

Exploring the Differences Between Addiction Counselors and Social Workers in Dealing with Clients at Caritas PSE Rehabilitation Center

CINDY SILVIANA BR SIHOTANG: Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Sumatera Utara, Medan, Indonesia - cindysilviana@students.usu.ac.id

ENLY MARIANA HASUGIAN: Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Sumatera Utara, Medan, Indonesia

DEVI AUDEA: Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Sumatera Utara, Medan, Indonesia

ARYA PRANATA SIDABUTAR: Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Sumatera Utara, Medan, Indonesia

FAJAR UTAMA RITONGA: Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Sumatera Utara, Medan, Indonesia

ABSTRACT

This study aims to explore the different roles of addiction counselors and social workers in treating clients at Caritas PSE Rehabilitation Center. Addiction counselors focus on the psychological and emotional aspects of drug dependence using individual therapy, group therapy, cognitive-behavioral therapy (CBT), and motivational interviewing (MI). Social workers, on the other hand, address the social and environmental aspects that affect clients' well-being, using ecological theory, family interventions, advocacy, and linkages to community resources. The research method is qualitative, with observation and interview techniques. The results show that collaboration between addiction counselors and social workers, with complementary approaches, is essential to creating a comprehensive and effective rehabilitation program that supports the long-term recovery and social reintegration of clients.

Keywords: Substance abuse disorder, addiction counselor, social worker

INTRODUCTION

Drug abuse in Indonesia is currently a cause for concern. Drug abuse is a habit or addiction to alcohol and drugs that negatively affects a person's mental, physical, emotional, social, and spiritual health. One way to overcome this problem is to put drug abusers into rehabilitation (Gladding in Fitri Khadriyati Handayani, 2010; Ikawati, 2019). North Sumatra Province has the highest rate of drug abuse in Indonesia.

Caritas PSE Rehabilitation Center has been a place of refuge and recovery for many individuals struggling with drug and substance addiction. In this rehabilitation process, there are two important roles that complement each other, namely addiction counselors and social workers. While both professions share the same goal of helping clients achieve recovery, their approaches and methods differ.

Addiction counselors focus on the psychological and emotional aspects of addiction. They work to help clients understand the root causes of their addiction, provide appropriate therapy, and support clients in developing strategies to avoid relapse. Addiction counselors often use individual or group therapy techniques, as well as cognitive-behavioral approaches, to help clients change their mindset and behavior.

On the other hand, social workers focus more on the social and environmental aspects that affect clients' well-being. They help clients address social issues that may be the cause or result of dependence, such as family, employment, or social support issues. Social workers also play a role in connecting clients with community resources and services that can support their long-term recovery.

Understanding the differences between the roles of addiction counselors and social workers in working with clients at Caritas PSE rehabilitation centers is critical to optimizing recovery outcomes. This study aims to dig deeper into these differences with the hope of providing better insights for practitioners and rehabilitation agencies in designing more effective and comprehensive recovery programs.

METHOD

This research uses a qualitative approach with a case study method to understand the different roles of addiction

counselors and social workers at Caritas PSE Rehabilitation Center. According to Creswell (2014), qualitative methods allow researchers to explore and understand the meaning given by individuals to social or humanities issues.

Data was collected through in-depth interviews with addiction counselors, social workers, and clients at the rehabilitation center. These interviews were designed to explore the experiences, views, and strategies used by both professions in dealing with clients. In addition, participatory observations were conducted to get a more comprehensive picture of the interactions between counselors, social workers, and clients during the rehabilitation process

RESULT AND DISCUSSION

Drug abuse in Indonesia has reached alarming levels, affecting various aspects of the lives of affected individuals as well as their families and communities. One effective solution to address this problem is through a comprehensive rehabilitation program that focuses not only on the cessation of drug use but also on the recovery and social reintegration of clients.

When researchers visited the Caritas PSE Foundation Rehabilitation Center, it coincided with the process of the intervention stage carried out by the addiction counselor of the rehabilitation center, because this stage does not usually occur often. Interventions are usually carried out by the police and BNN, but addiction counselors also carry out this intervention with a cover letter from the family that has obtained permission to be taken by the addiction counselor at the rehab center. There were two residents who increased on the day of the visit; one resident was someone who had been rehabilitated at the institution but relapsed. The other resident was a referral from Bhayangkara. After the intervention process or bringing the resident to the rehabilitation center, the resident will be isolated for several days, within a period of 0–14 days. After it is considered safe, the resident will begin to be combined with other residents and will be given further treatment or programs.

