



THE ROLE OF COUNSELLING IN DRUGS AND ALCOHOL REHABILITATION PROCESS

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ABSTRACT

The role of counselling in drug and alcohol rehabilitation is a process for individuals who are addicted to alcohol and drugs. Counselling plays a vital role in the rehabilitation process for individuals struggling with drug and alcohol addiction. Through a non-judgmental and empathetic approach, counsellors provide a supportive environment for individual to confront their addiction, identify underlying causes, and develop coping strategies for long-term recovery. Drug /alcohol addiction could be harmful drugs and abuse has eaten deep into the fabric of our society; our ever the effective counselling processes the problem can be trickled through campaign against drugs abuse by government and other relevant agencies. As a counsellor, you'll communicate all of this information with them. You'll use a combination of endearment and understanding but will also use your knowledge of addiction to give them a rational explanation of what they're going through. Addiction counsellors are unlike traditional counselors. Addiction counsellors create a true bond and connection with their patients. An addict needs a backbone during recovery. This is where an addiction counselor comes in. They encourage their patients to stick with rehab and treatment. They let them know how wonderful they're doing and the benefits a sober lifestyle will bring.

KEYWORDS: Drug, Counselling, Rehabilitation.

INTRODUCTION

Being an expert counsellor has vital and humongous role in the rehabilitation of people who are drugs/alcohol addicts.

To have a better view of the roles of a counsellor therefore, the counsellor must have a clear understanding of drug and alcohol rehabilitation process. This is because he or she is a behaviour expert saddled with the responsibility of helping

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people with problem in a manner that is confidential and non-judgmental. Rehabilitation Counselling in this case, is a training process or the sum total of activities involve in helping a drug/alcohol addicts to further build resilience, come out of trauma and be able to continue with his livelihood without being dependent on drug/alcohol. Drug/alcohol could be any chemical or substance that when consumed causes a change in an organism physiology and psychology make up. Some of these chemical substances are capable of distorting an organism digestive and cardiovascular system when consumed in excuses. Having observed that drug and alcohol are substance capable of negatively affecting the psychology and physiology of the consumer. What therefore are the roles of a counsellor in the process of rehabilitation of person who are already caught in the web as drug/alcohol addicts.

ROLES OF A COUNSELLOR IN DRUG & ALCOHOL REHABILITATION PROCESS

1. Evaluation of Condition or Clients:

when working with a patient, counsellors start with an evaluation to determine whether his condition is classified as substance abuse or addiction.

2. Create a Therapeutic Alliance with Patients:

This is a key factor in addition recovery process. The decision to seek treatment for addiction is not easy one. Patients may have been referred against their will. They may feel vulnerable or ashamed, since many cultures and communities view addiction as a moral failure rather than a disease. For treatment to succeed, Substance abuse counsellors must create a strong bond with their patients should eventually feel comfortable to speak freely during sessions, feel relieved after an appointment and feel a desire to go back. Some of the features of the alliance according to National Library of Medicine (2018) include;

3. Sense of Connection: The counsellor and the client should feel a sense of connection or a bond because connection with each can help boost the mood of the clients and manage their emotions. While they maintain professional relationship, they should be respectful of each other and committed to shared goal. The counsellor and the patient should work together on the recovery process, sharing decision making. The counsellor and the client should work together on the recovery process, sharing decision-making. The counsellor and the client should trust one

4. another. The client shouldn't be skeptical of the process, and the counsellor should trust the client emotional and mental investment in treatment.

- Ensuring clients knows the counsellor is interested in their well-being.
- Being attentive during sessions.
- Expressing empathy for the clients' problem
- Understanding and communicating the foundational issues at play in recovery.
- Creating conducive environment for discussion
- Therapeutic alliances are key factors in addition recovery. By creating an environment where clients feel comfortable and welcome discussing their problems, counsellors can better help their clients on the road to recovery.

5. Counsellor Encourage Clients

Recovery: Recovering from addiction is difficult, as many individuals with alcohol or drugs dependency fail to recognized their own pattern of abuse, or have ambivalent feeling about seeking treatment. In substance abuse treatment, the clients' motivation to change can be a source of frustration, as counsellor have little control over a client's desire to change.

The counselling community is rethinking current approaches to motivating and empowering counsellors elicit and enhance their clients' motivation and find styles that will best meet their needs. Although change is ultimately in the hands of the clients, Counsellor's can adapt their style to help enhance clients' motivation throughout each stage of recovery. The counsellor's role goes far beyond simply listening, teaching and offering advice.

Instead, the counsellor responsibility is to help clients recognize their problematic behaviour, guide them into recovery and empower them to take actions and change these behaviours. (National Library of Medicine, 2018).

6. Counsellor Helps Clients Develop a

Relapse Prevention Plan: According to a 2022 survey by a substance abuse treatment center "The Recovery Village", of 2,136 American adults who wanted to stop drinking, only 29% reported never relapsed. The survey illustrated that relapse is a significant factor in a client recovery process. But Relapse doesn't mean treatment has failed. Rather, it serves as an indicator that the treatment plan needs to be adjusted.

Once a client decides to seek treatment, it is important they are well equipped to avoid relapse. Preventing relapse requires more than just the willpower to say “no” when temptation arises, and prevention needs to start early in the recovery process. Developing a comprehensive relapse prevention plan is an essential function of the counsellor’s role in addiction recovery. However, the following are the essential elements of relapse prevention plan: as advanced by Erick (2024).

