

Standards of treatment of drug use disorders and the role of social work in Germany 德国药物障碍治疗标准和社会工作的作用



„Presentation for Shanghai Mental Health Centre on 9 July 2021“

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Socialwork 社会工作

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“Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work. Underpinned by theories of social work, social sciences, humanities and indigenous knowledge, social work engages people and structures to address life challenges and enhance wellbeing.”

(International Federation of Social Workers (IFSW) 2014)

“社会工作是一门以实践为基础的职业和一门学科，它促进社会变革和发展、社会凝聚力以及人们的赋权和解放。社会正义，人权，集体责任和尊重多样性的原则对于社会工作至关重要。在社会工作、社会科学、人文科学和土著知识理论的支持下，社会工作让人们和结构参与进来，以应对生活挑战并提高福祉。”

(国际社会工作者联合会 (IFSW) 2014)

Social Work in the framework of the Sustainable Development Goals

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可持续发展目标框架内的社会工作



2019年
可持续发展目标报告



Social Work in Germany

德国的社会工作

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- ▶ - Youth welfare office - 青年福利办公室。
- ▶ - Advice centers - 咨询中心
- ▶ - Youth and family aid - 青年和家庭援助
- ▶ - debtor consultation - 债务人咨询
- ▶ - Child day care - 儿童日托
- ▶ - addiction help - 成瘾帮助
- ▶ - Facilities of health care - 医疗保健设施

Social Work education in Germany

德国的社会工作教育

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- ▶ Bachelor Studies 6-8 semesters, Master Studies plus 3-5 semesters (at 115 universities with 186 bachelor degrees)
- ▶ Yearly about 12.000 students
- ▶ Promotion possible at few Universities (i.e. Frankfurt University of Applied Sciences)

- ▶ - 学士研究 6-8 个学期，硕士研究加 3-5 个学期（在115 所大学，186 个学士学位点）
- ▶ - 每年约 12.000 名学生
- ▶ - 可以在少数大学（即法兰克福应用科学大学）进行推广

Social Work education in Germany

德国的社会工作教育

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- ▶ Basics in the study:
 - ▶ • Science Social Work • Methodical Foundations Professional action - Social work as profession • Fields of action and scientific self-understanding • Methods / process-oriented practice and theory • Exemplary introduction to personal and group-related instruments and methods of professional action
 - Social scientific basics • Human scientific basics • Educational foundations (pedagogy 'Media and Culture) • Fundamentals of Social Economics and Law of Social Work • Methodical Foundations Professional action - Options and Field knowledge • Application-related social work science • Methodological work
- ▶ 研究基础:
 - ▶ • 科学社会工作 • 方法基础 专业行动 - 社会工作作为专业 • 行动领域和科学自我理解 • 方法/面向过程的实践和理论 • 示范性介绍个人和团体相关的专业行动工具和方法 • 社会科学 基础 • 人类科学基础 • 教育基础（教育学“媒体和文化”） • 社会经济学基础和社会工作法
 - 方法基础 专业行动 - 选项和领域知识 • 与应用相关的社会工作科学
 - 方法论工作

Socialwork in Germany

德国的社会工作

- ▶ In Germany 375.000 social workers are employed in the field (74% women)
- ▶ With youth, families, people with disabilities; only a minority with dependent people, prisoners
- ▶ 在德国，该领域雇佣了 375.000 名社会工作者（74% 是女性）
- ▶ 工作对象包含青年，家庭，残疾人。少数人有依赖的人，囚犯

Socialwork in Germany

德国的社会工作

- ▶ 4.000 are working with people dependent on psychoactive substances (mostly alcohol and opioids/Heroin)
- ▶ Most of social workers are employed by social welfare/charity organizations (such as church-based [Caritas, Diakonie], public health based [municipalities, cities, national state], social policy based [Arbeiterwohlfahrt])
- ▶ 4.000 人的工作对象为精神活性物质（主要是酒精和阿片类药物/海洛因）依赖者
- ▶ 大多数社会工作者受雇于社会福利/慈善组织（例如基于教会的 [Caritas, Diakonie]、基于公共卫生的 [自治市、城市、国家]、基于社会政策的 [Arbeiterwohlfahrt]

Social Work dilemma

社会工作困境

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Social workers face a constant dilemma in their professional activity. On the one hand there are the needs of people in need, on the other hand the interests of the client. You are constantly caught in the tension between help and control, between support services and cuts, between combating symptoms and criticizing the system.

