

Psycho-Social Interventions (PSIs) Agenda

Learning Objectives, Agenda & Capability Framework Alignment

A 3 hour online course covering psycho-social interventions for drug and alcohol users — Motivational Interviewing (MI), Cognitive Behavioural Therapy (CBT) and ITEP Mapping, aligned to NICE Guidelines for Drug Misuse and Dependency

Trainer: Tony D'Agostino

Company: TD Consultancy

Delivery: Online — 3 hours

Edition: 2026

Aims & Objectives of the Course

- Gain an understanding of brief psycho-social interventions and how to implement these in the workplace
- Develop awareness of the potential improvements in both treatment outcomes and organisational structure when applying PSIs
- Gain an understanding of the worker/client process and the therapeutic relationship
- Feel comfortable with the use of MI, CBT and ITEP mapping and their underpinning theories
- Be able to work with uncertain or ambivalent clients using motivational approaches
- Understand the key principles and attitudes around information giving and handling resistance
- Be able to implement mapping and treatment tools within current practice

Session Agenda

Psycho-Social Interventions: MI, CBT & ITEP Mapping in Drug and Alcohol Practice

10:00am Start — Welcome & Course Overview

10:10am Introduction to PSIs — evidence base and NICE Guidelines for Drug Misuse and Dependency (NG58)

10:25am Motivational Interviewing (MI) — principles, spirit and the OARS framework

10:50am Working with ambivalence — change talk, resistance and rolling with resistance

11:15am Break (15 minutes)

11:30am Cognitive Behavioural Therapy (CBT) — cognitive model, techniques and relapse prevention

11:50am ITEP mapping — node-link mapping, goal setting and strength-based approaches

12:15pm The worker/client process — forming a working alliance and handling resistance

12:35pm Implementing PSIs in practice — integrating MI, CBT and ITEP into care planning

1:00pm Close & Q&A

Capability Framework Alignment

This course aligns with the Capability Framework for the Drug and Alcohol Treatment and Recovery Workforce (NHS England/OHID, 2024), which underpins the 10-Year Strategic Plan for the Drug and Alcohol Treatment and Recovery Workforce 2024–2034.

Capability Domain (NHS England / OHID, 2024)	Framework Section
Knowledge of the evidence base for psycho-social interventions (PSIs) in drug and alcohol treatment, including NICE Guidelines for Drug Misuse and Dependency (NG58) and the requirement for a psychosocial component in all treatment	<i>Drug and Alcohol Worker: Application of Knowledge</i>
Knowledge of the principles, spirit and key skills of Motivational Interviewing (MI), including OARS, change talk, ambivalence and the stages of change model	<i>Drug and Alcohol Worker: Harm Reduction, Treatment and Recovery</i>
Ability to deliver Motivational Interviewing techniques in direct work with clients, including rolling with resistance, exploring ambivalence and eliciting change talk	<i>Drug and Alcohol Worker: Harm Reduction, Treatment and Recovery</i>
Knowledge of the cognitive behavioural model and its application to substance use, including thought records, behavioural experiments and relapse prevention planning	<i>Drug and Alcohol Worker: Harm Reduction, Treatment and Recovery</i>
Ability to apply CBT-informed techniques in direct work with drug and alcohol clients to address unhelpful thinking patterns and support behaviour change	<i>Drug and Alcohol Worker: Harm Reduction, Treatment and Recovery</i>
Ability to use ITEP node-link mapping tools — including goal setting, guiding maps and strength-based maps — within recovery-oriented care planning	<i>Drug and Alcohol Worker: Engagement, Assessment and Care Planning</i>
Ability to form and maintain effective therapeutic alliances with clients, including those who are uncertain, ambivalent or resistant to change	<i>Drug and Alcohol Worker: Engagement, Assessment and Care Planning</i>
Ability to develop, implement and review personalised, co-produced care plans that integrate MI, CBT and ITEP mapping approaches	<i>Drug and Alcohol Worker: Engagement, Assessment and Care Planning</i>
Recovery-oriented approach — using PSIs to build recovery capital, personal agency and resilience alongside treatment goals	<i>Underpinning Principle: All Roles</i>
Challenging stigma — applying person-centred, non-judgmental PSI approaches that promote dignity and reduce the impact of stigma on engagement	<i>Underpinning Principle: All Roles</i>

Underpinning Principles Embedded in This Course

Trauma-informed care • Recovery-oriented approach • Evidence-based practice • Person-centred working • Forming a working alliance • Therapeutic optimism • Challenging stigma • Co-occurring needs and multidisciplinary working

Note: National Occupational Standards (DANOS/NOS) are retained within the National Occupational Standards library but are no longer the primary workforce development reference for the drug and alcohol treatment and recovery sector. This course uses the NHS England / OHID Capability Framework (2024) as its primary alignment standard.