Instructor’s Manual for

COUPLES THERAPY FOR ADDICTIONS:
A COGNITIVE-BEHAVIORAL APPROACH

from the video series
BRIEF THERAPY FOR ADDICTIONS

with
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and hosts Jon Carlson, PsyD, EdD and Judy Lewis, PhD

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With Barbara McCrady, PhD

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Tips for Making the Best Use of the DVD

1. USE THE TRANSCRIPTS
Make notes in the video Transcript for future reference; the next time you show the video you will have them available. Highlight or notate key moments in the video to better facilitate discussion during the video and post-viewing.

2. GROUP DISCUSSION QUESTIONS
Pause the video at different points to elicit viewers’ observations and reactions to the concepts presented. The Discussion Questions provide ideas about key points that can stimulate rich discussions and learning.

3. LET IT FLOW
Allow the session to play out some so viewers can appreciate the work over time instead of stopping the video too often. It is best to watch the video in its entirety since issues untouched in earlier parts often play out later. Encourage viewers to voice their opinions; no therapy is perfect! What do viewers think works and does not work in the session? We learn as much from our mistakes as our successes and it is crucial for students and therapists to develop the ability to effectively critique this work as well as their own.

4. SUGGEST READINGS TO ENRICH VIDEO MATERIAL
Assign readings from Suggestions for Further Readings and Websites prior to viewing. You can also time the video to coincide with other course or training materials on related topics.

5. ASSIGN A REACTION PAPER
See suggestions in Reaction Paper section.

6. ROLE-PLAY IDEAS
After watching the video, organize participants into groups of four. Assign each group to role-play a therapy session with a couple who is struggling with addiction. Each role-play shall consist of one therapist, two clients and one observer. After the role-plays, have the groups
come together to discuss their experiences. First have the clients share their experiences. Then have the therapists talk about their experiences in the session, and, finally, ask for the comments from the observers. Open up a general discussion on what was learned about couples therapy for addictions.

An alternative is to do this role-play in front of the group with just one therapist and two clients; the entire group can observe, acting as the team behind the one-way mirror. Before the end of the session, have the therapist get feedback from the observation team and bring it back into the session with the client. Follow up with a discussion that explores what does and does not work in couples therapy for addictions.

7. WATCH THE SERIES

This video is one in a series portraying effective approaches to therapy for addictions. Each video in the series presents a master therapist working with a real client, just as you see here. By showing several of the videos in the series, you can expose viewers to a variety of approaches, allowing them an opportunity to see what fits best for their own style and beliefs.

**Key Aspects of the Cognitive-Behavioral Couples Therapy Model:**

Couples therapy is an important model for working with addictions because drinking and drug problems always exist in a context that includes families and relationships. When an individual changes, the entire system is affected. McCrady uses a behavioral approach in her work with couples, focusing on three areas: (a) helping the individual change his or her addictive behaviors, (b) helping the partner learn to respond differently so that the couple can work together on recovery issues, and (c) helping to change the relationship itself so that the likelihood of long-term recovery is enhanced.

**Addiction Treatment Models:** Other videos in the series use different therapeutic models. We can reflect upon the differences among these models by exploring the following questions:

- How does the model explain the addictive process?
- What assumptions does the model imply about the process of change?
• How is theory translated into practice in real-life situations?
• What is the role of the therapist?
• What outcomes are associated with successful therapy?
• How does the therapist work with people who have mental health problems along with addiction?
• What kinds of research support the approach?

8. PERSPECTIVE ON VIDEOS AND THE PERSONALITY OF THE THERAPIST

Psychotherapy portrayed in videos is less off-the-cuff than therapy in practice. Therapists or clients in videos may be nervous, putting their best foot forward, or trying to show mistakes and how to deal with them. Therapists may also move more quickly than is typical in everyday practice to demonstrate a technique. The personal style of a therapist is often as important as their techniques and theories. Thus, while we can certainly pick up ideas from master therapists, participants must make the best use of relevant theory, technique and research that fits their own personal style and the needs of their clients.

*A NOTE ON CONFIDENTIALITY

Because this video contains an actual therapy session, please take care to protect the privacy and confidentiality of the clients who have courageously shared their personal life with us.
Group Discussion Questions

Professors, training directors and facilitators may use a few or all of these discussion questions keyed to certain elements of the video or those issues most relevant to the viewers.

INTRODUCTION

1. **Then and Now:** What do you think about McCrady’s assertion that it is not so important to understand how the client’s addiction started, but instead to understand what is maintaining it now? What are some justifications for this idea? When do you think it might be valuable to understand how the addiction began? How does this fit with your general approach to psychotherapy?

2. **Who is the Client?** What do you think about McCrady’s idea of having three clients in the room: each of the two partners plus the couple? Does this make sense to you? Can you imagine yourself maintaining such a perspective in the room? What might be difficult or challenging about that for you? How do you see this perspective as contributing to the therapy?

3. **Goals:** McCrady’s goals for couples therapy for addictions are: 1) change the addiction, 2) change the partner’s role, 3) change the relationship. Do these goals make sense to you? Can you imagine yourself working this way? What other key goals would you add?

PSYCHOTHERAPY SESSION

4. **Basic Assessment:** How did you see McCrady conducting a basic assessment with this couple? What did you observe about her style and technique that worked or did not work? What did you learn from her approach to this kind of assessment that might be helpful for you? What would you do differently?

5. **CBT:** What are indications to you that McCrady is using a cognitive-behavioral therapy approach with this couple? What do you see as some of the strengths of this approach with this couple? Are there points during the therapy that you would like to see her take a different approach? If so, how?
6. **Writing**: What did you make of the way McCrady handled her difference of opinion with Claudette over the importance of writing down a list of reasons not to use? Do you see this intervention as successful or problematic? How so? Was it necessary to the work? What did you like or not like about the interactions here? How would you have handled this situation differently?

7. **Jealousy**: What do you think about how McCrady worked with the couple around Ricky’s blaming Claudette and her friendships with males for his drinking? Were her interventions effective? How so? If you had been the therapist, would you have been tempted to confront Ricky about being responsible for his own behavior?

**DISCUSSION**

8. **Three Clients**: McCrady talked in the introduction about having three clients at once. How did you see that play out in this session? At what points did you see her working more individually with one member of the couple? In what ways did you see her treat the couple itself as the client? Did this work well here?

9. **The Therapeutic Relationship**: How would you characterise the therapeutic relationship in this video? Did McCrady make a good alliance with the couple? How significant do you think the relationship was in this particular course of therapy?

10. **The Model**: What do you think about this model for working with clients who are addicted to substances? Does it make sense to you? Do you see yourself using it in your work with this population? What would you do differently from McCrady’s approach?

11. **McCrady’s Style**: What about McCrady allowed Claudette and Ricky to feel comfortable enough to engage in the therapy? How did she join with them?

12. **Personal Reaction**: How would you feel about being a client of McCrady’s? Do you feel an alliance could be made, and that she would be effective with you? Why or why not?
Reaction Paper for Classrooms and Training

• **Assignment:** Complete this reaction paper and return it by the date noted by the facilitator.

• **Suggestions for Viewers:** Take notes on these questions while viewing the video and complete the reaction paper afterwards, or use the questions as a way to approach the discussion. Respond to each question below.

• **Length and Style:** 2-4 pages double-spaced. Be brief and concise. Do NOT provide a full synopsis of the video. This is meant to be a brief reaction paper that you write soon after watching the video—we want your ideas and reactions.

**What to Write:** Respond to the following questions in your reaction paper:

1. **Key points:** What important points did you learn about psychotherapy with clients who are addicted to drugs and/or alcohol? What did you learn about couples therapy? What stands out in how McCrady works?

2. **What I am resistant to:** What issues/principles/strategies did you find yourself having resistance to, or what approaches made you feel uncomfortable? Did any techniques or interactions push your buttons? What interventions would you be least likely to apply in your work? Explore these questions.