Routine activities carried out in the Caritas PSE Foundation Rehabilitation Center are more or less the same as daily activities at home, namely getting up in the morning at 6. Then continue breakfast until 8, and at 9, there is a coffee break. Then, at 10 o'clock, there is a study session. At 12 o'clock, lunch. then, at 1 o'clock, rest until 3 o'clock, and finally, at 3 o'clock, continue the study session again. At 4 o'clock, there is cleaning. At 5 p.m., there is exercise. at 7 p.m. for dinner. at 8 p.m. reflection. And 9–10 hours are free. In the learning session, it depends on the counselor what material is delivered, but there is still discussion with the person in charge of the rehab center. The learning process is divided into several sessions, or game sessions. The material presented discusses drug prevention, but this rehab center focuses more on how residents learn to survive in society after leaving the rehab center.

Essentially, addiction counselors and social workers share the same goal of helping clients recover from drug dependence and achieve a healthier and more productive life. However, the approaches and methods they use differ, reflecting the background and focus of each profession. Addiction counselors focus more on the psychological and emotional aspects of addiction, while social workers focus more on the social and environmental aspects that affect clients' well-being. Here's a more detailed explanation of their roles:.

The Role of Addiction Counselors

Addiction counselors play a very important role in the recovery process of clients experiencing drug dependence. Their primary role is to help clients understand and overcome the psychological and emotional issues underlying their addiction. Addiction counselors usually use approaches that focus on therapy and behavior change. The approaches are:

Individual and Group Therapy: Individual and group therapy approaches are often used by addiction counselors. Individual therapy allows the counselor to provide more in-depth and personalized attention to each client. Meanwhile, group therapy gives clients the opportunity to share their experiences and coping strategies with others facing similar problems, creating a sense of support and community. According to Carl Rogers (1951), therapy should focus on the client with a client-centered approach. The counselor creates a safe and supportive environment where the client feels accepted without judgment. This approach is important in addiction therapy because clients often feel guilty and ashamed of their behavior.



Cognitive-Behavioral Therapy (CBT): One of the most effective approaches used by addiction counselors is cognitive-behavioral therapy (CBT). Aaron Beck (1976), the originator of CBT, explains that this therapy helps individuals identify and change negative thought patterns and maladaptive behaviors that contribute to their addiction. CBT focuses on the relationship between thoughts, feelings, and behaviors, helping clients develop healthy coping skills and strategies to avoid relapse.

Motivational Interviewing (MI): Another frequently used approach is Motivational Interviewing (MI), developed by William R. Miller and Stephen Rollnick (1991). MI is a client-centered counseling technique that aims to increase clients' intrinsic motivation to change by exploring and resolving their ambivalence towards change. This approach is particularly relevant in addiction therapy, as many clients feel hesitant or lack motivation to leave their habits.

The Role of Social Workers

Social workers at Caritas PSE Rehabilitation Center have a different but complementary focus than addiction counselors. They focus more on the social and environmental aspects that affect clients' well-being. Social workers help clients address social issues that may be the cause or result of their dependency. The approaches or theories that social workers can use are:

Ecological Theory: Social workers often use the ecological theory developed by Urie Bronfenbrenner (1979). This theory emphasizes that individuals' behavior is influenced by the various social systems around them, including family, friends, school, the workplace, and the wider community. Social workers use this approach to understand the social context of clients and how various external factors may affect their well-being.

Family Intervention: Family intervention is an important part of social work in the context of drug rehabilitation. According to Salvador Minuchin (1974), family structure plays an important role in an individual's psychosocial problems. Social workers help improve family dynamics that may be contributing to the client's addiction, such as poor communication patterns, conflict, or emotional instability in the family.

Advocacy and Liaison with Resources: Social workers also serve as advocates and liaisons between clients and various community resources. They help clients access services such as health care, legal support, education, and job training. Social workers ensure that clients get the support they need to achieve long-term recovery and reintegration into society.

Comparison

Although addiction counselors and social workers have different roles, they use complementary theories and approaches to support client recovery. Here's the full explanation.

