



Rehabilitation Program Through Counseling with CBT Approach to Support Client Psychological Recovery at Pratama Clinic BNNP South Sumatra

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ABSTRACT

Background: Drug abuse and other addictive substances are complex problems that have a broad impact, not only on physical health but also damage the psychological, social, and moral aspects of individuals. **Aims:** This study aims to provide an overview of the effectiveness of the CBT approach in the context of outpatient rehabilitation at the Pratama Clinic of the South Sumatra BNNP. **Methods:** The approach used in this report is a case study of three clients who are addicted to drugs in the Pratama Clinic of the National Narcotics Agency of South Sumatra Province (BNNP Sumsel) in Palembang. The activities carried out were observation of the rehabilitation program, participation in therapy sessions, interviews with clients and staff, and collection of relevant documents. The intervention provided was individual cognitive behavioural therapy (CBT), with a duration of 45 minutes, carried out over four meetings, each lasting 1 month. Each session was designed to help clients recognise negative thought patterns that have dominated and triggered addictive behaviour and to guide them to replace these thought patterns with more realistic and adaptive perspectives. **Result:** The psychological recovery process for clients at the Pratama Clinic of BNNP South Sumatra occurs gradually and dynamically. CBT techniques such as cognitive restructuring, reframing, and behavioural activation have successfully helped clients recognise and change negative thought patterns that are the root of addictive behaviour. **Conclusion:** The CBT-based rehabilitation program at the Pratama Clinic of BNNP South Sumatra is running well and effectively in supporting the psychological recovery of clients.

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1. INTRODUCTION

Drug abuse and other addictive substances are complex problems that have a broad impact, not only on physical health but also damage the psychological, social, and moral aspects of individuals [1]. In Indonesia, this problem has become a serious phenomenon affecting various groups and age ranges. Not a few individuals initially used drugs to try or as a form of escape from the pressures of life but eventually fell into long-term dependence that was difficult to stop [2]. Psychologically, drug abuse is often the culmination of deeper emotional problems, such as past trauma, low self-esteem, loneliness, or unhealthy interpersonal relationships [3]. Many drug users report that they use illegal substances as a form of "medicine" to reduce emotional suffering that is not handled adaptively. This concept is explained in the Self Medication Hypothesis by Khantzian (1997), which states that most drug users are trying to treat untreated psychological symptoms, such as depression, anxiety, or severe stress [4].

These psychological problems cannot be resolved only with a medical approach such as detoxification or physical treatment. Therefore, a comprehensive rehabilitation approach requires psychological intervention that addresses the root of the problem, namely irrational thought patterns, cognitive distortions, and poor emotional management. One psychotherapy approach that has proven effective in dealing with these problems is Cognitive Behavioral Therapy (CBT) [5]. CBT is an evidence-based therapy that emphasizes the relationship between thoughts, feelings, and behaviour [6]. CBT helps individuals recognize negative thought patterns, replace them with more rational thoughts,

and form healthier behaviours [7], [8]. This study aims to provide an overview of the effectiveness of the CBT approach in the context of outpatient rehabilitation at the Pratama Clinic of the South Sumatra BNNP.

2. RESEARCH METHOD

This study is a case study of three clients who are addicted to drugs. The location of this research is the Pratama Clinic of the National Narcotics Agency of South Sumatra Province (BNNP Sumsel) in Palembang, which was conducted from March 1 to June 2, 2021. The activities carried out were observation of the rehabilitation program, participation in therapy sessions, interviews with clients and staff, and collection of relevant documents. The intervention provided was individual cognitive behavioural therapy (CBT), with a duration of 45 minutes, carried out over four meetings, each lasting 1 month. Each session was designed to help clients recognise negative thought patterns that have dominated and triggered addictive behaviour and to guide them to replace these thought patterns with more realistic and adaptive perspectives. The primary techniques employed include cognitive restructuring and reframing, as well as behavioural activation, which collectively develop emotional management skills and promote healthy behaviours. The primary techniques employed include cognitive restructuring, reframing, and behavioural activation, which collectively develop emotional management skills and promote healthy behaviours.