3. **What I found most helpful:** What was most beneficial to you as a therapist about the model presented? What tools or perspectives did you find helpful and might you use in your own work?

4. **How I would do it differently:** What might you have done differently than McCrady? Be specific in what different approaches, strategies and techniques you might have applied.

5. **Other Questions/Reactions:** What questions or reactions did you have as you viewed the therapy in the video? Other comments, thoughts or feelings?
Suggestions for Further Readings, Websites and Videos

BOOKS


WEB RESOURCES

Barbara McCrady’s faculty page at the University of New Mexico
http://psych.unm.edu/faculty/sm_mccrady.html

Center on Alcoholism, Substance Abuse and Addictions,
where Dr. McCrady is the Director
http://casaa.unm.edu/intro.asp

NAADAC: The Association for Addiction Professionals
http://naadac.org

The Center for Substance Abuse Treatment,
US Department of Health and Human Services
http://csat.samhsa.gov

National Institute on Alcohol Abuse and Alcoholism
http://www.niaaa.nih.gov

Interview with Stephanie Brown on Psychotherapy and Addictions,
& Interviews with John Gottman and Susan Heitler on Couples Therapy
http://www.psychotherapy.net
RELATED VIDEOS AVAILABLE AT WWW.PSYCHOTHERAPY.NET

Cognitive Therapy for Addictions
– Bruce S. Liese, PhD

Harm Reduction Therapy for Addictions
– G. Alan Marlatt, PhD

Integrating Therapy with 12-Step Programs
– Joan Ellen Zweben, PhD

Motivational Interviewing
– William R. Miller, PhD

Reality Therapy for Addictions
– Robert E. Wubbolding, EdD

Solutions Step By Step: A Solution-Focused Approach to Treating Substance Abuse Problems
– Insoo Kim Berg & Norman Reuss

Stages of Change for Addictions
– John C. Norcross, PhD

Treating Alcoholism in Psychotherapy, Volumes I & II
– Stephanie Brown, PhD
Complete Transcript
of a Demonstration of
Couples Therapy for Addictions:
A Cognitive-Behavioral Approach
with Barbara McCrady, PhD

Note to facilitators: We have marked indicators at five-minute intervals throughout the transcript, which coordinate with chapter markers on the DVD so that you may easily skip to desired points within the psychotherapy session.

PSYCHOTHERAPY SESSION

McCrady–1: Okay. I’ve said this before, you know, it’s really, really nice that you’ve decided to come here today.

Claudette–1: It’s good to be here.

McCrady–2: Yeah. I’m hoping that, you know, that we can do some talking that will be helpful to the two of you. And, you know, by doing this you’re also helping a lot of other people. You know, this will be used to help train counselors and people who will be trying to help a lot of people who have had alcohol and drug problems. So it’s, hopefully there is going to be a lot of benefit from this.

Claudette–2: Yeah.

McCrady–3: Okay. So we’ve been chatting a little bit before we started. But let me tell you a little bit of what I’m hoping we can do. We have about 45 minutes and I’ll ask you a few questions at the beginning. And then what I’d like to do is see if we can pinpoint some of the things that have been going on associated with your drinking and the marijuana use. To think about are there some ways that the two of you can work together to try to keep going with what you’ve done. You said you’ve both been clean for a month now.
Claudette–3: Yeah. Well we started, I started when I was 18.

McCready–4: Okay. How old are you now?

Claudette–4: I’m 23.

McCready–5: Okay.

Claudette–5: And I got three kids. I had my first child at 15. And when I started the marijuana smoking I was just hanging out, you know, with the girls and stuff like that. And that’s how normally at that. You normally get into drugs by hanging around people that do it.

McCready–6: Mm hm.

Claudette–6: The best thing for you to do is just try to stay away from their influence.

McCready–7: So after you started, did you, were you using pretty much continuously until a month or so ago?

Claudette–7: It started off like getting high every Friday.

McCready–8: Mm hm.

Claudette–8: Then it started every day.

McCready–9: Okay. And that went on. When did the alcohol come in?

Claudette–9: The alcohol came in like about 19 years old.

McCready–10: Okay. So a little after the marijuana.

Claudette–10: Yeah.

McCready–11: And you’d said to me that before you stopped you’d been drinking pretty much every day.

Claudette–11: Mm hm.

McCready–12: And how long had that been going on?

Claudette–12: That was going on for like, like from 19 to now.

McCready–13: Okay. So when you started, almost right away you started getting into the daily drinking.

Claudette–13: Mm hm.

McCready–14: And the amount you were drinking when you started?
Did you start out big?

Claudette–14: It started off with one beer here. Then it went to two beers, three beers.

McCrady–15: Okay. And then before you stopped you said to me you were drinking six 40s in a day? Is that what it was?

Claudette–15: Yeah. Well, recently until a month ago. Yeah, it was six 40 ounces a day.

McCrady–16: Okay. How about you?

Ricky–1: Well, I started around 17.

McCrady–17: And how old are you now?

Ricky–2: Twenty five.

McCrady–18: Okay.

Ricky–3: It’s just like mine came with watching my father. Because while I was growing up I always wanted to be like my dad. And I thought if my dad would do it, it’s cool. I could do it too.

McCrady–19: Was this the drinking or the marijuana?

Ricky–4: The drinking.

McCrady–20: Okay.

Ricky–5: And the reason why I’m here today is trying to find out and see can I get some help. Because I don’t want to, right now I see how my father is. I don’t want to end up like my father. And with my alcoholism and me smoking my marijuana, me and Claudette–are having a lot of fights. And it’s just like, it’s making me in a rage. And what’s, I don’t want to be that way. Because I’m a nice person but it’s just like when I get the alcohol in me and the marijuana, I’m like a whole different person just like if I don’t even know myself. Like I don’t love myself.

2–4

McCrady–21: Hm. How do you change?

Ricky–6: Right now it be like she said. It been a month. I’ve been clean
of smoking the marijuana. And I’m trying to get clean of drinking.

**McCrady–22:** Oh, so you’re still drinking some.

**Ricky–7:** Yeah. I’m still drinking. But it’s not as much as I was because I see how I’m acting around the kids and what I’ve seen my father do with us. I don’t want to do that around the kids.

**McCrady–23:** What do you see yourself doing?

**Ricky–8:** It’s just like I get mad. I get frustrated. Every little thing they do, it ticks me off. And sometimes I find myself, you know, my voice getting louder and louder at them and then it make the kids scared of me. And I don’t want that.

**McCrady–24:** And then do you react to that then?

**Claudette–16:** Well, the only thing I do is just say to him, “Calm down.” You know, since I ain’t been drinking and he still drinks. So it’s like, “Calm down. Go outside. Take a walk or something.” And he’ll do it.

**McCrady–25:** You’ll tell him to do that and he will.

**Claudette–17:** Mm hm.

**McCrady–26:** Do you end up getting in arguments back and forth when he gets like that?

**Claudette–18:** When we both was doing it the kids normally wouldn’t be around because normally I have a babysitter. So it’s like it would be me and him going at each other. And I get tired of having to say, “Well, Ricky, I don’t want to argue with you.” And then he tell me, “Well, I don’t want to argue with you.” And then I say, “Well, both of us need to stop. If one stop, we both stop.” So we both decided to do that.

**McCrady–27:** Okay. And you stopped completely and you’ve stopped the marijuana. But you’re having trouble with getting off the alcohol, huh?

**Ricky–9:** That’s correct.

**McCrady–28:** What’s your drinking like now?

**Ricky–10:** It’s like, I use to drink like two pints of Remy Martin every day. Now it’s like I limit it down to like a half a pint a day.
McCrady–29: Okay. So you’ve been, have you been doing that gradually?

Ricky–11: Yeah.

McCrady–30: Okay. And how, that’s been over the last month you’ve gone from the two points to the half a pint.

Ricky–12: Yeah.

McCrady–31: But even now when you drink you still are finding yourself—

Ricky–13: Yes.

