

# 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-repotr 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



global mental health



INTERVENTIONS  
TRIAL PROTOCOL

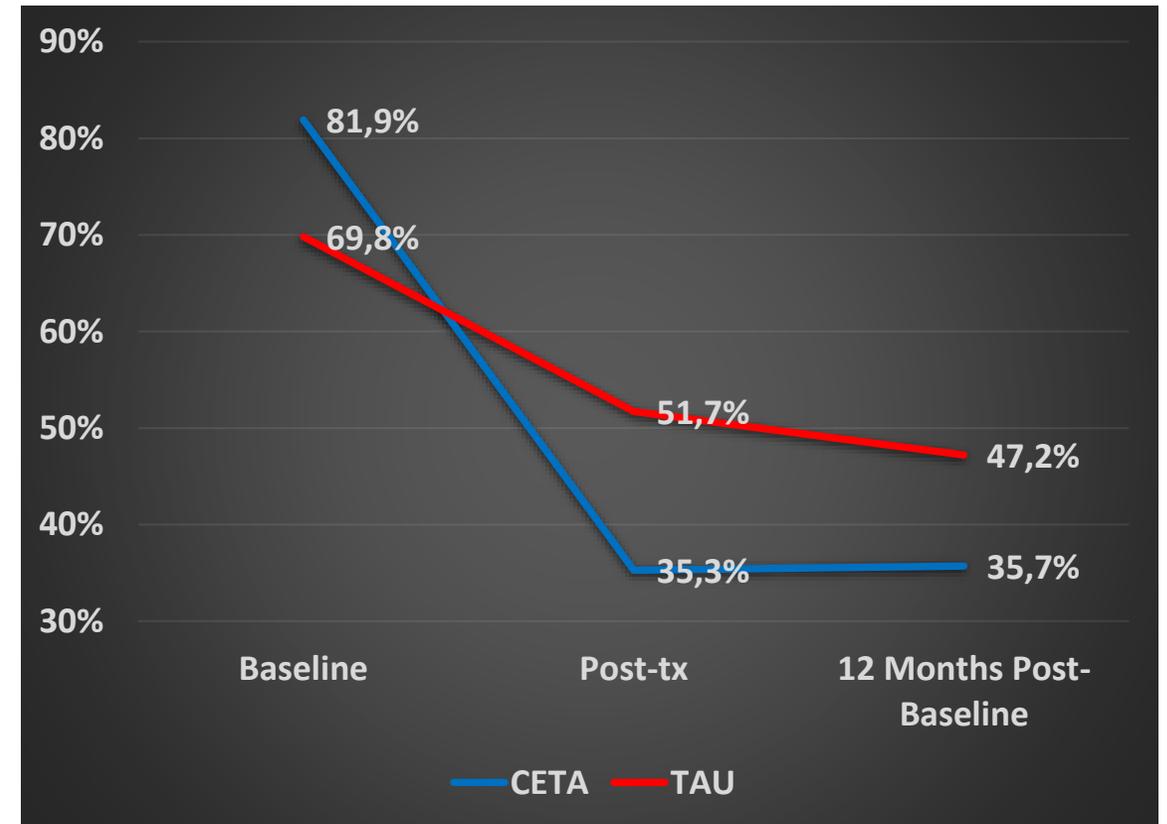
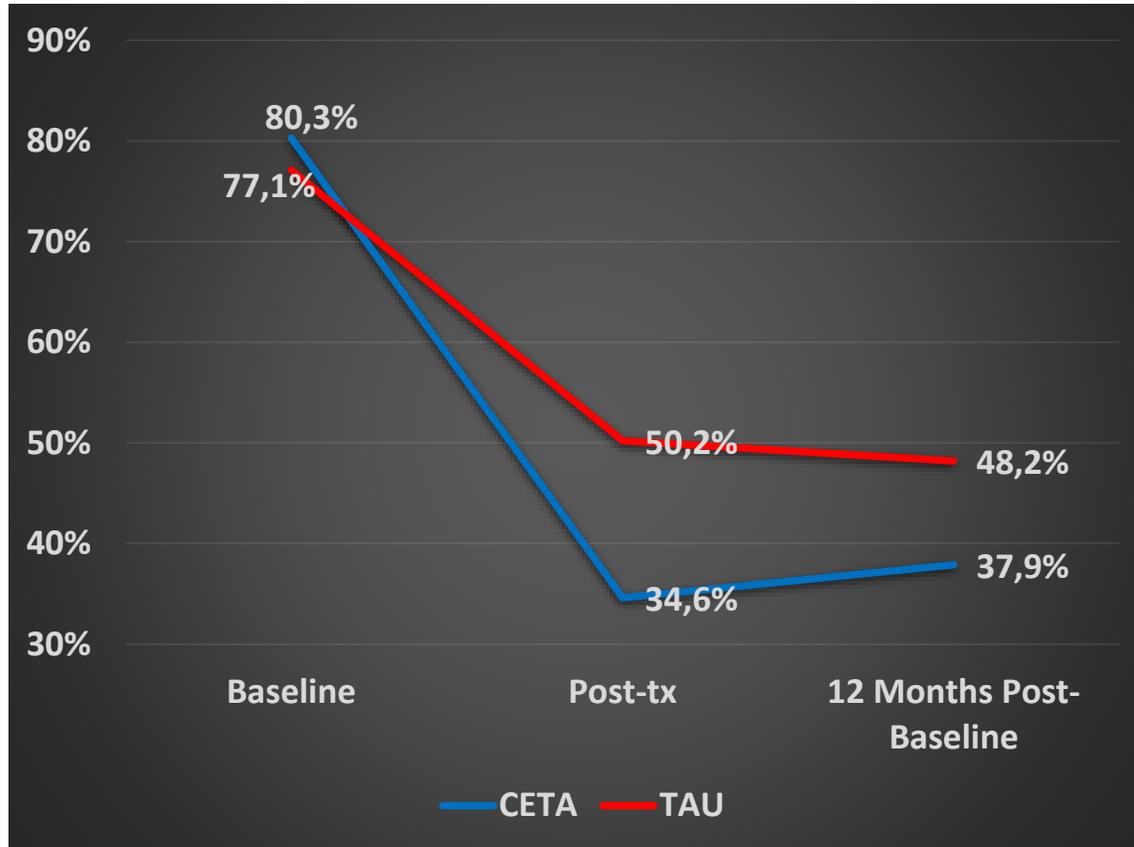
Testing the effectiveness of a transdiagnostic treatment approach in reducing violence and alcohol abuse among families in Zambia: study protocol of the Violence and Alcohol Treatment (VATU) trial

