

APPLICATION COGNITIVE BEHAVIOR THERAPY (CBT) TO OVERCOME MOOD DISORDER ON SUBSTANCE DEPENDENCE AT LAPAS SALEMBA

Dr. Anastasia Sri Maryatmi¹ & Susan Rahmayani²
anastasia.maryatmi@gmail.com¹, coachsusan@gmail.com²
Fakultas Psikologi Universitas Persada Indonesia YAI

ABSTRACT

Recovery of substance dependence is not easy. In addition to clean life without using amphetamines forever, another challenge is taking part in programmed activities and daily discipline. If the rehabilitation process for the recovery of substance dependence is not interpreted positively, the individual will experience a minor depression, namely mood disorder, characterized by symptoms of lack of interest in activities, insomnia, doubt / uncertainty, loss of positive pleasure, excessive guilt. 21-year-old study subjects met diagnostic criteria in TR DSM-IV minor depressive disorder and underwent recovery of amphetamine dependence. Subject minor depression was assisted with Cognitive Behavior Therapy (CBT) therapy with Cognitive Restructuring and Activity Scheduling techniques which were conducted in 10 sessions. Data analysis techniques use pattern matching and analysis of development results. The results of measurement of depression using DASS in the form of pre-test and post-test resulted in a decrease in depression findings, initially the depression major to normal (lost depression).

Keywords: Mood disorders, Cognitive Behavior Therapy, Substance Dependence.