McCrady–32: Getting angry and yelling at the kids and still yelling at Claudette but now you say, because you’re sober you say, “Calm down. Take a walk.”

Claudette–19: Right.

Ricky–14: Yeah.

McCrady–33: Okay. And you don’t get angry when she says that? It doesn’t make you angrier?

Ricky–15: I just takes the walk.

McCrady–34: Uh huh.

Ricky–16: Because I know if I continue to do and I get too intoxicated it make me want to take out all my anger on her and start getting physical. And I choose not to do that. Because I don’t agree with a male putting his hand on a female. So before I get that bad, I just walk away.

McCrady–35: Mm hm. Has that happened sometimes?

Ricky–17: It got pretty close to it, but I always caught myself. And another thing I found out is my drinking and my marijuana use has sent me to the penitentiary.

McCrady–36: Oh it did, huh?

Ricky–18: And I didn’t like it. Because it make me spend time away from the ones that I love. And then it was just like when I came home I’m back out there hangin’ with the same old gang like I use to do I would. And I fell back off into the lunacy.
McCready–37: How did you end up in jail?
Ricky–19: I was selling marijuana.
Ricky–20: And then it escalated to selling rocks. Then I got caught.
McCready–39: Were you using rock also?
Ricky–21: Uh uh.
McCready–40: Just using marijuana.
Ricky–22: Just marijuana.
McCready–41: How long ago was that that you got caught?
McCready–42: And how long were you in?
Ricky–24: To ‘98 of August.
McCready–43: Okay. Uh huh. Now did you guys know each other before?
Claudette–20: We was friends.
Ricky–25: I been, knew her, we was friends before we became lovers. She was my best buddy. My kickin’ it partner.
McCready–44: How long have you known each other?
Ricky–26: Since ‘93.
Claudette–21: Yeah.
McCready–45: And then you got more, you got involved with each other romantically after you got out of jail?
McCready–46: Did you have contact while he was in?
Claudette–23: Mm hm.
McCready–47: Not at all?
Claudette–24: He didn’t even know I was still living in the same place.
McCrady–48: Oh yeah. Yeah. So how did you get together when you got out?

Ricky–28: Well it just like.

Claudette–25: A very long story.

McCrady–49: Okay. Can you tell me the short version. We have like, we don’t have a lot of time here.

Ricky–29: Okay.

McCrady–50: But I’m always curious.

Ricky–30: It was like I got out, you know, like I say I got a previous relationship with my other, with my baby mother. And all the while I was in jail, she was not there for me. I haven’t seen my son. She wasn’t sending me no pictures. I wasn’t getting no letters. No Father’s Day cards. No nothin’.

McCrady–51: And he was really a baby when you went to jail.

Ricky–31: He was a baby when I left.


Ricky–32: And then when I came home her mother hooked us up. I been knowing her but I never knew that she liked me.

McCrady–53: Oh.

Ricky–33: She never told me. And then when her mother came to me and told me I got a secret admirer, I’m like, “Who?”

McCrady–54: Did you put your mom up to this?

Claudette–26: Well, she started saying that we was getting along fine from when he first got out. I was like the shoulder to cry on with.


Claudette–27: His girl friend was on something. And we’ve just been together ever since.

McCrady–56: Mm hm. And you guys, you’re engaged now, right?

Claudette–28: Mm hm.

McCrady–57: Do you have a wedding date?
Ricky–34: Hopefully.
Claudette–29: We’re supposed to get married July of 2000. Like on the 8th.
McCray–58: Okay. Is that what you were going to say?
Ricky–35: Yeah. We have a birthday July 4.

2–9
McCray–59: Okay. Okay. And what is it that has you guys together? What is it that you like about each other or that you love about each other?
Claudette–30: Because we so much alike.
Ricky–36: We’re both Cancers.
McCray–60: You’re both what?
Ricky–37: Cancers.
McCray–61: Oh, really?
Ricky–38: My birthday July the 4th. Hers July the 14th. We’ve got that in common.
McCray–62: Okay. How does that make you guys alike?
Claudette–31: We just like the same things.
Ricky–39: I’m like the male version and she’s the woman version of the Cancer.
McCray–63: See, I’m a Taurus. And I know this, we’re stubborn. But I don’t know anything about Cancers. I don’t have any of them in my family. So you guys have some traits in common. But what? Give me an idea of like a little bit of what those are.
Ricky–40: Like ... she can cook.
McCray–64: Uh huh.
Ricky–41: And I’m a good, I’m a big eater. She can cook.
McCray–65: Uh huh.
Ricky–42: And plus the way how she got a good head on her shoulder.
She want things out of life. You know? And I want the same things in life that she want. And her kids love me and I love them. So I felt like if I could love the woman I got to love the kids too because the kids come with the package.

McCrady–66: Okay. So there are a lot of things about her that you really love. How about you? What are the things, a couple of the things about him.

Claudette–32: Well what I like about him is that he’s strong. I like having like a male role model around my sons because the other two kids’ father, they’re not in our lives, so. And another thing, I feel kind of safe. I don’t have to be at home alone. And I got somebody to talk to when I don’t got nobody else to talk to. And when I talk to him it’s just like one of my best friends. Somebody that I can confide in because everybody needs someone to confide in.

McCrady–67: Yeah. Now are the, is the alcohol and marijuana the main kind of wedge between the two of you?

Claudette–33: Yeah. Because it’s like if, how can I put this? If we use, if we both use together it starts a fight. But I notice if we not using we’re like peas in a pod. We’re so much together. But when we’re smoking marijuana and drinking it’s like we’re lavishing at each other. “Oh, you did this.” “No, I didn’t.” “Are you lookin’ at her?” And, you know, stuff like that it starts.

Ricky–43: A lot of jealousy come into play.

McCrady–68: Is that a big thing that you guys argue about?

Ricky–44: Yeah. Because the marijuana use to find me so gigged up and she would say, “You lookin’ at her.” And, “You did this.” And, “Who, this and that?” And, “How did this hair get inside the comb?” And, oh!

McCrady–69: Okay. So did you go both ways?

Ricky–45: Both ways.

McCrady–70: I mean, is he right? You get jealous with him? Okay. And do you get jealous of her too?

Claudette–34: Yeah.
McCrady–71: Huh. Okay. So that’s, and when you guys are straight, are those feelings and thoughts still there or?

Ricky–46: It’s just like when we straight it’s like we just connect. Ain’t no argument, no fights, no nothin’, we just are bond.

McCrady–72: So, do you have any other areas that you have concerns about between the two of you when you’re straight?

Claudette–35: The only other area I have a problem with us is it’s more like me arguing about money. How are we going to get the next outfit, shoes, whatever we want. You know, that’s a big major in our relationship that gives us a down fall too because sometimes I feel like I can’t give him what he want. Like when birthdays roll around, you know, you want to buy your loved one something.

McCrady–73: Right.

Claudette–36: And if you don’t have the money to do it you just get flustrated about it. And the same for him. He gets flustrated.

McCrady–74: I mean do you guys end up arguing about it?

Claudette–37: Mm hm.

Ricky–47: Mm hm.

Ricky–48: And they get to the point sometimes, like money is the biggest actual cause. Like she said, there’s things she want and there’s things I want. And I’m trying not to go back the wrong way and try to go the right way for a change but it just like I fill out all these applications. I go every place there is to go to further look for the job, but all they can see is the “X.”

McCrady–75: You mean the X from having been—

Ricky–49: The X from the penitentiary, yeah.

McCrady–76: In the penitentiary. yeah.

Ricky–50: And I’m like, that make me want to use more too. They get more use. Pick up back up the marijuana and use it because, like you say, it calms me down. I have to think about nothin’. And I’m trying not to do that. And if I continue to smoke marijuana, I’m going to go back that wrong way instead of going the right way. So like now I’m
just trying to basically be a family man.

