Cognitive Behavioural Therapy for Substance Abuse Disorder (SUD) Commorbid with Borderline Personality Disorder (BPD): Case Report on The Application of a Protocol Adjustment in Indonesia

ABSTRAK

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This case report describe a 21 years old woman diagnosed with Substance Abuse Disorder (SUD) commorbid with Borderline Personality Disorder (BPD). CBT has proven effective in the treatment of SUD, therefore we decided to adjusted the common CBT protocol for Indonesian characteristics patient. After that we evaluated the impact on SUD commorbid with BPD in patient's quality of life. The therapy was conducted in 3 parts: primary, secondary and monitoring. The Primary parts consists 28 sessions for 4 months (twice a weeek) intensively and 14 sessions with significant others (family) . The secondary parts consists 8 non intensive sessions (reinforcement). The monitoring parts consist one year follow up after the treatment. Other than that we adjusted a few protocols such as: 1)sessions take place in public place (e.g. coffeshop); 2)family therapy as a primary part of protocol (recovery partner); 3)Common CBT always consist in structured on each sessions, we adjusted the protocol with non structure sessions; 4)the therapy consists 2 therapist. The result shows that the adjusted therapy protocol was a useful treatment that reduced the BPD symptoms, SUD and helped improved the patient's life quality according to DSM IV TR. We also found that family had an important role to determine the treatment outcomes. The adjusted CBT protocol is a potential and feasible option for SUD treatment in Indonesia but further research is needed.