



pilo
assistance
ALPA: By your side

Building a Comprehensive Foundation for Recovery

May 7-9, 2013

Declarations

- ▶ Homewood Health Centre, 1999-2011
- ▶ Greenestone Muskoka, 2011-present –
Addiction/Concurrent Disorders
Program

Dedication

The courageous souls who relapse and
"keep coming back."

Definition of Addiction (Alcoholism)

- ▶ A Brain Disease characterized by repeated use of a substance (or behavior) despite the appearance of problems resulting from the use (or the behavior).
- ▶ Physical, Emotional, Mental, Relational, Financial, Legal, Social

Definition of Addiction (Alcoholism)

- ▶ Also described as “chronic, relapsing” disorder.
- ▶ Assumes the basis for relapse is the nature of the illness or,
- ▶ The victim of the illness is not sufficiently motivated to recover.

Re-thinking the Problem

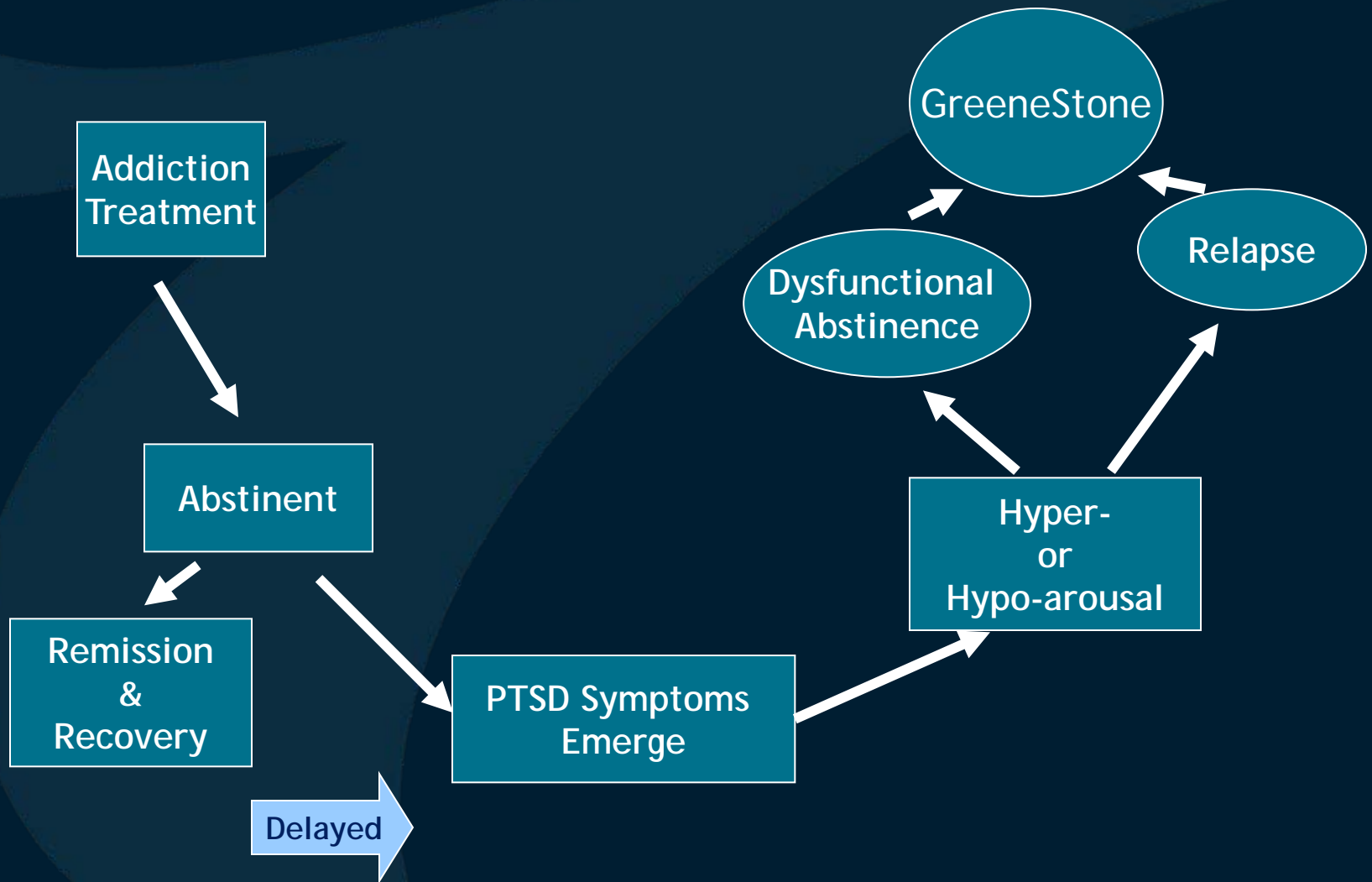
QUESTION:

“What if current treatment actually
“sets people up to relapse?”