**McCrady–77:** Yeah. Yeah.

**Ricky–51:** I’m trying to be something that my father wasn’t to me.

**McCrady–78:** It sounds like you have really, you both have really, really strong reasons to be straight.

**Ricky–52:** Mm hm.

**McCrady–79:** And those, you really feel those very deeply.

**Claudette–38:** Mm hm.

**McCrady–80:** And the hard part is figuring out how to make that happen it really sounds like.

**Ricky–53:** Right.

**McCrady–81:** Now I’m going to ask some questions, when you were using did you mostly drink together and smoke together?

2–14

**Ricky–54:** Together.

**Claudette–40:** Mm hm.

**McCrady–82:** Ever, did you ever, were you ever using separately or?

**Ricky–55:** It was like when I’m not around her—

**Claudette–41:** Sometimes when he get with his friends.

**Ricky–56:** Right. Where my friends are. Smoke my marijuana with them. Drink with them. And the same for her.

**McCrady–83:** Okay. Because, you know, when I think about recovery, one of the things, especially when, you know, with both people using, one of the things that’s important to think about first is like how much is your using kind of intertwined with each other. And if you’re using together most of the time then it’s really good if you’re both clean.

**Ricky–57:** Right.

**McCrady–84:** And, you know, we can really talk about some ways that you can support each other and be able to stay clean. But the other
side of it is, if one of you, you know, like if one of you has a slip and one of the things, you know, we know with alcohol and drugs is a lot of times it takes a few tries to get it right.

**Ricky—58:** Uh huh.

**McCrady—85:** That you get clean and sober for a while and maybe you go back to it a little bit. And then you get, then you go back to being clean. So you may slip up three or four times. And you really don’t want to have both of you slip up if you one of you has a problem.

**Claudette—42:** Right.

**Ricky—59:** Right.

**McCrady—86:** So I guess what, you know, I think might be really helpful to talk about is first kind of some of the things that you have been doing already that have been helping you stay clean.

**Claudette—43:** Yeah. We like go to walks to parks and stuff like that.

**Ricky—60:** Yeah. That helps a lot.

**Claudette—44:** It helps get us off on our own. Go out to eat. Something to take our mind off, you know, getting high all the time.

**McCrady—87:** Mm hm.

**Claudette—45:** Because if you sit around the house, that’s the first thing that gonna come, “Oh, go get me a beer.” Or, “Oh, go get me a bag of weed.”

**Ricky—61:** Because I’m bored. So we try to keep active.

**McCrady—88:** Okay. Do you have beer in the house?

**Claudette—46:** No.

**Ricky—62:** No, we don’t have no beer in the house because you know—

**Claudette—47:** I’ll drink it all.

**Ricky—63:** She will drink it all.

**Claudette—48:** Yeah.

**Ricky—64:** Because we don’t want none of that stuff around the kids.
Because it’s so easy for a kid to see that up in there that not know no better and say, “That’s a pop.” And he’ll open the can and he’ll drink it. There you go. You got a messed up kid. So we try not to do that.

McCrady–89: But the Remy Martin is in the house?

Ricky–65: That there is like it don’t get a chance to be there because I drink it so much, drink it so fast.

McCrady–90: Okay. So you don’t stock up. Like what do you—

Ricky–66: It’s just like I go, I go to the store. I buy one and I drink it. When that gone I go to the store again and I buy another one and I drink it.

McCrady–91: Mm hm.

Ricky–67: It’s like two a day.

McCrady–92: Okay. So you’re keeping beer out of the house.

Ricky–68: Yeah.

McCrady–93: Does that help you?

Claudette–49: Yeah. It help me.

McCrady–94: Mm hm. Okay. And you’re not stocking up. At least you have to go back and forth and get it.

Ricky–69: I go back and forth and I drinks it before I even get in the house.

McCrady–95: Okay. So now you’re—

Ricky–70: And then I go back to sleep.

McCrady–96: Okay. So now you’re drinking, you’re not drinking at home anymore.

Ricky–71: Uh uh. I drink outside. Throw it away. Drink another one. Throw it away. Then I come in the house and […] more. I lay down and go to sleep.

McCrady–97: Is that an agreement that you guys made?

Ricky–72: Yeah.

McCrady–98: That you wouldn’t drink in the house anymore?
Claudette–50: Because if he drink it’s gonna make me want to drink.
Ricky–73: Right. And I see she trying to stop.
Ricky–74: So I don’t want to influence her to go on back to drinking her beers. So me I stay outside and I drink mine. Then I come in the house.
McCrady–100: Mm hm. When he comes in when he’s been drinking, does that make you want to drink?
Claudette–51: No. That don’t make me want to drink. That just make me see how I was a month ago.
McCrady–101: Have you given him any feedback about that? About the way you see him when he’s been drinking?
Claudette–52: Not really.
McCrady–102: Give him an idea. I’m curious about what you see.
Claudette–53: I just see him waddling through.
McCrady–103: You can tell, tell him.
Claudette–54: “Fix me something to eat.” And I’ll be like, “If your stomach hurt, you should have ate before you drunk.” Then he like, “So what? Just fix me something to eat.” Then he’ll go in there and lay down and watch TV.
McCrady–104: Is that the way you think you were also when you were drinking?
Claudette–55: Mm hm.
Claudette–56: I was worse.
Ricky–75: She was worse.
McCrady–105: Really? How so?
Ricky–76: It was like after she get through drinking or smoking the marijuana, everything make her mad. Everything.
Claudette–57: If somebody leaves a dish, the littlest thing in the house, that would just tick me off. Somebody leaves a dish or somebody leave water on the sink. I would just say, “I, I clean up this
house all day and this was out.” And that would start us arguing like, “Oh, well I’ll get it up.” You know?

Ricky–77: Yeah.

McCrady–106: Okay. So in terms of the things that have been working so far, you’ve been trying to keep busy.

Ricky–78: Mm hm.

Claudette–58: Mm hm.


Ricky–79: Right.

Claudette–59: Or going out to look for jobs.


Ricky–80: Mm hm.

McCrady–109: So you really, do you kind of get up each morning and have a plan for the day?

Claudette–60: Mm hm.

Ricky–81: Yeah.

McCrady–110: Okay. That’s really good. So that’s one big thing. You’re keeping the alcohol pretty much out of the house.

2–19

Claudette–61: Right.

McCrady–111: And you’ve got his drinking out of the house also.

Claudette–62: Right.

Ricky–82: Mm hm.

McCrady–112: And you’re not buying weed.

Claudette–63: No.

Ricky–83: No.

McCrady–113: Okay. What else are you doing to help yourselves right
now? This is a great start.

**Claudette–64:** Oh, what else are we doing? I gotta say we more focusing on us instead of the outside. Like we try to keep the negative company away. Like the company that brings marijuana, we try to keep them away.

**McCrady–114:** How do you do that? His friends?

**Claudette–65:** Just tell them that we busy or that we either gone or just spending family time. There’s no time to circulate and listen to music or worry about who was on the soaps yesterday. Because that’s what start the drinking.

**McCrady–115:** Okay. Now since you’ve gotten out of jail, are there people that are kind of coming back looking to you as somebody who’s gonna sell?

**Ricky–84:** Yeah. They be, the guys be asking me things like, do I want to jump back down. And do I want to continue to gang, do I want to gang bang some more? And do I want to sell this. And we give you such and such amount and you make some money and give us this cut. But I choose not to.

**McCrady–116:** Had they been coming around the house at first?

**Ricky–85:** At first they started coming around the house but I’ve been putting my foot down and snapping like, “Man, get away from here. Don’t come back.”

**Claudette–66:** Or when I come to the door I say, “He sleep. He don’t want to be bothered.”

**McCrady–117:** Okay. So that’s another really important thing that you’re doing is you’re keeping, the people who would like you to get right back into it you’re keeping away.

**Ricky–86:** Right.

**McCrady–118:** And other people just who might be tempting for you to drink with and smoke with, you’re trying to avoid them.