社会工作者在他们的专业活动中面临着不断的困境。一方面是有需要的人的需求，另一方面是工作对象的利益。这使得社会工作者经常陷入帮助与控制、支持服务与削减、以及对抗症状与批评系统的困境中。

Social Work with dependents in Germany 德国受抚养人的社会工作

- ▶ The field of addiction help - consisting primarily of the sub-areas of addiction prevention, counseling and therapy - has gained significantly importance for social pedagogues and social workers in recent decades. 在最近几十年中，成瘾帮助领域主要由成瘾预防，咨询和治疗等领域组成，对社会教育者和社会工作者而言已变得越来越重要。
- ▶ This is primarily the result of a sharp increase in substance-use-related disorders in the general population, such as problematic consumption and dependence on alcohol, psychotropic medication and illicit drugs, as well as a considerable expansion of the addiction support system since the 1970s. 这主要是由于一般人群中与物质使用相关的疾病急剧增加的结果，例如有问题的消费和对酒精、精神药物和非法药物的依赖，以及自1970年代以来成瘾支持系统的显著扩展。
- ▶ In addition, aid measures have developed within the framework of low-threshold services, opioid substitution treatment, and aftercare measures. 此外，在低门槛服务、阿片类药物替代治疗和善后措施的框架内制定了援助措施。

Treatment System in Germany

德国的治疗系统

**330.000 clients
in out-patient facilities**
(63 % Alcohol/32 % illegal drugs)
门诊病人**330.000**人
(**63%**酒精/**32%**非法药物)

4.500 co-workers
67 % social workers 社会工作者
11 % psychologists 心理专家
11 % pedagogues 教育专家
3 % physicians 外科医生
8 % administration 行政人员

934 counseling centers
咨询中心

Treatment System in Germany

德国的治疗系统

**36.000 clients
in residential facilities**
(68 % Alcohol/28 % illegal drugs)
住院病人**36.000**人
(**68%**酒精/**28%**非法药物)

2.300 co-workers
23 % social workers 社会工作者
18 % psychologists 心理专家
17 % nurses 护士
12 % physicians 外科医生
11 % pedagogues 教育专家
19 % administration 行政人员

**140 residential
treatment centers**
140 家治疗中心

Treatment System in Germany

德国的治疗系统

81.000 clients
in Medication Assisted Treatment
(83 % Methadone/17 %
Buprenorphine)
辅助治疗病人 **81.000**人

2.700 physicians
with special additional qualification
for addiction treatment
27.00名取得成瘾治疗特殊证书的外科医生
7.000 nurses 护士
500 socialworkers 社会工作者

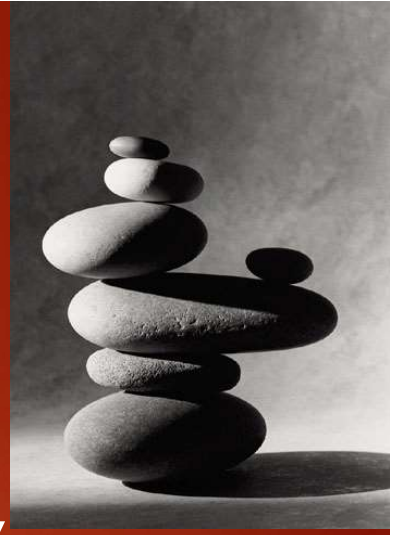
1.350 private practices
(up to 10 patients)
1.080 specialised practices
(up to 40 patients)
270 out-patient clinics
(more than 40 patients) 门诊诊所

What is psycho-social support?

