

Denial Management Counseling (DMC)

Model Treatment Plan

Developed By Terence T. Gorski

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1. **Problem Title:** Severe Denial
2. **Problem Description:** The client is exhibiting strong denial of substance abuse strong resistance to participating in treatment in spite of having serious alcohol or drug related problems.
3. **Goal:** The client will learn to recognize and stop their denial, recognize their problems with alcohol and other drug use, and accept appropriate recommendations for further help.

• **Start Date:** _____ **Target Date:** _____ **Actual Date:** _____

4. **Interventions:** The client will participate in a combination of group therapy, individual therapy, Psychoeducation sessions, supervised study halls, and self-help group meetings, in which the following interventions will be implemented:

- (1) **Understanding Denial As A Normal Part Of The Human Condition:** The client will be able to explain: (1) That denial is a normal and natural response to experiencing serious life problems; and (2) that even though most people try to be honest, their human tendencies to make mistakes and then to lie to themselves and others about those mistakes can lead to the habitual use of denial.

The client will achieve this understanding by completing and clinically processing a four part exercise: *Exercise 1-1: The Need To Search For The Truth*; *Exercise 1-2: The Tendency To Make Mistakes*; *Exercise 1-3: The Tendency To Lie To Ourselves*; *Exercise 1-4: The Tendency To Lie To Others*; *Exercise 1-5: Denial As A Normal Defense Against Pain*.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (2) **Understanding The Principles Of Denial Management:** The client will be able to explain: (1) That there are benefits and disadvantages to using denial and that the benefits can keep people using denial in spite of the problems caused by the disadvantages; (2) That acceptance and problem solving are antidotes for denial; (3) Denial can be defined in a way that can help people learn how to manage it; (4) The feelings that drive denial can be managed.

The client will achieve this understanding by completing and clinically processing a four part exercise: *Exercise 2-1: The Benefits & Disadvantages To Using Denial*; *Exercise 2-2: Acceptance & Problem Solving As Antidotes For Denial*; *Exercise 2-3: Denial Can Be Recognized An Managed*; *Exercise 2-4: Defining Denial In A Way That Can Help Manage It*; *Exercise 2-5: The Feelings That Drive Denial*.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (3) **Recognizing Denial:** The client will recognize the preferred denial patterns that are being used to avoid recognizing and accepting that they have a serious problems with alcohol and other drugs.

The client will achieve this understanding by completing and clinically processing a six-part exercise: *Exercise 3-1: Reviewing the Denial Pattern Check-list*, *Exercise 3-2: Learning How To Personalize Denial Patterns*; *Exercise 3-3: Selecting The Denial Patterns That You Tend To Use*; *Exercise 3-4: Personalizing The First Denial Pattern*; *Exercise 3-5: Personalizing The Second Denial Pattern*; and *Exercise 3-6: Personalizing The Third Denial Pattern*.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (4) **Managing Denial:** The client will learn how to identify and stop using their preferred denial patterns by learning how to recognize when their denial patterns are turned on; recognizing the thoughts, feelings, urges, actions, and social reactions related to each denial pattern; and learning to use new ways of thinking. Managing feelings and urges, acting, and reacting in social situations that will stop denial and focus upon recognizing and solving problems.

The client will learn to manage denial by completing and clinically processing a four part exercise: *Exercise 4-1: Managing The First Denial Pattern That You Selected*; *Exercise 4-2: Managing The Second Denial Pattern That You Selected*; *4-3: Managing The Second Denial Pattern That You Selected*; *4-1: Bringing Your Denial management Skills Together*.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (5) **Stopping Denial As You Think About Your Problems:** The client will learn how to manage the denial patterns that are activated by thinking and talking about the problems that caused them to seek help.

The client will do this by completing and clinically processing a four part exercise: *Exercise 5-1: The Problems That Caused You To Seek help*; *Exercise 5-2: The Relationship Of Your Problems to Alcohol & Drug Use*; *Exercise 5-3: The Consequences Of Continued Alcohol Or Drug Use*; and *Exercise 5-1: Pulling It All Together*.

The client will then complete a *Denial Check* to identify any denial patterns they used while completing the exercise and how long it took for them to notice when the denial pattern was turned on.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (6) **Stopping Denial As You Think About Your Life History:** The client will learn how to manage the denial patterns that are activated by writing a sequence of significant life events; describing the relationship of alcohol and other drug use to each of the events, identify the anticipated benefits of substance use during each phase (i.e. What did the client want alcohol and drugs to do that he or she couldn't do without it; complete a cost benefit analysis on the actual outcomes of substance use (Did you get what you want? Was it worth the price?).

The client will then complete a *Denial Check* to identify any denial patterns they used while completing the exercise and how long it took for them to notice when the denial pattern was turned on.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (7) **Stopping Denial As You Think About Your Addiction Symptoms:** The client will learn how to manage the denial patterns that are activated by reviewing an Addiction Symptom Check-list; comparing the answers given to information provided during the Life and Addiction History; and reviewing an interpretation of the results.

The client will then complete a Denial Check to identify any denial patterns they used while completing the exercise and how long it took for them to notice when the denial pattern was turned on.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

- (8) **Stopping Denial As You Decide What To Do Next:** The client will learn how to manage the denial patterns that are activated by making a conscious decision about what to do next to deal with their alcohol and drug related problems.

The client will then complete a Denial Check to identify any denial patterns they used while completing the exercise and how long it took for them to notice when the denial pattern was turned on.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (9) **Evaluating Your Denial Management Skills:** The client Will evaluate their denial management skills both before and after completing and clinically processing the exercises in The Denial Management Counseling Workbook.

Overall Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