**Ricky–87:** Trying to avoid them, yeah.

**McCrady–119:** Okay. What else? You guys are doing, I think this is
really, it’s really impressive. You said you hadn’t gotten any kind of counseling or anything.

**Ricky–88:** No.

**McCrady–120:** You’re just doing this.

**Claudette–67:** We just decided on our own. Sometimes we just sit back and just think about all the things we did do and what we gotta do to make a change. Because it’s not gonna change if you don’t let it.

**McCrady–121:** So when you think about the things that you did when you were drinking and smoking?

**Ricky–89:** Mm hm. Mm hm.

**Ricky–90:** And we’d think like all that money we was spending on marijuana and alcohol—

**Claudette–68:** Could have been going on trips to Kiddie Land.

**Ricky–91:** We could have been going on a trip taking the kids to Kiddie Land and doing something worthwhile with the money instead of doing the negative stuff.

**McCrady–122:** Mm hm. Okay. Do you have that written down anywhere?

**Ricky–92:** Mm mm.

**McCrady–123:** I’ll tell you, that’s my first piece of advice to you is that you each spend a little time and just write down ten things that you didn’t like about, you know, yourself or the way your life was going when you were using.

**Ricky–93:** I never think about it but now that you suggested I will start doing it.

**Claudette–69:** It’s like a picture in my mind.

**McCrady–124:** You know, a suggestion you write it down, it’s the weirdest thing. You like, you can be clean for a while and it all starts fading away. You start kind of forgetting. And, you know, I mean I can see people that come in to see me for counseling and then, you know, say, you know, somebody came in because he had missing work a lot because he was, you know, because he was drinking. And a few weeks
later I’ll say, “Let’s kind of review some of the reasons that you wanted to, you know, stop drinking.” And he won’t even remember the work thing. It’s really, like you don’t believe it could happen—

**Claudette–70:** When you want to stop.

**McCrady–125:** Yeah.

**Claudette–71:** If you really true about stopping, one thing you can do is keep it right here in the back of your mind. And you don’t have to write it down because if it’s something you want, you gotta get it. Ain’t nobody else gonna get it for you. And then sometimes you’ll get tired and have a nervous breakdown it’s like, “Oh, I never had this. I never had that.” And you just want to just say, “Forget it. I’m gonna get it.” And that’s just it. I’m gonna go to work. I’m gonna do this. And you gotta put a goal there and you gotta do it.

**McCrady–126:** Mm hm. Yeah. Yeah. I agree with you the kind of what’s inside and what’s in your head is really important. But sometimes getting it kind of out on paper is it sort of makes it even more real.

**Claudette–72:** Right.

**McCrady–127:** It’s just a suggestion.

**Ricky–94:** Okay.

**McCrady–128:** All right. But you’ve been doing a lot. So you’ve been really focusing on your motivation and your reasons. You’ve been doing a lot of very concrete things, it sounds like, that have been pretty helpful. Um, what happens when you, do either of you have times where you feel like using but you don’t? Do you miss it or?

**Ricky–95:** It just like sometimes I feel like, “Man, it’s boring. Maybe I should go away and go to the liquor store and get me a drink or something.”

**McCrady–129:** Yeah.

**Ricky–96:** Or like, “Man, should I go over there onto the next corner and buy me a bag of marijuana.”

**McCrady–130:** Do you, often times do you usually, are there logical
reasons why those feelings come up? Or those thoughts. You know we, in my business we call them triggers. You know, there’s often, there’s like something out there in the world.

Claudette–73: Something out on TV or something like that.

Ricky–97: Right.

McCready–131: Yeah. Something on TV or a person or a certain situation.

Ricky–98: Right.

McCready–132: Can you predict what are going to be triggers for you?

Ricky–99: It’s just like when I come in and there ain’t no food or nothin’ ready, then it make me want to go okay, maybe I’ll go get some marijuana.

2–24

McCready–133: Does she know that?

Ricky–100: Yeah. She know that. I got, she know I gots to eat. That what helps me the most.

Claudette–74: That’s what he be worryin’ about.

Ricky–101: The more I’m eating, the more I won’t smoke marijuana. Eating and working out. That’s it.

Claudette–75: For me, when I look at the TV and I see a big Budweiser can. I say, “Ah, that look cold and good. I want some.” Then I say, “Nah, that’s okay.”

McCready–134: Okay. So, for you being hungry is a trigger. For you, seeing it is a trigger. Are there other triggers?

Claudette–76: Not really.

McCready–135: Other things that you notice that you miss it or?

Ricky–102: No.

McCready–136: Mm hm. When you go, are there times like when you feel discouraged about the job hunting or is that a common?
Ricky—103: Now, that there—
Claudette—77: Sometimes.
McCready—137: Yeah.
Claudette—78: But it don’t make me want to use.
McCready—138: No?
Claudette—79: It just make me want to kill the people there—
McCready—139: Oh, okay.
Claudette—80: That won’t call me.
Claudette—81: And I’ll be like just give me a fair chance. You know, I’m hard working. I can do things. More than one thing. But if I’m taught, I can do it.
McCready—141: Mm hm. Let me ask you, I want to ask you to try to talk to each other about something. And what I’d like to ask is for you to each think about one way. It sounds like you’ve been doing a lot of things to try to help each other and to help yourselves. But I’m wondering if we can talk a little bit about some ways that you could actually, additional ways that you could help each other.
Ricky—104: Okay.
McCready—142: Okay? So you just think about that for a couple of moments here. And what I’d like to ask you to do is each of you—I don’t care who goes first here—but to tell the other person something that you’d like them to do that would be helpful to you in staying clean and sober. And then you don’t have to say yes, you’re going to do it. You don’t have to agree. But I want you to kind of get started and sort of thinking more about what are, you know, because you’ve been doing a bunch of things but it sounds like, you know, there is, you’re still having some tough times.
Ricky—105: Right.
McCready—143: So maybe focus on some of those times when, that are tough. Like when you’re watching the TV or you’re feeling hungry or that kind of thing. To think about like some ways to make some
requests of each other some ways to help.

**Ricky–106**: Okay.

**McCrady–144**: Okay. Who wants to go first?

**Claudette–82**: Well, what I want you to do is go get your I.D.s, go on out there get you a job, and stop being so jealous all the time. That’s all you gotta do. And then that will keep you from being around the house seeing your guys out there on the corner making you want to be out there.

**Ricky–107**: Okay.

**McCrady–145**: What are you, you can react to her a little bit.

**Ricky–108**: Okay.

**McCrady–146**: Tell her what you think of these requests.

**Ricky–109**: The request is, you know what I’m saying, A-Okay. But the jealous part, that’s gonna be hard. That’s gonna be hard. Because my male ego gets in the way and I’m pretty sure any male would feel the same way I feel. It’s just like you got a lot of male friends. And I know they’re your friends, but that man part in me be like, “No, I don’t want you walking my girl friend home. That’s my job.”

**Claudette–83**: Okay. And what else.

**Ricky–110**: And when I see you do things like that there, that make me want to pick up a drink and then go out there and start a fight with the guy.

**McCrady–147**: You can say how, what’s your reaction to that.

**Claudette–84**: I told you that I was going to stop. I’m not gonna hang with no more guy friends, okay.

**Ricky–111**: If you would stop doing that, then maybe I wouldn’t have to all the time pick up a bottle and think, “Is she cheating on me? Is she doing this or is she doing that?”

**Claudette–85**: But answer this question, if I was doing something with them, why would I bring them around you? That would be the least thing I would do.
Ricky–112: But you know how it is, when I’m drinking that don’t be on my mind. When I’m drinking I block out anything. And I want to get physical and it make me get violent. So if you know that’s how it make me feel, don’t even do it. And then maybe I stop some of that drinking.

Claudette–86: Okay.

McCrandy–148: Is that an okay solution? I mean because I guess, I, you’re both being really clear. You’d like Ricky to be less jealous. And you’d like her to—

Claudette–87: Not have male friends.

McCrandy–149: Not have male friends.