What If ...

- ▶ Programs are too short?
- ▶ Assuming all symptoms that emerge are due to withdrawal or the addiction is an error?
- ▶ Symptoms of concurrent disorders are overlooked and remain untreated?

Concurrent Disorders



Objectives

- ▶ Learn to recognize symptoms of concurrent disorders.
- ▶ Learn to treat key symptoms that interfere with connecting to a Twelve-Step Program of recovery.

Commitment

When individuals have made a commitment to engage in treatment and recovery,

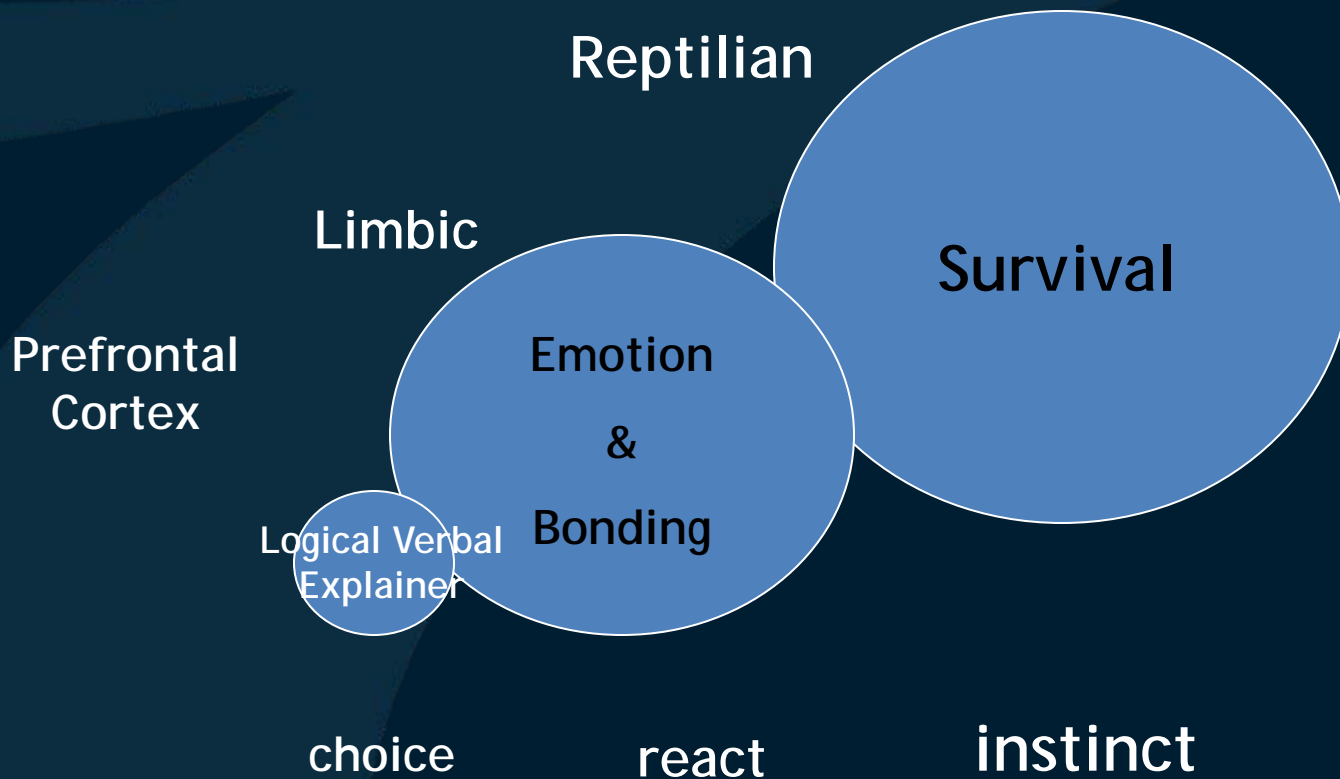
it is our obligation to recognize and intervene on symptoms

that may interfere with their ability to accept the humility essential for successful treatment.