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# CETA Significantly more Effective than TAU on Violence Reported by Women

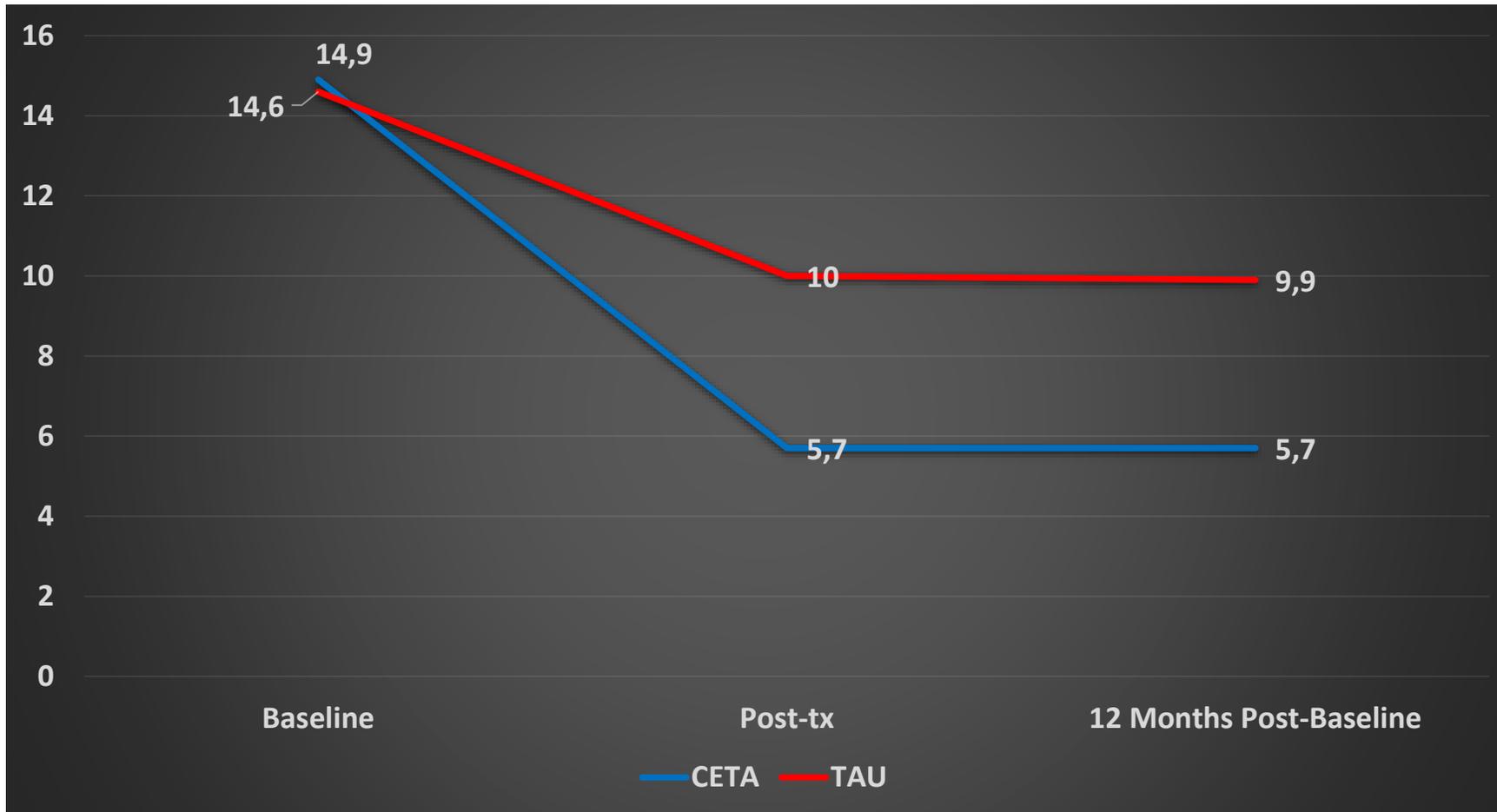
Physical Violence

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

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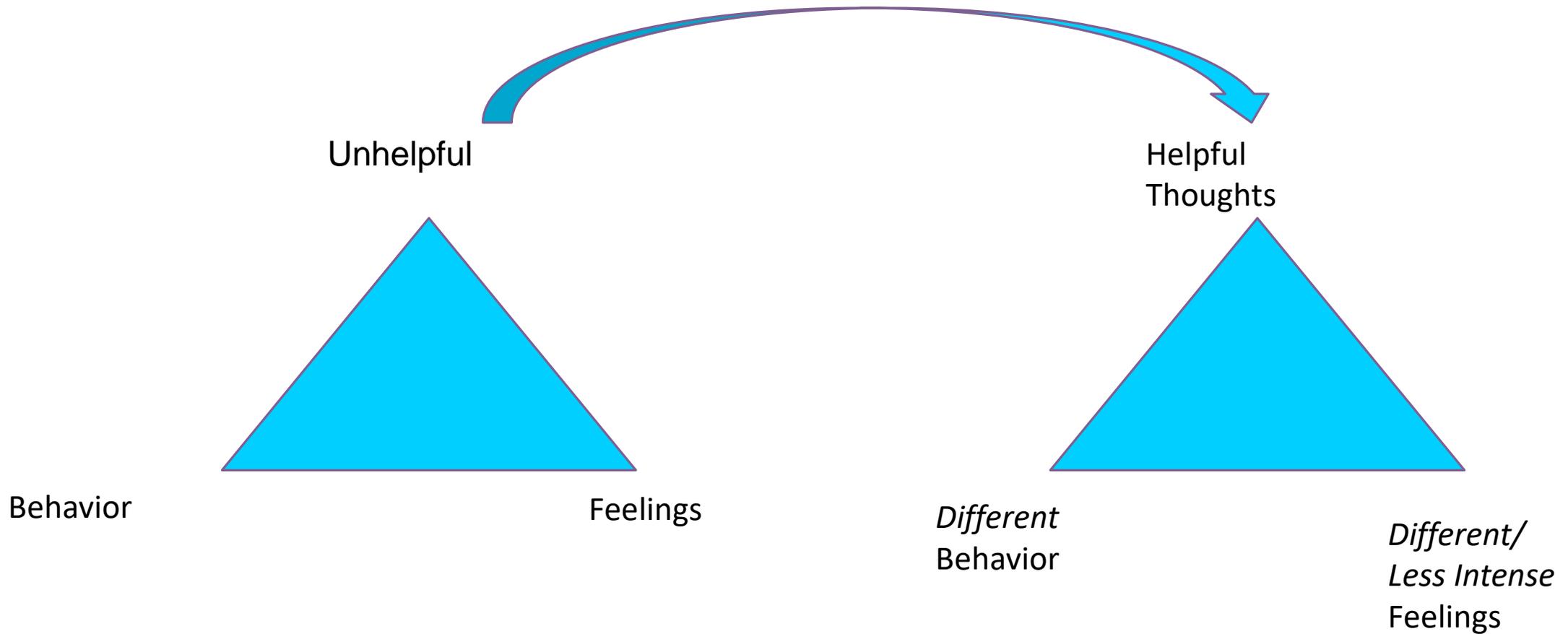
# Key Elements

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1. THINKING IN A DIFFERENT WAY
2. SAFETY FOR VIOLENCE
3. SUBSTANCE MIS-USE

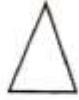
# Thinking in a Different Way

Changing thoughts helps us feel better and behave differently.



