Common Elements Treatment Approach (CETA)

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Common Elements Treatment Approach (CETA)

✓ Scientifically proven
✓ Multiple Problems
  ✓ Depression
  ✓ Violence
  ✓ Substance use
  ✓ Trauma
  ✓ Safety/Suicide
✓ Lay people can deliver
✓ Can use in pieces or whole
Study Purpose

EVALUATE EFFECTIVENESS ON IPV AND SUBSTANCE USE

Inclusion:
- Adult male and female in a relationship
- Female: moderate amount of violence
- Male: hazardous SU (through self-report or partner)

Primary outcomes:
- Severity of Violence Against Women Scale
- Male alcohol use (AUDIT)
- Male violence perpetration (WHO Violence Measure)
- Biomarker - Cortisol

Measured at: Baseline, 3-4 months post-baseline, 12 and 24 months
CETA Significantly more Effective than TAU on Violence Reported by Women

Physical Violence       Sexual Violence

** Similar drops in violence reported by males**
CETA Significantly more Effective than TAU in Reducing Alcohol Use

Between-group ES: 0.43, p=<.0001

Male Self-Report of Alcohol Use
Examples of CETA Elements
Key Elements

1. THINKING IN A DIFFERENT WAY
2. SAFETY FOR VIOLENCE
3. SUBSTANCE MIS-USE
Thinking in a Different Way

Changing thoughts helps us feel better and behave differently.

Unhelpful Thoughts

Helpful Thoughts

Different Behavior

Different/ Less Intense Feelings

Behavior

Feelings
SITUATION ONE: My husband forcing me to have sex with him

1st

THOUGHTS: I am a slave in my marriage, my husband is a rapist

FEELINGS:
frustrated @ 10
Angry @ 10
Sad @ 10

BEHAVIOUR: Cry, fight with him, leave the house
SITUATION ONE: My husband forcing me to have sex with him

THOUGHTS: He is not a rapist it’s the alcohol that make him do this. Most women go through what am going through

FEELINGS:
- Relieved @ 10
- Comforted @ 10
- Sad @ 4

BEHAVIOUR: Talk to him Pray
TDW1 Practical
Family 1 - Woman - Safety & Violence

CETA Safety Planning Worksheet

Problem:
What is the violent or aggressive behavior?
My husband forces me to have sex with him.

Goal:
What do you hope to accomplish? This should be something you can control or help with.
For him to understand when I am not ready.

Possible Options and Solutions: Brainstorm all possible solutions to the problem first, then consider short and long term consequences of your possible solutions - how much time/money/effort it would take; do you have control over a given solution?

<table>
<thead>
<tr>
<th>All Possible Options/Solutions</th>
<th>Good things about this option/solution*</th>
<th>Bad things about this option/solution*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talk to him when he is sober</td>
<td>* he will reduce his mistakes</td>
<td>* he will be more angry</td>
</tr>
<tr>
<td>Have a family elder talk to him</td>
<td>* he will listen and change</td>
<td>* he will think I am embarrassing him</td>
</tr>
<tr>
<td>Report him to our marriage counselor</td>
<td>* he will learn how to approach me when having sex</td>
<td>* he will think I am being a bad wife</td>
</tr>
</tbody>
</table>

Choose one solution to try this week: Break the solution into smaller activities. Make sure you can do the first one or two activities in the next week.

Chosen Solution for this week: Have a family elder talk to him.

Activities: These should be based on your chosen solution.
Stream of consciousness, find a day I can go there, look for transport money, set a date for the meeting.

Homework Plan: Be specific when, what, long, reminder and be sure to rate your feelings before and after each activity.

What is your level of commitment to this goal this week?

1 2 3 4 5 6 7 8 9 10

Low commitment

Very committed

Remember homework steps: What, When, How Long, Reminder, Rate Feelings before and after.
Substance Use Element

Fill in the reasons you drink or use drugs:

- Avoid places with alcohol
- Stay near bar
- Saying no
- All my friends drink
- Sleeping better
- Thinking too much
- Funding new activities

Rate the reasons: 1 is weak reason; 5 medium, 10 the strongest reason.
CETA Training and Implementation

- 7 Supervisors & 45 lay providers trained to deliver CETA
- Counselors living and working within the community
- Backgrounds ranged from grade 12 education to university level education
- 10 day live training and ongoing supervision
Overall Goal of the Common Elements Treatment Approach (CETA)

✓ Encourage use of EVIDENCE-BASED programs
✓ Help Multiple Problems
  ✓ Depression
  ✓ Violence
  ✓ Substance use
  ✓ Trauma
  ✓ Safety/Suicide
✓ Reduce the treatment and implementation gap

Web: cetaglobal.org
Thank you!

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