A Fundamental Truth

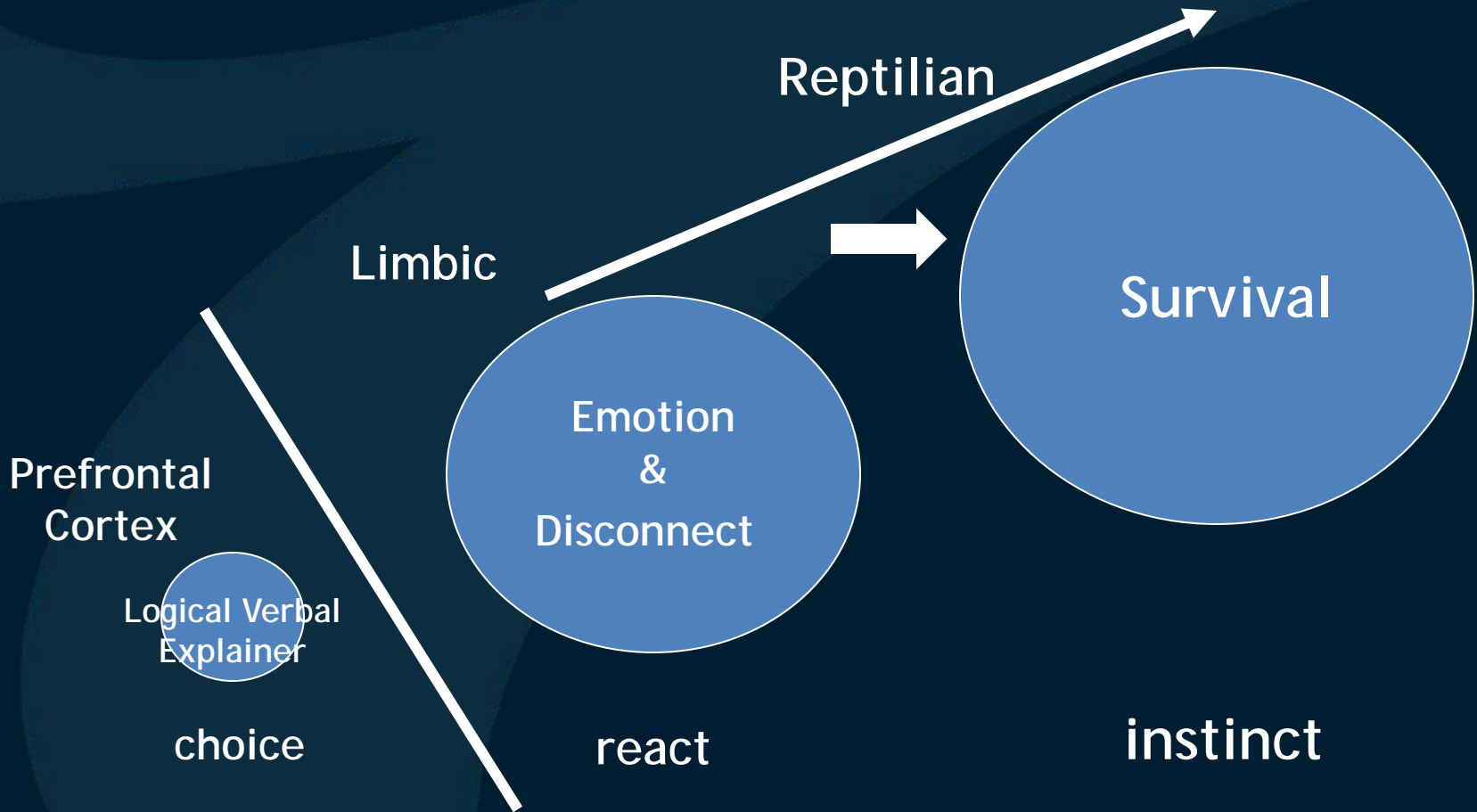
- ▶ ALL addictions are “emotionally driven.”
- ▶ ALL addictions interfere with our connections to:
 - Our principles
 - Our values
 - Our relationships
 - Ourselves

Functional Cerebral Co-ordination





Traumatic Brain Reaction



Disorders of Affect Regulation

- ▶ Anxiety and Depressive Disorders
(Includes PTSD)
- ▶ Substance Use Disorders
- ▶ Eating Disorders