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

1st



**FEELINGS:**

frustrated @ 10

Angry @ 10

Sad @ 10

**THOUGHTS:** I am a  
slave in my  
marriage

my husband is  
a rapist

**BEHAVIOUR:**

cry  
fight with him  
leave the house

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

2<sup>ND</sup>



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

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

**BEHAVIOUR:** Talk to him  
Pray

# TDW1 Practical

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Client 1.

CETA Safety Planning Worksheet

# FAMILY 1 – Woman - Safety & Violence

**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?

ALL Possible Options/Solutions	Good things about this option/solution*	Bad things about this option/solution*
Talk to him when he is sober	-he will reduce his mistakes	-he will be more angry.
Have a family elder talk to him	-he will listen and change	-He will think I am embarrassing him.
Report him to our marriage counselor	He will learn how to approach me when having sex	-He will think I am being a bad wife.

member to discuss the 5 rules (Realistic/Achievable, Stated specifically, Desirable, Measurable, and rely) with the client.

Identify possible barriers that may prevent you from trying the activities you listed for your chosen solution.

**Inside Barriers:** (Thoughts and feelings that might make it hard for you to do your activities)  
 my husband might not attend the meeting.

**Outside Barriers:** (Things, people, places, situations that might make it hard to do your activities)  
 It might rain.

**Homework Plan:** (Be specific: what, when, how 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.

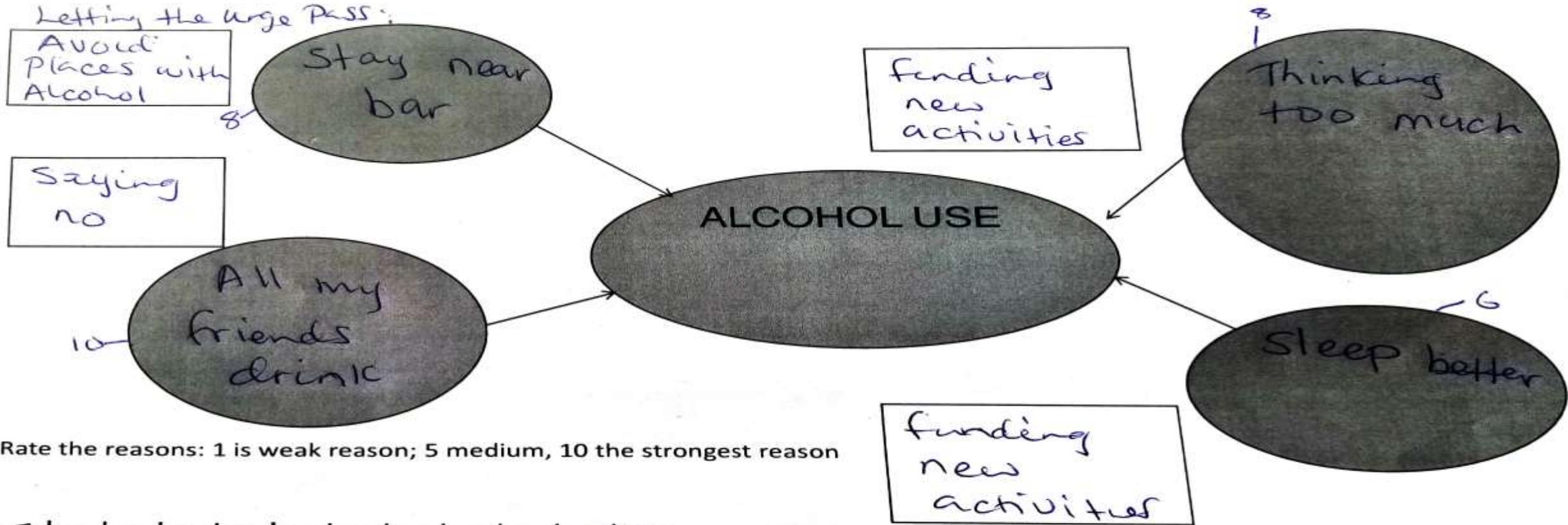
Choose one solution to try this week. Break the solution into smaller activities. Make sure you can do the first one or two activities in the next week.