什么是心理社会支持？

▪ **Psychosocial support is a collective name for a number of different services. These may include, for example, legal advice, managing financial problems (e.g. debts, rents), recreational activities, crisis intervention, (psychotherapeutic) group sessions, assistance with finding accommodation and jobs, and qualifying for school and vocational training.**

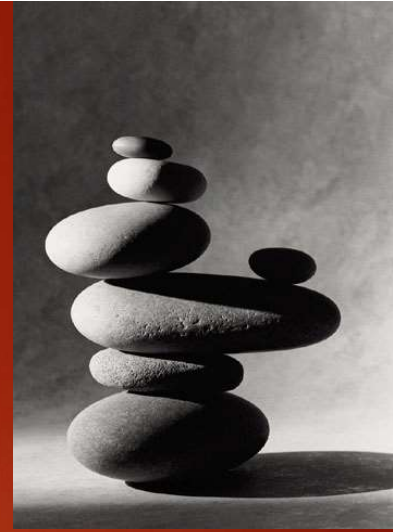
▪ 心理社会支持是许多不同服务的统称。这些可能包括，例如法律建议，管理经济问题（如债务、租金），娱乐活动，危机干预，（心理治疗）团体治疗，帮助找住宿和工作，以及学校和职业培训。



Role of psycho-social support

心理—社会支持的作用

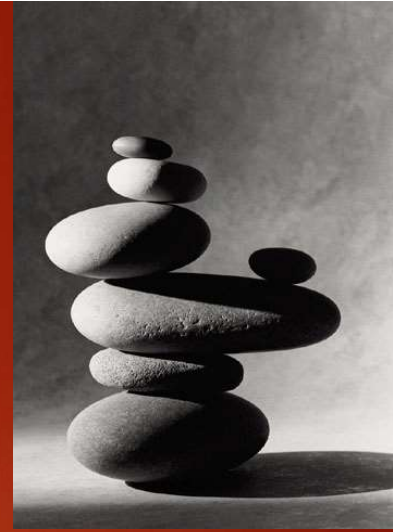
- physical dependence on any drug can be treated in a detoxification program (,detox`) or in a Substitution Program (Methadone Maintenance Program)
- 任何药物的躯体依赖都可以在戒毒项目（脱毒）或者替代项目（美沙酮维持治疗）得到治疗
- however: psychological dependence is much harder to treat
- 然而：心理依赖对治疗来说是一个更大的障碍
- the fear of suffering from withdrawal is like an emotional prison which makes the addict feel trapped and controlled by the drug
- 对戒断症状的恐惧就好像情感监狱，让成瘾者感觉是被药物束缚和控制了。
- ,craving` is a strong emotional binding to the drug
- 渴求是与药物密切关联的情感



Principles of Counseling

心理咨询的原则

- **individualization (each client is unique);**
- 个体化（每个来访者都是独一无二的）；
- **purposeful expression of feelings;**
- 有目的地感受表达；
- **controlled emotional involvement;**
- 控制情感卷入；
- **acceptance;**
- 接纳；
- **non-judgemental attitude;**
- 非批判的态度；
- **client self-determination;**
- 来访者自己决定
- **confidentiality**
- 保密



Counselor's art

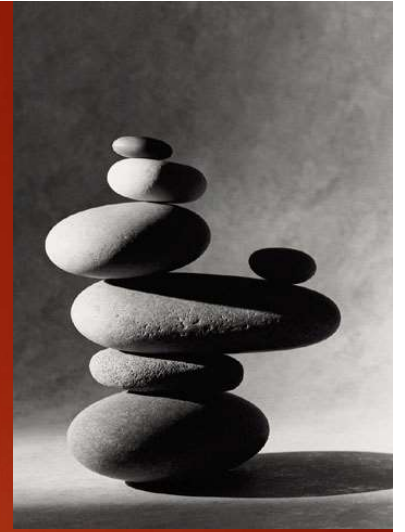
咨询师的艺术

▪ **with many of your clients it is possible to help them recover the sources of personal strength in their own tradition and culture**

▪ 咨询师可以帮助许多来访者在自己的传统和文化中重获个人力量的源泉

▪ **part of your role is to provide some support that may make it possible for your client to re-connect with family and community**