Ricky–113: Not too many. It’s okay to have one that we both know. That we both kick it around. And I know what he on and he know what I on. Not when you just got you know the guys and I don’t know them.

McCrandy–150: Explain this to her.

Ricky–114: I want to get to know these guys.

Claudette–88: You don’t ever give them a chance. When they see you coming, you look, “Grr, Grr... Who is that with my woman?”

Ricky–115: That’s any man reaction though. If any man—


Ricky–116: The first thing that come across a man’s mind.

Claudette–90: He don’t do that.

2–29

McCrandy–151: Why don’t you talk one at a time. Then you’ll hear each other better.

Ricky–117: Okay.

McCrandy–152: I’m having trouble hearing both of you. So just one at a time.

Ricky–118: The first thing that comes across a man’s mind is this, “Okay, when you left you was by yourself. You didn’t say you was
going to kick it with your guy friend. You say you was going with your girl friend.”

Claudette–91: I was with my girls. Go back there later at night, they was coming my way, so they walk with me. It’s 12:00. What you want me to do? The bus stopped running.

Ricky–119: But I was on my way to come get you.

Claudette–92: But how did I know that?

Ricky–120: Because I know that. I know that. And you know wherever you at, I’m gonna come to get you. I get upset when you stay out since past 10:00. So you knew I was coming to get you. But then when I seen the two guys walking you home and they didn’t want to come up and walk where I was walking, they just turn the corner. Yeah, that’s making me mad. Like I said.

Claudette–93: And what did I tell you, I was sorry.

Ricky–121: Right.

Claudette–94: And then I told you their names.

Ricky–122: Okay. But if you work on that more, and I promise you I might slow down on some of my drink because, you some of the problem.

Claudette–95: Oh, so now you want to blame it on me.

Ricky–123: You some of the problem. You some of the problem because this is like I want to be able to get you anything. I seen guys out there, you know, that got more than I got. You know what I’m saying? Driving the Lexus truck and the Expeditions and I don’t got that. I’m still trying to be the family orientated man type stuff. I want to sit up there and get you stuff the right way. Where here there’s a guy I cannot compete with him and he got $20, $30,000 in his pocket and a Lexus truck and he offering to get you the world and I can’t. So that make me want to go pick up a bottle or pick up the marijuana.

Claudette–96: So you actually think ‘cause he offer to give me the world I’m gonna go?

Claudette–97: I’m going where my heart at. Not because of what they
offer me. Because I figured if I had things that they can give me, you can give it to me too, only a little more. ‘Cause I can trust you. And that’s all I be asking you to do. Trust me.

Ricky–124: I can work on it.

McCready–153: You have a lot of, both have a lot of feelings about this, obviously.

Ricky–125: Yeah.

Claudette–98: Yeah. We do.

McCready–154: Mm hm. And it seems like you have, in a way you have, you’re listening to each other pretty carefully. You have very different solutions. Your solution is that she should stop hanging with anybody else.

Ricky–126: Or at least let me get to know them. Know them as a person.

McCready–155: Okay. Okay, so you at first was like don’t spend any time with any of them. The second was let you get to know them. And you’re asking that he trust you. To trust that you really love him and he’s the person you want to be with.

Claudette–99: Right.

McCready–156: So you’re in a little bit different places here about this. You have kind of different, a little bit different—

Claudette–100: Because he don’t got no trust in me.

McCready–157: Mm hm.

Claudette–101: If he just gave me a little trust then maybe he would see the type of person I am. If you don’t trust me, that make me look like the villain because you’re gonna always square me in a corner. Like, “Oh, you is doin’ it.” When all along I may not be.

McCready–158: What would be, if we can, I wonder if there is a way that you guys can get closer together about this. You know, if there’s some kind of middle ground where—

Claudette–102: That’s the whole point.
McCrady–159: Where you don’t have to give up every male friend but you don’t have to be kind of constantly thinking, “Oh my God, there’s another one. I don’t know who he is. And I don’t know what they’re doing. And I feel bad.” I’m just wondering if there’s something that Claudette could do that would be less than giving everybody up. Can you think of something specific that she could do that would help you?

Ricky–127: Spend more time with me than with your friends. That’s it.

Claudette–103: Now you didn’t say spend more time with me.

Ricky–128: Spend more time with me.

Claudette–104: Then I’d be with him 24-seven.

Ricky–129: The time we spend together is, you know like I know, if we right there together in the afternoon, why do your friends come over? Why do your friends come over and say, “Girl, let’s go do this. Girl, let’s go do that.” You jump up and you up. I ask you, “Let’s walk to the park.” Sometimes you be like, “I don’t feel like it. Not all day. I’m tired.” But it’s just like when they say, “Come on let’s go. And wooo ooo ooo, you up in the wind.”

McCrady–160: Is that a guy thing or is this something—

Claudette–105: No this is girls.

Ricky–130: This is girl friends.

Claudette–106: This is just one specific girl.

Ricky–131: This is the girl friends. She don’t do it with the male friends like with the girl friends.

McCrady–161: Okay. Let’s just stick with the guy thing for a minute. ‘Cause I think that, you know, it’s one of the things that happens if you try to kind of talk about six problems at once, we’re never going to solve any of them.

Ricky–132: Okay.

McCrady–162: But if we try to focus on one, you might have a better chance.

Ricky–133: Okay.
McCrady–163: So let’s go back to the guy, the guy thing. Okay? I think you had an idea which was to see if you could be introduced to these people.

Ricky–134: Right. That would help me out more than anything. Let me get to know these guys.

Claudette–107: How you gonna get to know them when every time they walk up you be like, “What is you doin’ with my woman?” And then they be like, “Man, dude, I wasn’t even, you know, I was just walking around.” You be like, “I hit you in your ass.” Or, “I’ll stomp you.”

2–34

McCrady–164: Yeah, is his idea okay? Is his idea okay to have the guys that you’re friends with get to know—

Claudette–108: I’ll try to introduce them.

McCrady–165: So you don’t mind the idea?

Claudette–109: Mm mm.

McCrady–166: How could you guys make that happen then?

Claudette–110: Only thing I could do is just stay away from the guys.

McCrady–167: Mm hm.

Claudette–111: Which I have done.

McCrady–168: Mm hm.

McCrady–169: Is that a complete solution?

Claudette–112: Mm hm. Just stay away.

Ricky–135: It sound good to me.

McCrady–170: Yeah. Yeah.

Ricky–136: Sound good to me.

McCrady–171: Completely. Never talk to another man.

Ricky–137: No. I’m not saying—

McCrady–172: Never ever?
Ricky–138: She can talk.

Claudette–113: Nah, I just wait.

Ricky–139: She can talk and say, “Hi.” And, “Bye.” Or whatever. That’s acceptable. But all of that havin’ 30-minute conversations and, uh uh. When you’re walking down the street with me, you’re with me. Don’t wave at your friends and say, “How you doin’?” And he waving at you. No. Now you just keep on walking. When I’m not with you, okay, cool.

McCrady–173: You should be telling her this, not me.

Ricky–140: You know. When you all walking down the street together, you know what I’m saying? It’s like if me and you walking down the street and one of your guy friends be like, “Hey, what’s up shorty?” And when you talk back, “Hey, how you doin’?” That disrespectful to me because I wouldn’t do it to you. If you walking down the street—

Claudette–114: What about the time we was in Goldblatt’s? “Oh, hi, Ricky.”

Ricky–141: But that’s somebody that I went to school a long, long time ago with.

Claudette–115: It don’t matter.

Ricky–142: And you was with me.

Claudette–116: And you would be with me.

Ricky–143: And I told you and the girl herself, she said, “Excuse me. I don’t mean no harm or no disrespect to you.” She told you this, right? Right?

Claudette–117: She didn’t disrespect me by speaking to you. I don’t go off of that.

Ricky–144: What I’m saying is what she said was, before she spoke she said, “Excuse me. I don’t mean no disrespect. Didn’t you go to Bay School?”

Claudette–118: No she said, “Excuse me.”

