken, Auchterloine, & Hoge, 2007)
 - 17-25% PTSD
 - 12-15% drinking problems

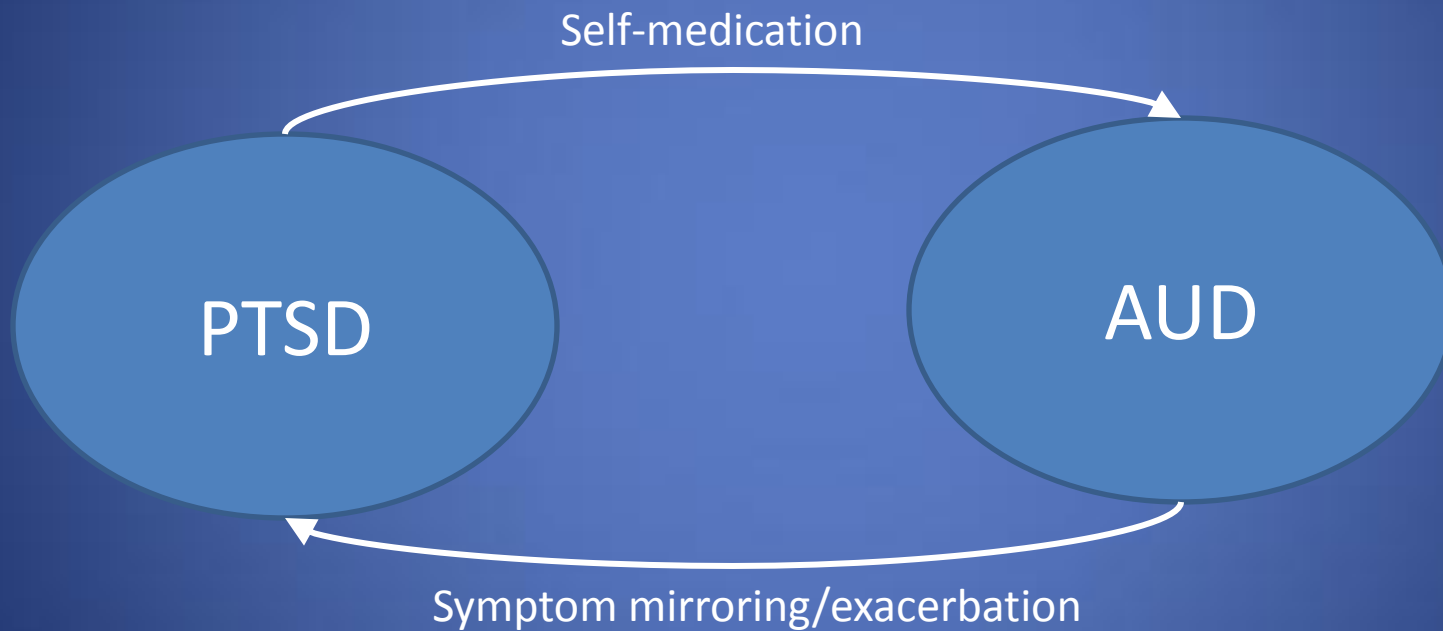
Consequences AUD and PTSD

- More health-related and functional problems (Hoge et al., 2007)
- Poorer marital adjustment and higher relationship violence (Marshal, 2003; Goff et al., 2007)
- Worse outcomes following substance use treatment (Brown, Stout, & Mueller, 1999; Ouimette, Finney, & Moos, 1999)