▪ 咨询师的部分作用就是提供支持，让来访者重新和家庭及社区连接



Counselor's art

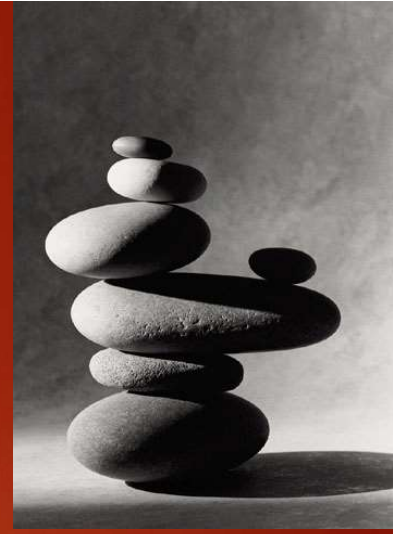
咨询师的藝術

▪ **Empathy is the ability to understand and share the feelings of another person. It is the act of imagining what it would be like to be ,in the other person's shoe`. Empathy requires kindness and compassion. It increases with practice and is the essence of the ounselor's art**

▪ 共情是理解和分享另外一个人感受的能力。它是一种想象行为，就好像穿上另外一个人的鞋子。共情要有好意和同情。它随练习而增加，是咨询师艺术的必要成分。

▪ **successive counseling sessions should lead to establish feelings of trust and confidence between you and your client**

▪ 连续的咨询应该让您和来访者间建立信任感和信赖感。



Empathy

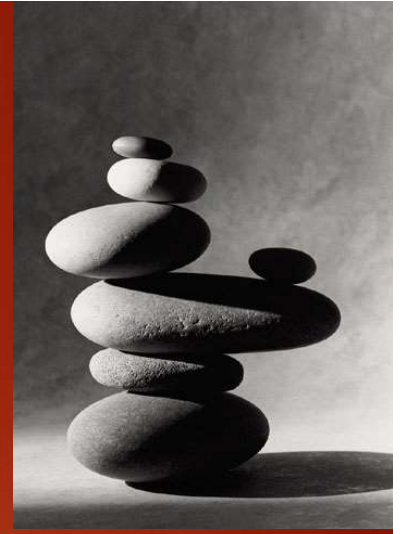
共情

▪ while some clients may arrive with the expectation that you can help them, others will simply resist and test your understanding of the drug problem. Some may see you as a negative authority figure, part of the system that has never helped them before. Your job as a counsellor is to approach all new clients with compassion, no matter how hostile or difficult they may be

■ 当一些来访者来诊时，他们期望您能帮助他们，其他的来访者可能只会抵抗和检测您对药物问题的理解。一些人可能将您视为一个不好的权威人物，一个以前从没有帮助过他们的系统的一部分。您的咨询师工作是带着同情接近来访者，无论他们有多大的敌意或者困难。

▪ listening is the central skill and act of counselling, as a general rule, a good counsellor should try to listen to the client ninety percent of the time and talk only ten percent of the time

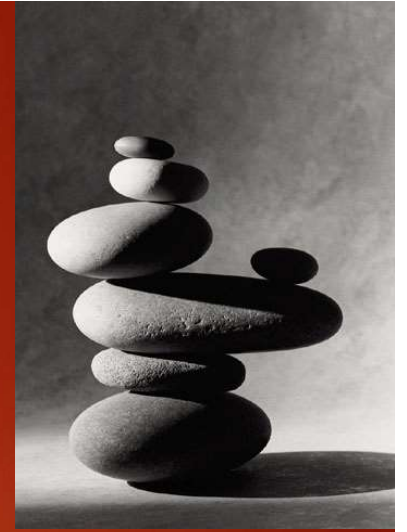
■ 倾听是咨询的核心技术和行为，作为一种常规，一个好的咨询师应该能做到倾听时间占90%，说话的时间占10%。



The ,art of listening` 倾听的艺术



A good counsellor should listen to the client 90 percent of the time and talk only 10 percent of the time. Part of your job is to be a mirror and a wise friend.



