

# Background

In 2001, the Australian Government Department of Health and Ageing funded a project entitled “An evaluation of cognitive-behaviour therapy (CBT) among regular amphetamine users” (Baker, Kay-Lambkin, Lee, et al.), which built on results from a pilot study conducted by Baker, Lewin and Bloggs in 1998.

The current project aimed to evaluate the effectiveness of a two- and four-session cognitive behavioural intervention among a sample (N=214) of regular amphetamine users recruited from Greater Brisbane, Queensland and Newcastle, New South Wales. The four-session intervention is detailed in this publication; however practitioners may choose to offer a two-session intervention according to client needs. The development of the CBT intervention was informed by various treatment approaches that have been utilised for users of other illicit drugs. The sources are acknowledged in Appendix 1.

This manual is divided into five sections:

## **Section 1. Context**

- Key points from the *National Drug Strategy Monograph No 51. Models of Intervention and Care for Psychostimulant Users* are included to present the evidence supporting this type of intervention for regular amphetamine users.
- A flow-chart to place the intervention in a treatment context.

## **Section 2. Brief background to the study and summary of results of evaluation**

- A brief description of how the study was developed, undertaken and evaluated.
- A brief description of the evaluation outcome data (detailed results will be published separately).

## **Section 3. The intervention**

- The CBT intervention is presented in a clear and easy to use format for practitioners.

## **Section 4. Suggested alternative brief interventions for those not suitable for the current intervention**

- This section provides an overview of recommendations for alternative interventions for psychostimulant users who are unsuitable for the CBT intervention (e.g. those who are not considering change, experimental users etc).

## **Section 5. Other available resources**

- This section lists a range of other resources that are currently available for practitioners working with psychostimulant users.

This treatment guide has not been designed to stand alone. Rather, practitioners are encouraged to:

1. Acquaint themselves with the current research and clinical literature. The recently completed monograph *Models of Intervention and Care for Psychostimulant Users* is an excellent resource for current evidence supporting practice in this area.
2. Undertake training in CBT and motivational enhancement techniques if unfamiliar with these approaches.
3. Obtain ongoing clinical supervision.