Ricky–145: Right.

Claudette–119: To you.
Ricky–146: Right. But—

McCrady–174: Not to you?

Claudette–120: Not to me.

Ricky–147: But your guy friends don’t do that. They don’t be saying, “Excuse me.”

Claudette–121: Because they be walking past and they say, “Hey, shorty.” I say, “Hi.” And you be like, “Why do you have to say it like that all sexy?”

Ricky–148: All I’m saying if you know it’s a problem in our relationship, you shouldn’t do it.

Claudette–122: I don’t do it anymore.

Ricky–149: Right. I ain’t saying you do it now, but you used to. You used to and then that make me more like mad. Let me go over there and get me a drink. Alcohol could be my girl friend if you did it. That’s why I do that. And maybe you would stop doing it, you know what I’m saying? Like if you stop doin’ it so much then maybe I could put that bottle down.

Claudette–123: So you’re trying to blame it on me.

Ricky–150: Yep.

McCrady–175: I think there’s a fine line in here. You know, I think that there are situations that make people feel like using and it sounds like this is a big one for you, is that feeling of jealous and that feeling of, you know, not being good enough. But at the same time there’s a decision that each person makes about, you know, you can feel that way and you can say, “I feel really hurt and jealous. And, you know, damn I’m not going to drink just because of that.” Or, “I feel really hurt and jealous and I’m going to drink.” So there’s still, there’s the situation and then there’s still something that goes on, you know, in each person’s head about a choice and a decision about how they’re going to react to it.

Claudette–124: Mm hm.

McCrady–176: If the situations aren’t there, it’s a lot easier to stay
clean and sober.

Ricky–151: Right.

McCrady–177: If it doesn’t happen, it’s much easier. And that’s what you’re looking for is kind of, I don’t want it to happen.

Ricky–152: Right.

McCrady–178: But I think the other half is it’s probable, I mean you guys could be together a really long time. It’s probable in the next 20 years that sometimes you’re going to see men that you know.

Claudette–125: Mm hm.

McCrady–179: You know, or old friends and you’re gonna say, “Hi.” And you’re gonna look really friendly. And you’re going to have this, “Oh!” You know, this hurt.

Ricky–153: Yeah.

McCrady–180: And the sort of other half of it is to say what is it that you can do inside of yourself to say even if I have this feeling for a minute, I don’t want to make that, I don’t want to drink. You know, that shouldn’t make me drink. I don’t, do you know what I’m saying?

Ricky–154: I understand what you’re saying.

McCrady–181: Because I think that, you know, there’s kind of a give and take here. You know, that you’re saying you’re willing to, you know, not hang out with other guys and, you know, not spend a lot of time talking to them when the two of you are together.

Claudette–126: Right.

McCrady–182: But unless you kind of get put in a closet, it’s probable, you know, you could put her in a glass case or something, but—

Claudette–127: And walk with me on his back.

McCrady–183: Yeah. Unless you do that she’s probably gonna see guys she knows, you know?

Ricky–155: But not when it’s like your ex-boyfriend. Those you aren’t suppose to talk to period. That ain’t suppose to be no, “Hi.” No nothin’. No conversation. No nothin’.
Claudette–128: All of my ex-boyfriends from previous time, I never make a enemy. So if after we did break up I don’t leave them like, “I hate her.” You know and stuff like that? So that I leave them with a sense, “She a sweet person.” You know?

McCrady–184: You get along with people.

Claudette–129: I’m glad. You with this brother. You know? I get along with everybody. I could meet somebody on the street. I don’t care. They like me for me.

McCrady–185: Mm hm. So it sounds like this, the jealousy thing is something that’s like a trigger for both of you in terms of making it hard to stay clean.

Ricky–156: It is.

McCrady–186: Yeah. Are we coming to a solution that would make it easier? Because you asked, this all started with her asking you not to be, act so jealous.

Claudette–130: Mm hm.

McCrady–187: And it seems like we’ve gotten to like you should change some of your behavior.

Claudette–131: Mm hm.

McCrady–188: Okay. So where would you like, so you gotta be fair about this. That’s the deal with the two of you. At least that’s the way I think about it. So if she’s saying, “Okay, I’m going to really, you know, make it a point not to spend much time with these guys. And if I see people I’ll just say, ‘Hi,’ and nothing else.” But if she’s kind of feeling, if you’re feeling kind of jealous at some point, what can you do differently that’s going to help her? Instead of like going off, which is what you do, right?

Ricky–157: Yes. Okay. I’ll work hard on trying to stop drinking so much. Because, like I said, that is the biggest, that’s one of the biggest problems why I drink is that I’m going to lose you to another guy who got more than I got. And if you can work on what you’re working on as
far as your male friends and I can work on what I’m working on, you know what I’m saying? My drinking. That’s a deal?

Claudette–132: That’s a deal.

McC rady–189: Mm hm. Okay. How you gonna do that? I’m such a nag. You come up with this really good thing and you guys are feeling good. I’m saying, okay. What’s the next step. How are you gonna do that? You’ve gone from two pints to a half a pint.

Ricky–158: It just like I’m gonna try.

McC rady–190: Okay.

Ricky–159: I’m gonna try to just go ahead and stop permanently. I’m gonna try to get like a week or two week basis with not drinking nothin’ and none of that for two weeks. And if I can make it through two weeks with not drinking, then I can stop. And then maybe our relationship would get better and we could have that trust. Because it’s best for us to have that trust before we get married. Because I don’t want to have that same jealousy rage in me when we get married.

Claudette–133: ’Cause then it will get worse.

Ricky–160: Then it gonna get worse and worse and then we’re gonna be out of thousands thousands of dollars going through counseling and therapists.

McC rady–191: Do you like this idea of him saying he’s gonna stop now?

Claudette–134: Yeah.

McC rady–192: Do a lot, put a lot of effort into it.

Claudette–135: I believe him. From now on just go out for milk.

McC rady–193: Okay. So this is good. You’re as bad as I am. Like, okay let’s keep going.

McC rady–194: When do you usually start drinking? When do you go out and get that bottle?

Ricky–161: About 12:00. And it’s gone like at 12:15.

McC rady–195: Okay so you just do it fast.

Claudette–136: Just drink it like that.
McCready–196: Okay.

Ricky–162: So when I go in the store I get it, bust it down, and it’s gone.

McCready–197: Now what are you feeling like before you go?

Ricky–163: Like, man.

McCready–198: Are you restless?

Claudette–137: All his thoughts and pressures.

Ricky–164: I think about everything. There’s all, the peer pressure with my guys, and the peer pressure with her, and the peer pressure with the kids.

McCready–199: Okay. So your head’s kind of going a mile a minute.

Ricky–165: It just like, it’s just spinning. It’s just spinning.

McCready–200: Yeah. Yeah. How about your body? Are you feeling edgy or restless?

Ricky–166: My body it just feel like if I don’t take that drink I ain’t got no energy. I’m laid back. When I ain’t drinking I’m laid back and it’s all good. When I got that drink, I’m all energetic.

Claudette–138: He’ll like want to go rake the grass, mow the lawn.

Ricky–167: Like thinking I lift cars and—

McCready–201: This is after you’ve had—

Ricky–168: Yeah. Make me feel like I’m Rambo. That I can’t be touched or bullets will bounce off me and everything.

McCready–202: That’s a great feeling. Do you like that feeling? I mean it sounds like it.

Ricky–169: It’s like, that feeling, yeah. It’s just like, it make me feel like, “Man, I’m untouchable. I could walk through a wall.” And I like that feeling.

McCready–203: Yeah.

Ricky–170: And it’s like I can take all my pressures away like I don’t got none. All I could think about is going and lifting up a Volvo or a Cadillac.
McCready–204: Or an Expedition, right.

Ricky–171: Right, Expedition.

Claudette–139: Expedition.

McCready–205: But I guess, so I guess what I’m thinking about is like when you stop if you say like tomorrow you’re not going to go out at noon, okay, I think that’s going to be a really hard time.