Assessment

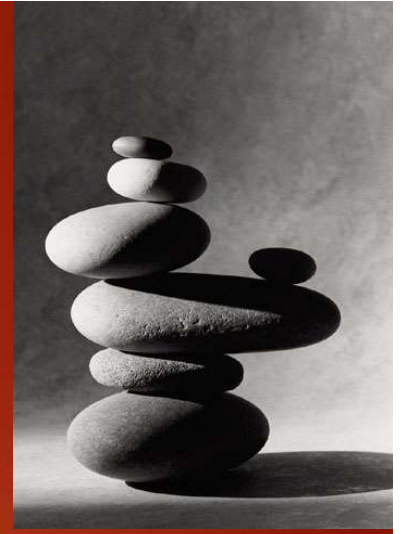
评估

▪ **Assessment is the first major step in treatment and recovery. It is the process we use in the first few meetings with the client (,intake`) to identify and evaluate the client's general situation, including his/her strengths, weaknesses, problems and needs in order to develop the client's treatment plan and recovery goals. It is a process of learning the personal history of the client by listening to the client and his family.**

评估是治疗和康复的第一步。它是我们开始与来访者一些开始会面时使用的过程（加入），是确定和评价来访者全部的情况，包括他的优点、缺点、问题和需要，以形成治疗计划和康复目标。它是通过对来访者和他的家庭倾听，了解来访者个人史的过程。

▪ **many addicts, particularly those who are being forced into treatment, may tend to deny or dismiss the harm caused by their addiction (rationalizing, looking for scapegoats). Confronted with their own replies, it becomes quite difficult for them to keep denying having serious problems with drugs**

许多成瘾者，尤其是那些被强迫进入治疗的，可能会否认或者缩小成瘾带来的危害（合理化，寻找替罪羊羔）。用他们自己的回答面质，就让他们很难一直否认毒品所致的严重问题。



Substance abuse history

■ You will need a lot of information on the past and present abuse of legal and illegal drugs of your client, such as:

■ 您需要来访者合法和非法药物过去和现在滥用的大量信息，例如：

➤ **how and under what circumstances drug use was initiated;**

➤ 药物使用是怎样和在什么环境开始的；

➤ **Types of drugs used;** 使用药物的类型；

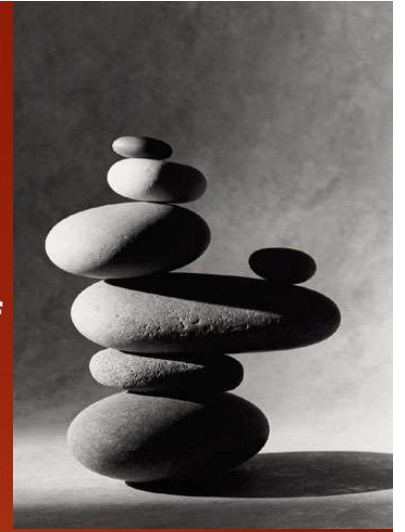
➤ **amount of usage;** 使用量；

➤ **drug taking patterns (smoking, inhaling, injecting, drinking etc.);**

➤ 药物使用模式 (烫吸,吸入,注射,饮用等.);

➤ **safer drug use ability (cleaning of syringes etc.);**安全药物使用的能力 (清洗注射器等);

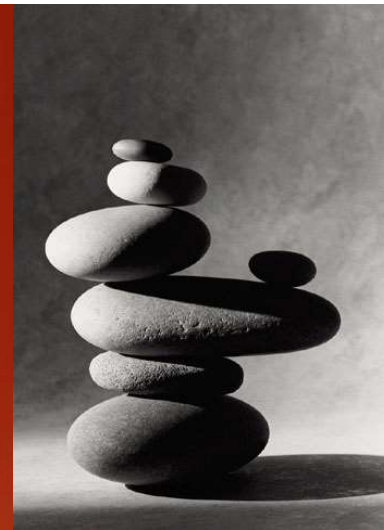
➤ **knowledge of drugs; the 'role' of usage** 药物的知识;使用的作用



Case Management (,connecting art`)

案例管理 (联系的艺术)