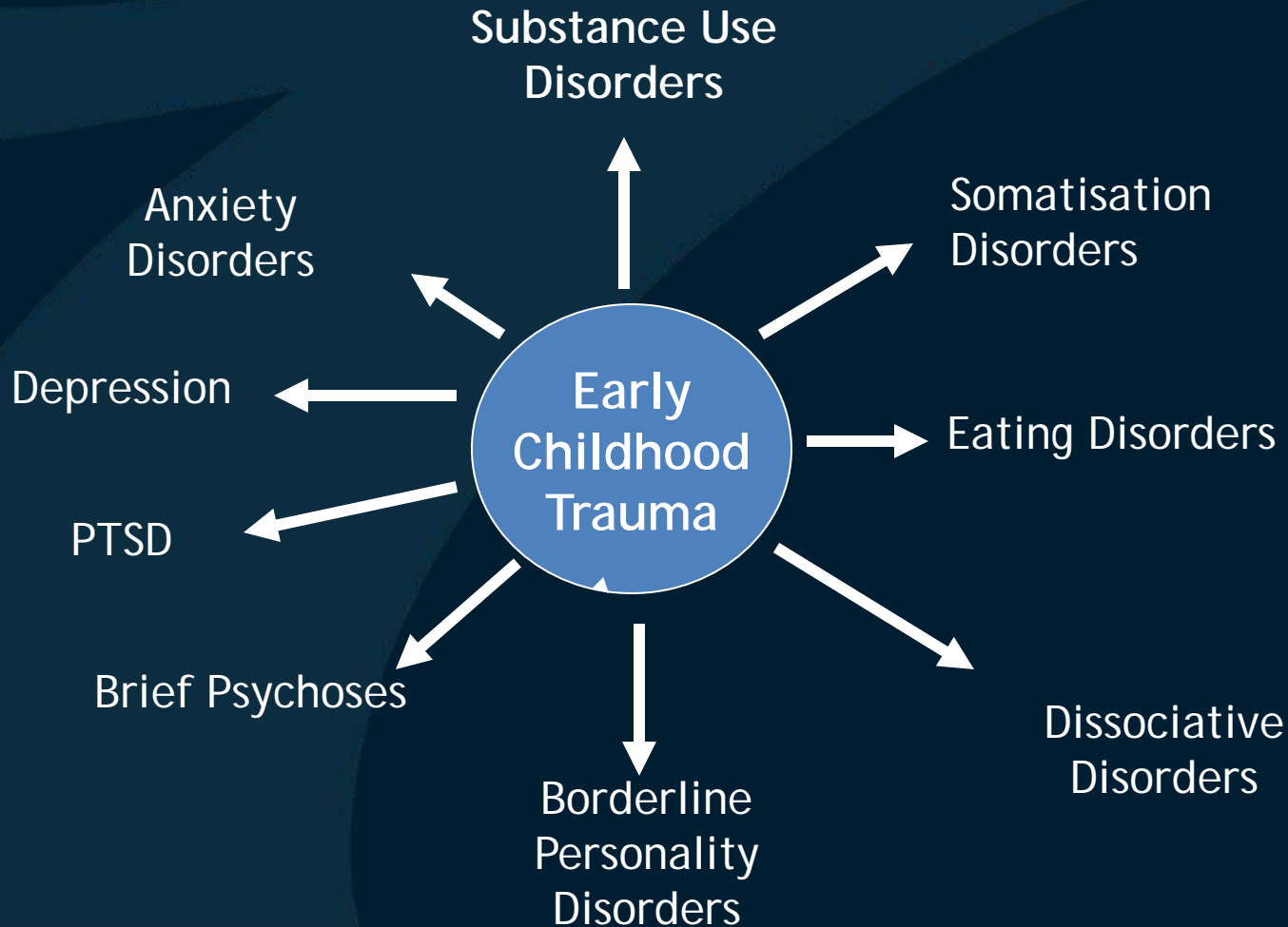
Disorders of Affect Regulation

- ▶ Somatoform Disorders
("hypochondriac")
- ▶ Dissociative Disorders
- ▶ Borderline Personality Disorders

Disorders of Affect Regulation

- ▶ Self-Harming Behaviours
- ▶ Brief Psychoses

Comorbidity of Developmental Trauma



Symptoms of Traumatic Stress

- ▶ Sleep disturbance
- ▶ Nightmares
- ▶ Hyper-vigilance (over alert)

Symptoms of Traumatic Stress

- ▶ Anxiety & Panic attacks
- ▶ Emotional Numbing or Alexithymia
- ▶ Dissociation