Psychological vs. Social Approach: Addiction counselors tend to use psychological approaches that focus on changing an individual's behavior and thinking. Therapies like CBT and MI help clients address the internal issues underlying their addiction. On the other hand, social workers use a social approach that focuses on the client's interaction with their environment. Ecological theory and family interventions help social workers understand and improve the social context that can affect a client's recovery.

Individual vs. Systemic Approach: The approach of addiction counselors is often individualized, focusing on personal therapy and behavior change. Social workers, on the other hand, use a systemic approach that considers the various external factors that affect the client's well-being. This approach allows social workers to work not only with individuals but also with families and communities.

Relapse Prevention vs. Social Reintegration: Addiction counselors focus on relapse prevention by helping clients develop coping strategies and sustainable behavior change. Meanwhile, social workers focus on social reintegration by helping clients rebuild social relationships, find employment, and access the necessary services to support their recovery.

CONCLUSION

Addiction counselors and social workers at Caritas PSE Rehabilitation Center play a crucial role in supporting clients' recovery from drug dependence. Addiction counselors focus on psychological and emotional aspects with individual and group therapy, CBT, and MI, while social workers focus on social and environmental aspects through ecological theory, family intervention, and advocacy. Collaboration between these two professions, with complementary approaches, is essential to creating a comprehensive and effective rehabilitation program that supports clients' long-term recovery and social reintegration.

ACKNOWLEDGMENTS

The author would like to thank all related parties who have helped and provided the required data, administrative processes, and other needs. The author would like to thank the Caritas PSE Rehabilitation Center in particular for being willing to be a place to research, for the social welfare science study program that has provided the opportunity to research, and not to forget also for residents or clients who have supported the activities carried out.

REFERENCES

- Azzahroo, S. F., & kolega. (2020). Peran pekerja sosial dalam proses reintegrasi korban penyalahgunaan NAPZA di IPWL Bumi Kaheman Kabupaten Bandung. *Jurnal Ilmiah Rehabilitasi Sosial*, 2(2).
- Berlianti, dkk. (2024). Pencegahan dan penanggulangan narkoba di kalangan remaja (Prespektif kesejahteraan-pekerjaan sosial). Yogyakarta: Jejak Pustaka.
- Ikawati, & Mardiyati, A. (2019). Peran konselor adiksi dalam rehabilitasi sosial korban penyalahgunaan Napza. *Media Informasi Penelitian Kesejahteraan Sosial*, 43(3), 251-272.
- Laksaita, H. N. (2017). Peran pekerja sosial dalam rehabilitasi sosial bagi penyalahguna Napza di Rumah Sehat Orbit Surabaya. *Jurnal Unesa*, 01(01), 1-10.
- Yolanda, W. T. (2015). Relasi pertolongan pekerjaan sosial bagi pecandu narkoba di Rumah Cemara. *Jurnal Ilmiah Pekerjaan Sosial*, 14(1).
- Lubis, T. (2015). Students ' Language Attitude toward English. 04, 17–21. <https://ejurnal.plm.ac.id/index.php/BIS-A/article/viewFile/128/110>
- Lubis, T. (2019). Performansi Partisipasi Pembelajaran Bahasa di Politeknik LP3I Medan. *Basastra: Jurnal Kajian Bahasa Dan Sastra Indonesia*, 8(1), 70–87. <https://doi.org/https://doi.org/10.24114/bss.v8i1.12940>
- Lubis, T., Setia, E., Amalia, Halimatusakdiah, & Abus, N. A. A. (2021). Marketing Strategy through E-Commerce at UMKM Queen Burger and Snack. *ABDIFORMATIKA*, 1(2), 68–74. <https://doi.org/10.25008/abdiformatika.v1i2.144>
- Lubis, T., & Syahril. (2015). Students' Reading Ability toward TOEIC Score. *Seminar Nasional Industrialisasi Madura*, 1–8. <https://doi.org/10.17605/OSF.IO/P8Q6V>
- Saputra, N., Lubis, T., & Setiawan, F. (2021). Politeness Strategies for the Speech Acts of Indonesian Language Education Students in Pidie Regency. *Tradition and Modernity of Humanity*, 1(1), 33–40. <https://doi.org/10.32734/tmh.v1i1.7185>