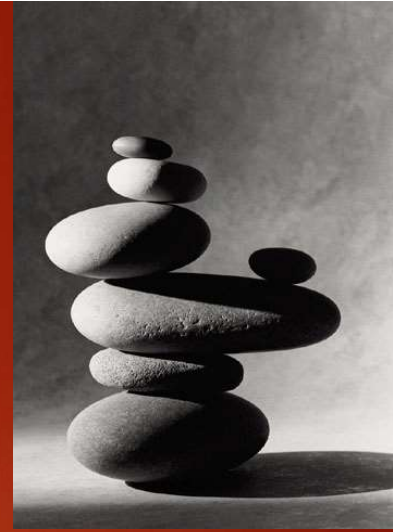
- **define goals with the client;** 确定来访者的目标;
- **determine the feasibility of goals and potential benefits and risks;** 确定目标的灵活性和潜在的益处和风险;
- **ranking goals according to the client`s priorities;**
 - 根据来访者的优先选择安排目标;
- **you should know facts about the network of necessary and useful contacts and contact persons;** 您应当掌握必要的联系人和联系方式;
- **help clients to make appointments;** 帮助来访者做好安排;
- **make follow-up call to ensure contact has effectivly made**
 - 做好随访电话, 保证有效联系



Gender specific counseling

性别特殊心理咨询

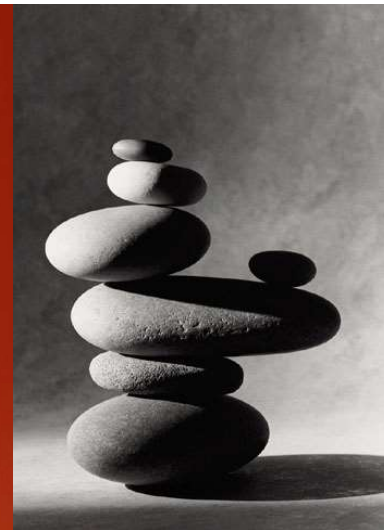
- **Substance abuse among women is less visible, more private than among men, but girls and women are fast catching up with males**
 - 女性物质滥用相对隐蔽，而男性更私人化，但是女孩和妇女很快就会跟上男性
- **Female substance abusers have special needs that have to be recognized in order to develop a good treatment plan**
 - 女性物质滥用者有特别的需要，为了制定良好的治疗计划必须认识到这些需要
- **For many reasons, most addicts find it difficult to talk about their addiction. Women who have drug problems find it particularly difficult to reveal their health and personal problems at intake**
 - 因为许多原因，大多数成瘾者发现讨论他们的成瘾是很困难的。有毒品问题的女性发现入院时透露她们健康和个人问题特别困难。
- **For the best results, female counsellors should assess female clients. If this is not possible, male counsellors should not discuss sexual health matters with female clients**
 - 最好的结果是，女性咨询师来评估女性来访者。如果不可能，男性咨询师不要和女性来访者讨论性卫生的问题。



To understand drug use

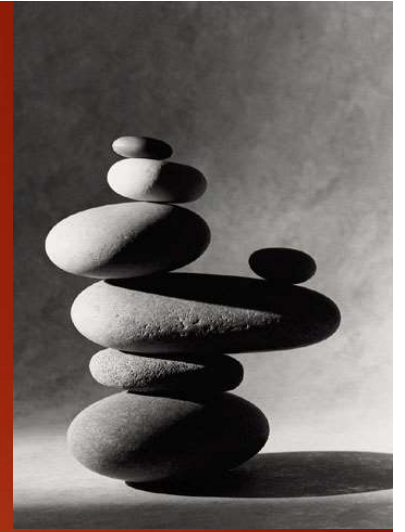
理解药物使用

- **poverty can destroy families**
- 贫穷可以毁掉家庭
- **circumstances force people to drop out of school**
- 环境迫使人们辍学
- **dreams of positive future have been broken**
- 对将来的美梦破灭
- **when young people try illegal substances, it may not lead automatically to addiction (,drugs` are not deadly all the time)**
- 当年轻人尝试非法物质时，它可能不一定会最终导致成瘾（药物并非总是“致命”的）
- **drug may be for recreational use only** 药物可能仅仅是娱乐使用
- **drug use may be a way of giving themselves ,medicine`, ,self medication` to escape dreary lives** 药物使用可能是一种给他们自己药物的途径，是逃避枯燥生活的自我治疗
- **drug use may be a way to improve mental health**
- 药物使用可能是提高精神健康的一种途径