1. A detailed account of the patient’s experiences with substance abuse, including previous relapses.
2. Warning signs and ways patients can best manage them
3. Detailed list of family, friends and counsellors that can be used as a support network.
4. An emergency relapse plan
5. Specific lifestyle changes that patients can implement to prioritize their well-being.
6. Meet with family member to provide guidance for family and friends of clients in recovery, addressing the addiction is one of the most difficult aspects of helping loved ones recover. Daily interaction with loved ones can inadvertently enable the addict. Many family members choose to ignore the problem out of fear they will push away their loved ones if they confront them.

Substance abuse counsellors must educate families and friends about addiction and recovery and provides them with resource that will help them support their loved ones in recovery. These Resources can include family therapy session and support groups. The support of friends and family plays an integral role in recovering from addiction. Aletraris, (2014, October) they evaluate patients’ health, recommend treatments and help them develop skills to aid in recovery. Counselors also work with families to help them better understand their loved one’s illness and guide their interactions with them. Their role may also encompass community outreach such as working with job placement services, support groups and schools, all to support their patients’ goals of living healthier lives.

Since recovery is a life-long journey, having supportive family members who understand the process is of profound importance, National Institute on Drug Abuse (2012) posited that family members who are informed about

addiction recovery can help keep their loved ones accountable and greatly increase their chances of success. Substance abuse counsellors can help families understand the complex road to recovery, and offer support for the difficult journey ahead.

OTHER ROLES OF COUNSELLORS INCLUDE REFERING CLIENTS TO OUTSIDE SUPPORT GROUPS:

A Variety of outside resources are available to those recovering from addiction, which can be beneficial when combined with counselling treatment. Bier, (2002) as a counsellor, referring patients to programming such as alcoholics anonymous and Narcotics anonymous can add another level of outside support. These Community -based programme provide an additional layer of accountability for those seeking rehabilitation. Also, by attending meetings, patients will be surrounded by individuals with similar background and can further share their stories, wisdom and struggles in a nonjudgment environment.

Drug and alcohol rehabilitation process

Drug and alcohol rehabilitation is a professionally run clinic that offers people a safe and effective way out of drug reliance. At drug and alcohol rehabilitation centre, the clients get the opportunity to cleanse their body from substances via a supervised drug detox , and have access to innovative therapy treatments. Alexander, Robinson and Rainforth (2015) ascertained that spending a few weeks in a professional rehabilitation for drugs is the most effective way to recover from drugs. Drug rehabilitation centers offer certain programmed which include residential treatment, local support groups, extended care centers, recovery houses, and out-patient. Principles of effective drug rehabilitation treatment are no single treatment is appropriate for all. Roozen (2004) is of the opinion that treatment needs to be readily available, effective treatment attends to the multiple needs of the individual. Treatment plans must be assessed and modified to meet changing needs, remaining in treatment for an adequate period of time is critical for treatment effectiveness.

The addiction and recovery process can vary based on several factors, including how severe a person’s addiction is, whether they have a co-occurring disorder (e.g., anxiety or depression), their medical history, their support system, and more. In general, a person who completes an

addiction rehab program may expect the following during the addiction treatment process:

- Evaluation.
- Detox.
- Inpatient and/or outpatient rehab.
- Aftercare services.

The first step in the rehabilitation process is often evaluation. During the evaluation period, you may meet with a team of professionals to receive an assessment of your mental, physical, and social history. Avants (2000). If you have a co-occurring disorder, such as anxiety or depression, your treatment team will discuss additional treatment options to ensure that you receive the appropriate level of care and support.

Carroll and Onken (2005) receiving a thorough assessment helps determine the appropriate level of care and creates a tailored treatment plan for your unique needs. It also helps establish a baseline for monitoring your progress.

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The counselling community is rethinking current approaches to motivation and empowering counselors to elicit and enhance their clients' motivation and find a style that will best meet their clients' needs. Although change is ultimately in the hands of the patient, counsellors can adapt their style to help enhance their clients' motivation throughout each stage of recovery. The counsellor's role goes far beyond simply listening, teaching and offering advice.

Instead, the counselor's responsibility is to help patients recognize their problematic behaviors, guide them into recovery, and empower them to take action and change these behaviour.

CONCLUSIONS

Drug testing is a vital tool for case planning and ongoing monitoring of substance-abusing youth. Critical to intervention is the ability of juvenile justice practitioners to apply immediate rewards or consequences to substance-abusing youth and to find appropriate education and treatment programs in the community for them.

Because substance abuse and delinquency are inextricably interrelated, identifying substance-abusing youth in the juvenile justice system is an important first step for intervening in both their substance abuse and their delinquent behavior. Drug identification strategies, followed by effective interventions, help prevent further illicit drug use and delinquency.

RECOMMENDATIONS

- Interventions should be appropriate for the developmental stage of the youth and tailored to individual case plans.
- Drug testing in probation agencies should be used with sufficient frequency and randomness to identify and deter continued substance abuse.
- Drug and alcohol outreach programme must be carried out by the counselors in collaboration with the appropriate government agency to educate the people on the effects of drugs and alcohol addiction.

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