

# **Artemidė Motekaitytė 440781 Psychology 3rd grade. Presentation about „Drugs“ (related to motivation).**

## **Motivation**

There are a lot of theories of motivation, all them trying to explain why people do what they do. Motivation gives a person's behavior its energy and its direction. It is some motive that energizes the athlete, and it is some motive that directs the student's behavior toward a particular goal. The study of motivation concerns those processes that give behavior its energy and direction. Energy implies that behavior has strength – that is relatively strong, intense, and persistent. Direction implies that behaviour has purpose – that it is aimed toward achieving a particular goal. The processes that energize and direct behavior emanate from forces in the individual and in the environment, as you can see in the picture . motives are internal experiences – needs, cognitions, emotions – that energize the individual's approach and avoidance tendencies. External events are environmental incentives that attract or repel the individual in engaging or not engaging in behavior.

## **DRUGS**

The medical historian Osler wrote „that the only characteristic that distinguishes man from other animals is his propensity to take drugs“. Given current knowledge, Osler might add that there are exceptions to this statement and also that then propensity to „do drugs“ is as old as human behaviour. Intoxicated behavior is seen in most animals, from elephants to the catnipconsuming pet.

What is addiction?

Experimental try:

It takes short period of time, usually one or two tries. Most of them try it in group activity (with friends, subculture and etc.). You can hear that in some countries almost everybody tried some drugs, but also you can hear that in some countries it's isn't so popular to use drugs. It depends on how easy you can get drugs, what friends think about drug using, is it popular, if you belong for subcultre, which require to do it. These factors are changing all the time and it changes habbits of drug using.

Entertaining use:

The main difference between experimental try and entertaining use is that a person uses drugs regularly. In this case, a person usually uses it to seek pleasure on special occasions, for example, parties. A person thinks that he/she can control it and can stop if he/she wants. The amount of using can be from small dose to large dose, but it doesn't mean that a person has addiction.

Addiction:

When a person can't control it, you can call it addiction. Long time using, needs bigger amounts of drugs. It becomes more important to get drugs and it doesn't matter how and quality of drugs. A person starts using it alone or in small groups, feels psychological and physical addictions.

*Psychological addiction:* A person can feel psychological addiction even after first try. He/she becomes obsessed with thoughts, memories, feelings about drugs. It becomes difficult to think about anything else. Among teenagers gets a group psychic attraction. This dependence can be directly related to the environment in which drugs are used. Drug using becomes as much important as communication in groups.

*Physical addiction:* Physical addiction usually comes after psychological addiction when drugs are necessary for keeping biological and chemical balance in organism. Changes occur in all functions of human body, the blood must constantly circulate an individual dose of the drug. A person needs to get a dose to eliminate unpleasant state. If the body does not receive the drug, the drug withdrawal syndrome develops.

### **More about physical addiction:**

How does stimulation of the brain's pleasure circuit teach us to keep taking drugs?

Our brains are wired to ensure that we will repeat life-sustaining activities by associating those activities with pleasure or reward. Whenever this reward circuit is activated, the brain notes that something important is happening that needs to be remembered, and teaches us to do it again and again without thinking about it. Because drugs of abuse stimulate the same circuit, we learn to abuse drugs in the same way.

Why are drugs more addictive than natural rewards?

When some drugs of abuse are taken, they can release 2 to 10 times the amount of dopamine that natural rewards such as eating and sex do. In some cases, this occurs almost immediately

(as when drugs are smoked or injected), and the effects can last much longer than those produced by natural rewards. The resulting effects on the brain's pleasure circuit dwarf those produced by naturally rewarding behaviors. The effect of such a powerful reward strongly motivates people to take drugs again and again. This is why scientists sometimes say that drug abuse is something we learn to do very well.

## **Psychoteraphy**

*Drug withdrawal* is a constellation of physiologic changes undergone by people or animals who have become physically dependent on a drug or chemical who are abruptly deprived of that substance. The intensity of the syndrome varies with the drug or chemical. Generally, the effects observed are in an opposite direction from those produced by the drug; the withdrawal syndrome from CNS depressants (barbiturates) consists of insomnia, restlessness, tremulousness, hallucinations, and, in the extreme, potentially fatal tonic-clonic convulsions. Onset time and severity of the syndrome depend on the rate at which the drug disappears from the body.

Some of rehabilitation types:

- Cognitive-behavioral therapy, which seeks to help patients to recognize, avoid and cope with situations in which they are most likely to relapse.
- Multidimensional family therapy, which is designed to support recovery of the patient by improving family functioning.
- Motivational interviewing, which is designed to increase patient motivation to change behavior and enter treatment.
- Motivational incentives, which uses positive reinforcement to encourage abstinence from the addictive substance.

In our country (Lithuania):

*Detoxication.* Drug detoxification is used to reduce or relieve withdrawal symptoms while helping the addicted individual adjust to living without drug use. Drug detoxification is not meant to treat addiction but rather an early step in long-term treatment. Detoxification may be

achieved drug free or may use medications as an aspect of treatment. Often drug detoxification and treatment will occur in a community program that lasts several months and takes place in a residential rather than medical center. Drug detoxification varies depending on the location of treatment, but most detox centers provide treatment to avoid the symptoms of physical withdrawal to alcohol and other drugs. Most also incorporate counseling and therapy during detox to help with the consequences of withdrawal.

*Methadone maintenance therapy.* It is a synthetic opioid. The principal effects of methadone maintenance are to relieve narcotic craving, suppress the abstinence syndrome, and block the euphoric effects associated with opiates.

**Motivational interviewing.** Employ interventions that connect to the individual and strive to understand his or her thoughts, feelings, struggles, aspirations, and disappointments. Providers serve as empathic allies while working toward facilitating thorough exploration of an issue. The concept of motivational interviewing evolved from experience in the treatment of problem drinkers, and was first described by Miller (1983) in an article published in *Behavioural Psychotherapy*. MI recognizes and accepts the fact that clients who need to make changes in their lives approach counseling at different levels of readiness to change their behavior. During counseling, some patients may have thought about it but not taken steps to change it while some may be actively trying to change their behavior and may have been doing so unsuccessfully for years. Focusing on a variety of topics like looking back, a typical day, the importance of change, looking forward, confidence about change, and so on. Motivational interviewing is non-judgmental, non-confrontational and non-adversarial. The approach attempts to increase the client's awareness of the potential problems caused, consequences experienced, and risks faced as a result of the behavior in question. Alternately, therapists help clients envision a better future, and become increasingly motivated to achieve it. Either way, the strategy seeks to help clients think differently about their behavior and ultimately to consider what might be gained through change. Motivational interviewing focuses on the present, and entails working with a client to access motivation to change a particular behavior, that is not consistent with a client's personal value or goal. The main goals of motivational interviewing are to engage clients, elicit change talk, and evoke motivation to make positive changes from the client. For example, change talk can be elicited by asking the client questions, such as "How might you like things to be different?".

## Literature:

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