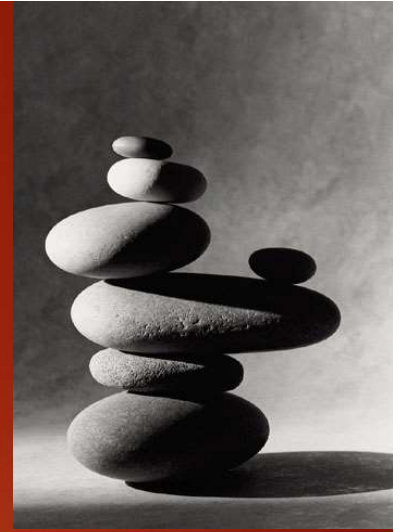
Effects of drug use 药物使用的效果

- **as a person moves into regular pattern of drug abuse, the drug takes centre stage of the person's life**
- 当一个人形成药物滥用的常规模式时，药物便成为了其生活的中心
- **drugs become the emotional and social focus at the expense of other interests and activities**
- 药物变成了情感和社会的焦点，同时以牺牲其它兴趣和活动为代价
- **loss of control and the breakdown of close relationships may lead to feelings of self-doubt, poor self-esteem, guilt, anxiety and sadness**
- 失控和亲密关系的破裂可能导致自我怀疑、低自尊、自责、焦虑和悲伤的感觉
- **all leading to further drug abuse as an escape (a 'vicious circle')**
- 所有一切进一步导致了药物滥用成为一种逃避方式（恶性循环）



The Role of Self Help 自助的作用

- **it is extremely valuable to train a few senior recovering addicts to gradually play a more prominent role (also in group counselling);**
- 培训一些高级的康复成瘾者逐步扮演重要角色是相当有价值的（集体治疗中也是一样);
- **the only marked difference between a rehabilitation counselling group and a self-help group is that a self-help group is composed by recovering addicts (including those in Methadone Maintenance programs)**
- 康复咨询集体和自助小组唯一明显的区别是自助小组由正在康复的成瘾者组成（包括那些在美沙酮维持项目的人)
- **mutual support by those who are recovering drug addicts themselves is of extremely importance and very helpful**
- 那些正在康复的成瘾者自身的相互支持是非常重要的和有用的



The Role of Vocational training

职业训练的作用

▪ **For most of us, it is very important to have productive work in order to feel good about ourselves; this is also true for recovering addicts;**

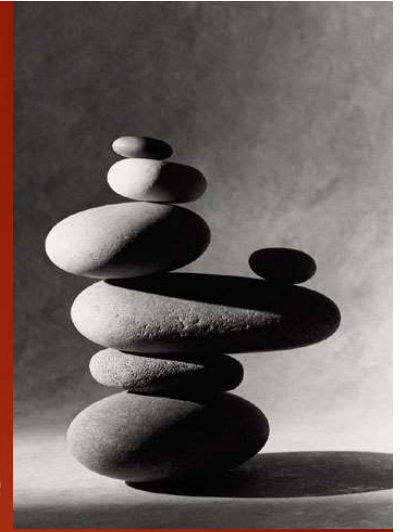
▪ 对我们大多数人来说，为了对我们自己感觉良好，有一份建设性的工作是非常重要的；这对康复的成瘾者也是一样的；

▪ **work is an essential path toward rehabilitation; apart from the legitimate income that paid employment can provide to men and women, job responsibilities fulfill many other rehabilitation goals;**

▪ 工作是迈向康复的必经之路；除了工作的合法收入提供给男人和女人们，工作责任感达到了许多其他康复目标；

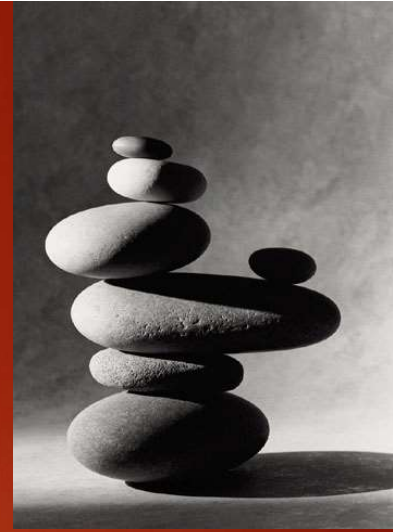
▪ **when your clients find jobs, encourage them to perform well and set an example for others to follow**