3. RESULTS AND DISCUSSION

3.1. Results

3.1.1. Assessment

This study involved three clients with diverse backgrounds and conditions: SO (60 years old, self-employed), PG (25 years old, self-employed), and YA (43 years old, housewife). All three had a history of drug abuse that had a significant impact on their physical, psychological, social, and environmental conditions. The initial conditions of the clients showed various complex and interrelated problems.

- a. SO came in a weakened physical condition, with complaints of insomnia, muscle pain, and chronic fatigue. Psychologically, SO experienced severe anxiety, feelings of inferiority, and deep pessimism. His social relationships were disrupted, even with his closest family members, and his living environment did not support the recovery process. This condition made SO feel isolated and difficult to initiate change.
- b. PG, who was younger, also experienced poor physical conditions such as difficulty sleeping and fatigue. Psychologically, PG showed symptoms of explosive anger, social anxiety, and feelings of helplessness. He was alienated from his family and did not have a positive social network, making him vulnerable to environmental pressures that triggered drug use again. This condition poses a significant challenge to the rehabilitation process.
- c. YA faces physical health problems such as irregular menstrual cycles and chronic pain. Psychologically, YA experiences severe depression, a lack of self-confidence, and a deep fear of her surroundings. Social isolation and lack of family support worsen YA's condition, so comprehensive intervention is needed to help her recover. The profiles of these three clients illustrate the complexity of the problems faced by drug abusers and emphasize the importance of a holistic and individualized rehabilitation approach. A deep understanding of the client's initial condition is the basis for planning practical and relevant interventions.

3.1.2. Clients Experience

Clients' experiences during therapy show significant psychological changes. For example, SO revealed that, at first, he felt very hopeless and had no hope. However, after undergoing several counselling sessions, SO began to feel an increase in self-confidence and was able to open communication with his family. He said:

"I used to feel hopeless, but after counselling, I started to feel confident and could talk to my family."

This illustrates how CBT helps establish a solid psychological foundation for positive change.

Similarly, PG was initially easily angered and tended to withdraw from social circles. After undergoing therapy, PG reported significant changes in his emotional management and sleep quality. He stated,

"I used to get angry easily and was lazy to leave the house. Now I can sleep well and start hanging out with good friends."



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This change indicates the success of CBT in improving emotional balance and increasing the client's social involvement. Meanwhile, YA, who initially felt afraid and isolated in his environment, is now starting to show the courage to communicate openly with those closest to him. He said,

"I was afraid of my environment, but after undergoing therapy, I feel braver and can speak honestly to my mother."

This YES statement marks a psychological recovery process that involves strengthening a sense of security and self-confidence.

The three experiences together illustrate how the implementation of CBT counselling in this clinic enables the overcoming of complex psychological obstacles and encourages positive cognitive and emotional changes. This structured and personalized approach allows clients not only to understand the root of their problems but also to build practical skills to deal with life's stresses without returning to addictive behaviour. Thus, CBT is at the heart of an effective and sustainable psychological rehabilitation process at the Pratama Clinic of BNNP South Sumatra.

3.1.3. Recovery Process Result

The psychological recovery process for clients at the Pratama Clinic of BNNP South Sumatra occurs gradually and dynamically. In the early stages, clients face various psychological challenges such as anxiety, depression, fear, and low self-esteem that are pretty deep due to drug addiction and social pressure. Through a series of CBT counselling sessions, clients begin to recognise negative thought patterns that have hindered their recovery process and learn to replace them with healthier and more realistic thought patterns.

Significant changes begin to be seen in the aspects of emotional management and increased self-awareness. For example, those who initially felt hopeless and worthless began to show increased self-confidence and the ability to open up communication with their family. PG, who previously became angry easily and withdrew from social environments, is now able to manage his emotions better and begin to rebuild positive social relationships. YA, who was initially afraid and isolated, is now starting to dare to express his feelings and build openness with those closest to him.