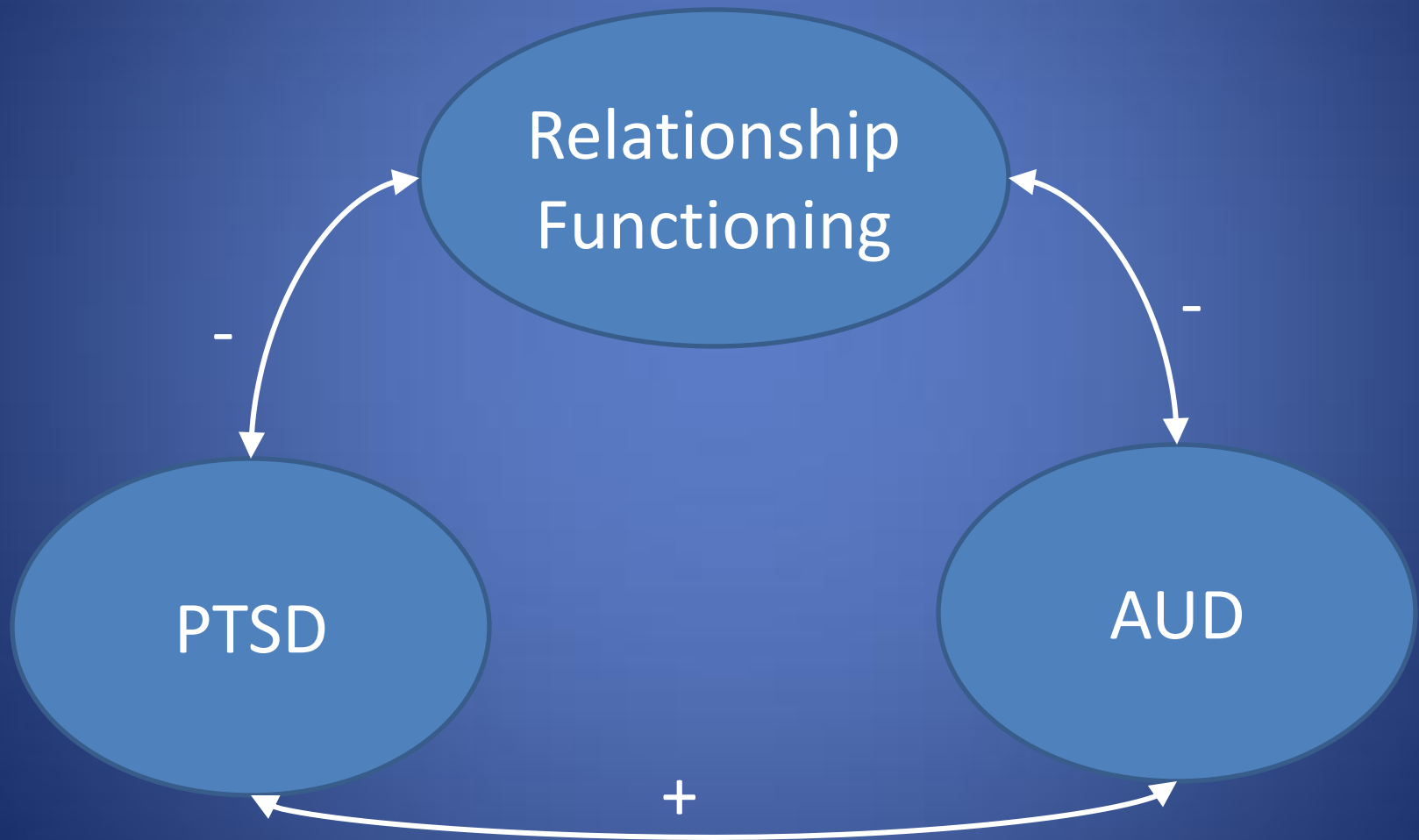
Sequential Treatment Model



Why integrate treatments?



Why Include Partners?



Couple Treatment for Alcohol Use Disorders and PTSD (CTAP)*

- Manualized, cognitive-behavioral treatment
- Couple shares the responsibility for recovery
- 4 stage model of recovery
 1. Stop alcohol use and promote safety
 2. Improve relationship and reduce PTSD avoidance
 3. Reduce “stuck” thinking patterns
 4. Continuing recovery plan

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Stage 1

- Stop alcohol use
 - Daily recovery check-in and recovery contract
 - Eliminate enabling
 - Recognize triggers and develop action plan
- Promote safety
 - Identify violence risk factors
 - Develop safety plan
 - Learn methods for managing conflict (e.g., time out)

Stage 2

- Improve relationship and reduce PTSD avoidance
 - Noticing and engaging in positive behaviors
 - Communication skills training
 - Approach assignments
- Continue to utilize Stage 1 interventions

Stages 3 & 4

- Stage 3: Reduce “stuck” thinking patterns
 - Restructuring of cognitive “stuck points” that impede recovery
 - Continue with Stage 1 & 2 interventions
- Stage 4: Continuing recovery plan

Implications

- Clinicians:
 - Work directly with partners to stop enabling and promote understanding of AUD and PTSD
- Researchers:
 - Develop and test trans-diagnostic/integrated protocols that are systems-based
- Policy makers:
 - Encourage spousal collaboration from program admission