

物質濫用患者之認知行爲治療

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摘要

物質濫用是許多國家所面臨的社會問題，除了造成個人身體、心理、家庭之損害，還會帶來嚴重的社會問題及犯罪行爲，且使用物質一旦成癮之後，將會無法控制或停止使用該物質，故如何協助物質成癮的患者是現今很重要的議題。臨床上使用認知行爲治療運用在物質濫用患者身上，可協助其辨識本身核心信念的錯誤認知，鼓勵其改變自己的錯誤思考方式，並學習新的技巧來處理物質使用或生活上的問題，進而控制及減少對物質需求的慾望，故本文就認知行爲治療之理論及實施原則做一簡單介紹，並針對認知行爲治療於物質濫用患者之應用，歸納出適當的治療方針，包括：以認知模式教育患者、設立目標、認知技巧、行爲技巧及渴求之處理等，以期對臨床護理人員提供相關資訊，以提升照護之品質。

Abstract

Substance abuse is one of the major social problems in many countries. It is not only harmful to individual's physical, psychological and family function but also brings about serious social problems and criminal activities. Once the patient was addicted to substance, he or she will not be able to control or stop using substance. Therefore, assisting patients with substance abuse has become an important task for health care providers. The use of cognitive behavior therapy (CBT) in treating substance abusers works through identifying the cognition errors of their core beliefs. The CBT could also assist patients changing their thinking process and learning new skills in dealing with substance abuse. This article aims to introduce the theory and practical strategies of CBT for treating substance abusers. The contents include goals setting, cognitive technique, behavioral technique, and the management of patients' craving problem. This article provides information for the nursing staff in caring substance abusers and improving the quality of nursing care.