In addition to psychological changes, physical and social aspects also show improvements. Clients report improved sleep quality, improved energy, and improved interpersonal relationships that support the recovery process. A more supportive environment and family involvement are important factors that strengthen motivation and the sustainability of recovery. However, this process is not always linear. The client also experienced difficult times that required intensive counsellor support and intervention. Overall, the psychological recovery results achieved by the client reflect the success of the CBT-based rehabilitation program at this clinic. The cognitive and emotional transformation process experienced by the client is the main capital for building a new life that is free from drug dependence and more meaningful.

3.1.4. Obstacles and Supporting Factors in the Rehabilitation Process

During the rehabilitation process, clients encounter various obstacles that can impact the success of their recovery. Internal obstacles, such as fluctuating motivation, shame, and self-stigma, are the primary challenges. Several clients admitted to feeling hopeless and reluctant to continue therapy when facing economic pressure or family conflict. For example, SO had been absent from counselling sessions several times because he felt there was no significant change.

External obstacles are also quite significant, especially the social stigma that still sticks to drug abusers. This stigma makes it difficult for some clients to receive support from their surroundings and can leave them feeling isolated and unsupported. In addition, limited facilities and short counselling session times are also obstacles to providing optimal intervention.

However, various supporting factors help clients in undergoing the rehabilitation process. A strong therapeutic relationship between counsellor and client is the primary foundation for successful therapy. Empathetic and communicative counsellors can build trust and motivation for clients to continue the process. Family involvement has also proven to be very important; emotional and social support from the family provides additional strength for clients to overcome challenges and make positive changes.

Support from the rehabilitation community and fellow participants also strengthens the sense of togetherness and helps each other in facing challenges. Adaptation of CBT techniques to the needs and characteristics of clients makes interventions more effective and relevant. Ongoing counsellor training and supervision also ensure that service quality is maintained and responsive to client dynamics.

3.2. Discussion

The implementation of counselling with the Cognitive Behavioral Therapy (CBT) approach at the Pratama Clinic of BNNP South Sumatra showed significant results in supporting the psychological recovery of drug abuse clients. CBT has proven effective in helping clients recognize and change negative thought patterns that have been triggered by addictive behaviour. This is based on the findings of Beck (1976), who stated that emotional and behavioural disorders are rooted in cognitive distortions that can be addressed through cognitive restructuring [9]. In the context of this study, clients were able to replace irrational thoughts such as "I am worthless" or "my life will not improve" with more realistic and adaptive thought patterns, thereby reducing the urge to return to drug use.

In addition, the results of this study align with the concept of recovery, as outlined by Anthony (1993), who emphasizes that recovery is not only the absence of symptoms but also a process of personal transformation involving hope, personal strength, and the development of a new, positive identity [10]. Clients in this study not only succeeded in reducing their drug use but also experienced an overall improvement in quality of life, encompassing psychological, social, and environmental aspects. This indicates that CBT not only changes behaviour but also strengthens clients' capacity to deal with life's pressures in a healthy way.

Furthermore, this study supports the findings of Sutya Praptomojati, et al., (2024), who emphasized the importance of adapting CBT techniques to local cultural and social contexts [11]. In South Sumatra, family values and social norms significantly impact the motivation and success of rehabilitation. Therefore, a counselling process that accommodates these values and involves the family as part of social support has been shown to strengthen the effectiveness of the intervention [12]. This culturally sensitive approach helps clients feel more accepted and motivated to change, thereby accelerating the recovery process. However, obstacles such as social stigma and fluctuating motivation persist as challenges that must be addressed in implementing rehabilitation programs [13], [14]. The stigma attached to drug abusers can hinder client openness and support from the surrounding environment [15]. Unstable motivation also requires an empathetic and collaborative counselling approach to maintain client commitment. In this case, the counsellor's role is crucial as a facilitator of change and emotional support. The combination of structured CBT techniques and a strong therapeutic relationship is the key to the success of the rehabilitation program at the Pratama Clinic of BNNP South Sumatra.

4. CONCLUSION

The CBT-based rehabilitation program at the Pratama Clinic of BNNP South Sumatra is running well and effectively in supporting the psychological recovery of clients. CBT techniques such as cognitive restructuring, reframing, and behavioural activation have successfully helped clients recognise and change negative thought patterns that are the root of addictive behaviour.

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