Ricky–172: Yeah.

McCready–206: Because it’s like you’re used to it. You’ve got a real habit going.

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And there’s something you really get from it. It’s like this incredible feeling. So I’m thinking that’s going to be a hard time. And I’m wondering if, we’ve got like a couple minutes left that we can talk. If there’s some things that might help you because, you’re right, if you can get through a couple of weeks without it, it will start getting a little easier.

Ricky–173: Right.

McCready–207: But especially those first few days, your body is going to be going, “Where is it!” You know?

Ricky–174: Right.

McCready–208: “I’m so use, I want my alcohol.”

Ricky–175: And the only suggestion I can say is to, if my body get to feeling like that going out, like I said, fix me something to eat. Go to the store and get me a couple of candy bars and some soda.

McCready–209: Why don’t you tell Claudette.

Ricky–176: You know? A couple of candy bars and some soda.

Claudette–140: You got that anyway.

Ricky–177: So, well, I have to go out and get it. And I probably, I’m gonna try to do my best.

Claudette–141: Only thing—
COUPLES THERAPY FOR ADDICTIONS

Ricky–178: To stop all that drinking.
Claudette–142: Reroute from the store at 12:00 noon and that will stop.
Ricky–179: And I’ll just go to the park and jog around.
Claudette–143: Because see what I did? I just stayed in the house. Minded the kids like I normally do. Watch TV. Work around the house. I do all that.

McCrady–210: So you think that would be good for him?
Claudette–144: Mm hm.

McCrady–211: Stay in?
Claudette–145: Not stay in but when you go out at 12:00 noon, just have a goal. You know, go out to do something better than, “Oh, I think I’ll go to the store.”
Ricky–180: Or I could like I did when I was in the penitentiary up in there. We had homemade alcohol and I could just look, look, look, look, look.
Claudette–146: Then you want to make—

Ricky–181: No. I’m not saying make any homemade alcohol. I’m saying up in there it was kind of hard for me to do it so I stayed in the gym working out.

Claudette–147: Right.
Ricky–182: I would just go into the basement and work out with my weights more, you know. And that would help me because it’s like when I work out that relieve all the stress and the pressure. I don’t need no drink. I don’t need no marijuana. I don’t need no square. I don’t need none of that. So I just work out more.

McCrady–212: You think that sounds like a good idea?
Claudette–148: Yeah.

McCrady–213: Yeah.

Claudette–149: Because then I’d work out with him.
McCrady–214: Mm hm. Okay. I’ll suggest that if you’re gonna do that,
which sounds like a really good idea, that you do it, start a little bit before the time you normally go out to get to buy the alcohol. So if you normally go out at noon—

Ricky–183: Go out at about 11:00, 11:30.

McCrady–215: Yeah, 11:00, 11:30. Have a really good work out. You know, have something to eat together. And that may help you get through some of that, you know, that period.

Ricky–184: Okay. That’s the stuff that I ain’t knowed. That I learned here today.

McCrady–216: What did you learn?

Ricky–185: I learned that if I don’t get my jealousy together, I ain’t gonna have her for long. I’m gonna lose her.

McCrady–217: And make it hard, then it would be hard for her to stay clean.

Claudette–150: Yeah.

McCrady–218: Let me, since we’re almost at the end here I want to give you guys a little bit of feedback.

Claudette–151: Okay.

McCrady–219: And hopefully make a suggestion or two. I think, you’re trying to do something that’s really hard. You know, because you’ve both been drinking, you’ve both been smoking marijuana. You’re both in a position where you don’t have jobs right now. You’ve got that, you said the “X,” you know, from the penitentiary. So, you know, you’re in a really difficult place. You’ve got the kids. And the fact that you’ve both completely stopped the marijuana, that you’ve cut way down on the alcohol, that you’ve stopped is incredible. And it’s really, really, it shows a lot of commitment on both of your parts. You know, you’re both very clear about the reasons to stop. You have really, really good positive things that you want and you have things that you want to get rid of. And having both of those, you’ve got goals and you’ve got things you want to put behind you, I think that’s really an important part of, you know, kind of staying clean. And you’ve already started doing a lot of very, very smart things. I mean really smart
things. You know, you’ve gotten the beer out of the house.

Claudette—152: Mm hm.

McCray—220: You’ve gotten a bunch of activities that you’re doing that, you know, kind of distract you from it. You’re out there looking for jobs even though I know it’s frustrating but you’re going in that direction. And, you know, I was, I’ve been really impressed today that the two of you are talking to each other. You know, you were, that, I’m sure this was not an easy conversation about the jealousy.

Ricky—186: Right. It wasn’t.

Claudette—153: Mm hm.

McCray—221: And—

Claudette—154: But we always do talk.

McCray—222: You always do talk?

Claudette—155: Mm hm.

McCray—223: Yeah.

Ricky—187: Well it’s just that today—

Claudette—156: We didn’t get into an argument.

McCray—224: Yeah.

Ricky—: We didn’t get into any argument about it.

McCray—225: Why did you think it was different? I know the cameras and lights and another person.

Ricky—188: It just like, it can’t be the camera because we use to do this in public around, I didn’t care who was around. So it was basically like with the cameras away it’s the same thing.

McCray—226: Okay.

Ricky—189: It’s just like right now we’re talking more openly about us having a therapist there, you know. And it’s like it’s better. I see this stuff. Dream about this stuff on TV.

McCray—227: Yeah.

Ricky—190: I see lots of these shows and they had the therapists on
them and I’m like, “Man, we need that.” But I ain’t had the money to
go to see Montel Williams, their therapists, and all the other people so.

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McCready–228: Yeah. I’m not sure he’s the best therapist. But I’ll tell
you, I think you guys did something. I helped you a little bit with it
but you did something that I think really helped you talk differently.

Ricky–191: Right.

McCready–229: Which is first of all you let each other talk. Because
at first you guys were like, you both had so much to say you were
both talking at the same time. But you, the simple fact of like taking
turns makes it easier. The fact that you listened to each other and you
did, you know, you were hearing what the other person was saying
was really, I think, very important. And you, you know you made
some very specific requests. You made some very specific requests.
And neither of you laughed at the other person or blew up about
it. You know, you took the request seriously. You didn’t necessarily
completely agree, which is fine. It’s like two people are going to have
different views even if they are both the same sign. You know, you’re
going to have different perspectives. But the fact that you both could
think of there are things that I’d like you to do. And the other person
could say, “Well, let me think about that. That might not be exactly
what I want to do but I want to listen to you and I’m going to try.”

Claudette–157: Mm hm.

McCready–230: And, you know, I mean I was really encouraging you
to try to compromise and you were both, you know, you were both
there. You were both listening to that. So I think that that, you know,
letting each other talk, listening, making requests, compromising is
really an important, that’s what really good communication can be.
And it seems like you, it wasn’t very hard for you to do that. I wasn’t
working real hard to get you to do it. I just gave you like about three or
four suggestions and you guys went off with it. So then I think you got
a lot of work ahead of you.

Ricky–192: Yeah. I know.
McCready–231: And as I said, you may have some dips in it, but, you know, in terms of—

Claudette–158: But as long as we work together.

McCready–232: Mm hm.

Ricky–193: Yeah.

McCready–233: Yeah. I think that that’s really important that you do work together. So I think we’re pretty much out of time. Any like questions you want to ask me before we stop stop?

Ricky–194: I just want your autograph.

Claudette–159: Uh uh.

McCready–234: Do you have any questions?

Claudette–160: Not really.

McCready–235: Well, thanks again.

Claudette–161: I think you did a good job.

McCready–236: Well, thank you.

Claudette–162: Helping us listen to each other.

McCready–237: Well, as I say, thank you again for coming in and doing this.

Claudette–163: We were glad to be here.

McCready–238: I think that, hopefully it helped you but I think it will also help other people.

Ricky–195: Thank you.


Ricky–196: That’s it?


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