▪ 当您的来访者找到工作时，鼓励他们好好表现，成为其他人效仿的榜样。



Dangers of General Competence and of „burn out“ in Social Work

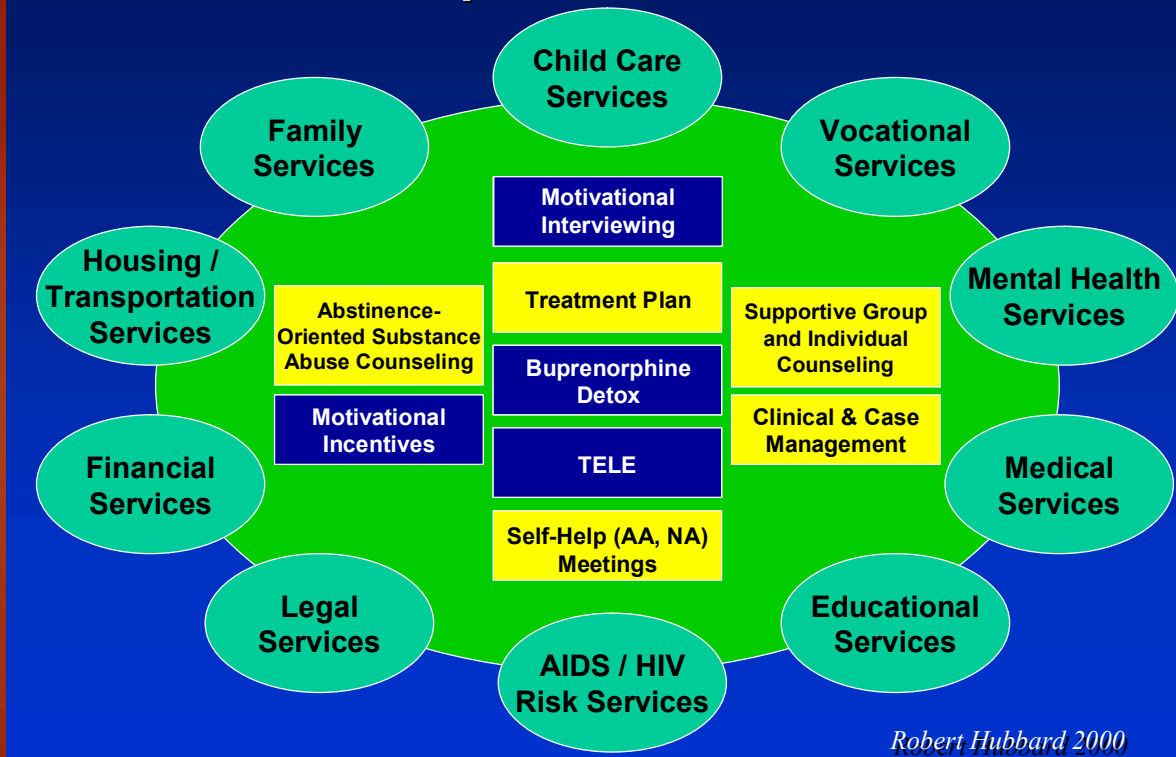
- support for target groups with a wide range of problems 对有多种问题的目标群体的支持
- conflict between care and control 照顾和控制的冲突
- excessively identification (helpless/helper syndrome?) 过分认同
- limited success 成功有限
- loss of effectiveness 失去效力
- burn out? 倦怠
- professionalism, distance keeping, psychohygiene (supervision is important!) 专业精神，保持距离，心理卫生（监督很重要！）



Drug Addiction needs a comprehensive answer 药物成瘾需要综合的回应



Drug Abuse Treatment Core Components and Comprehensive Services





THANK YOU FOR YOUR ATTENTION !

谢谢大家！



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