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

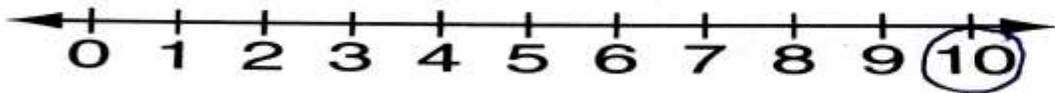
**Activities:** These should be based on your chosen solution.  
 Find a day I can go there  
 Look for transport money  
 Set a date for the meeting

# Substance Use Element

Fill in the reasons you drink or use drugs



Rate the reasons: 1 is weak reason; 5 medium, 10 the strongest reason



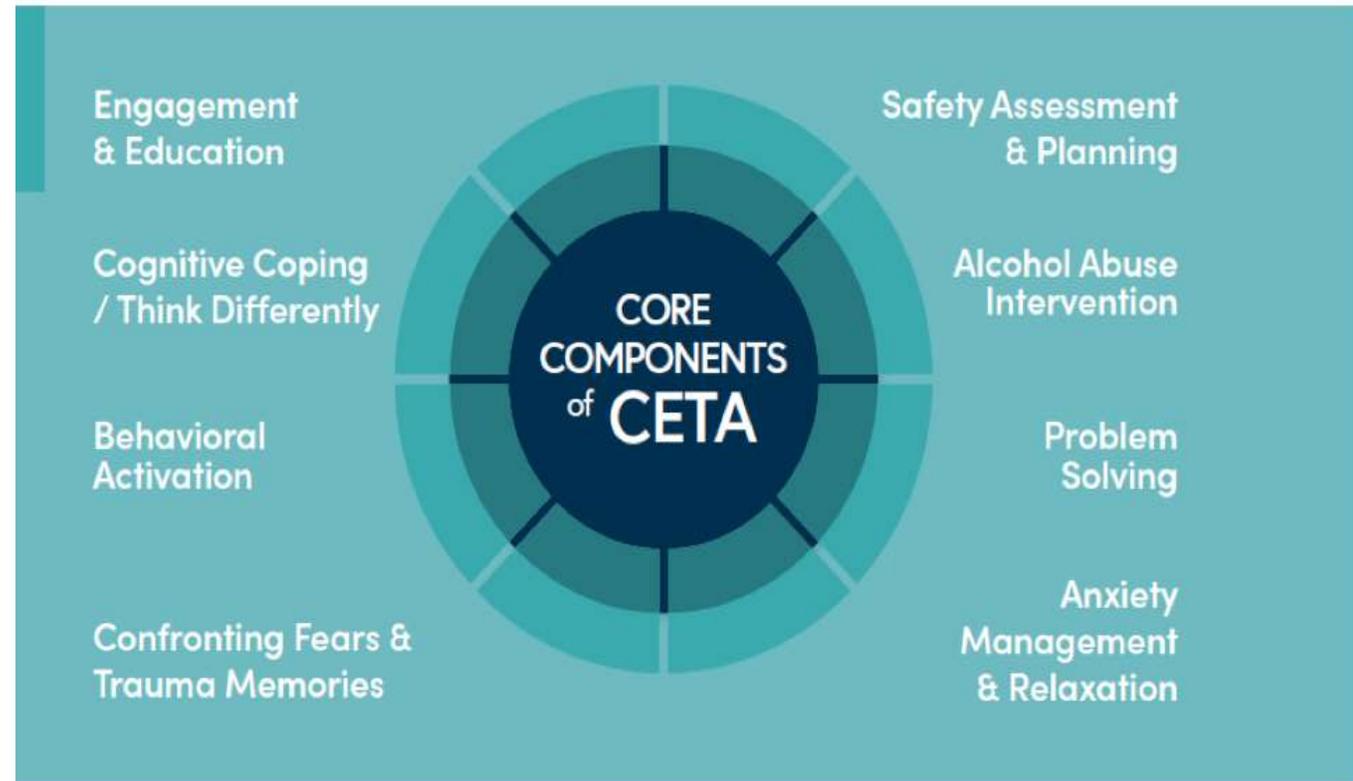
# CETA Training and Implementation



- 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](http://cetaglobal.org)

# Thank you!

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