Symptoms of Traumatic Stress

- ▶ Isolation
- ▶ Sense of impending doom
- ▶ Extreme mood swings

The Challenge of Symptoms

- ▶ **OVERLAP** - symptoms from two disorders can co-exist (e.g. withdrawal and PTSD)
- ▶ **MAGNIFICATION** - symptoms appear “exaggerated”

PP 118-119; Trauma and Substance Abuse: Ouimette & Brown; American Psychological Association, 2006

Symptoms that interfere with 12-step recovery

- ▶ Isolation
- ▶ Distrust
- ▶ “social phobia”
- ▶ Hyper-vigilance

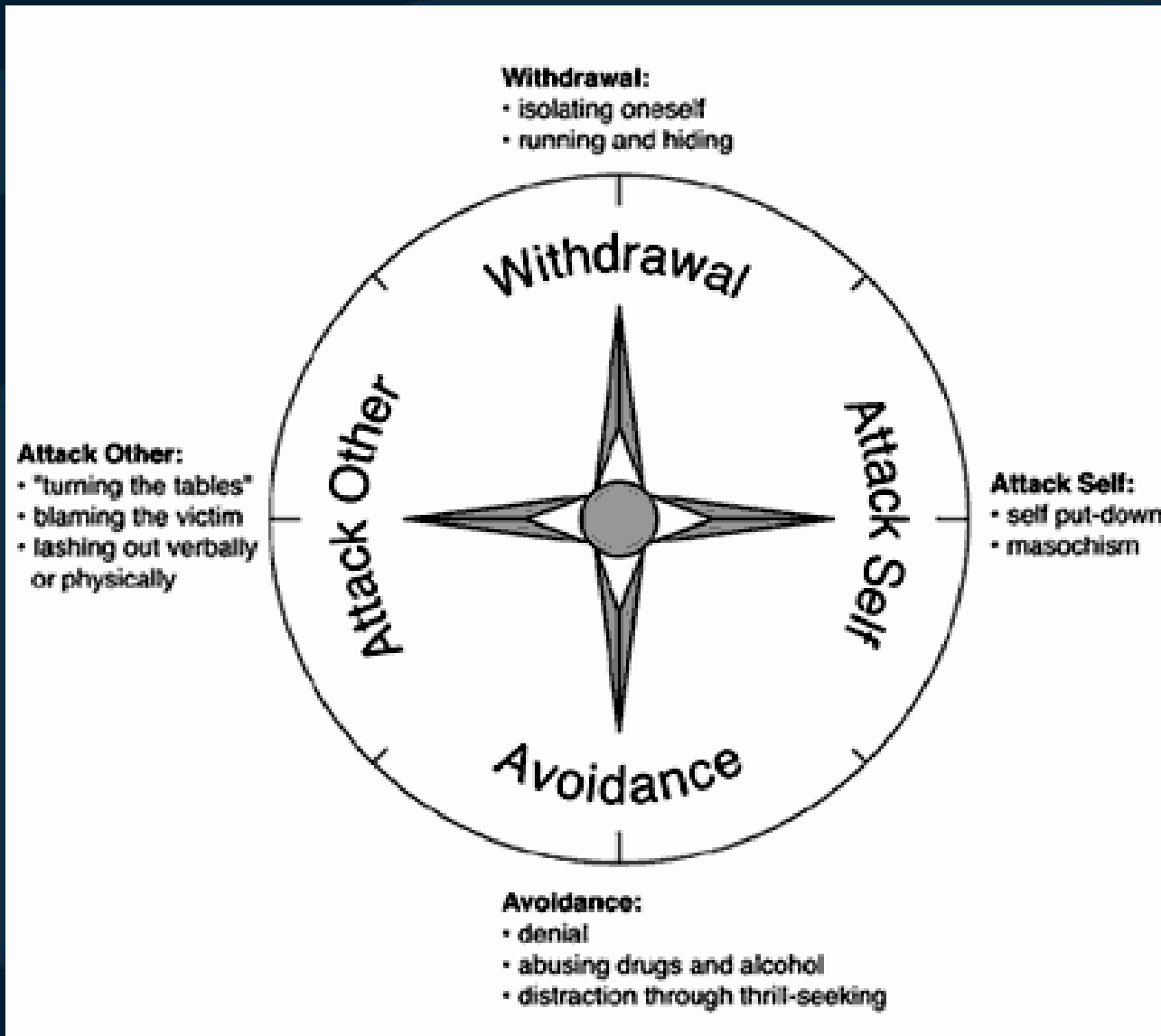
Symptoms that interfere with 12-step recovery

- ▶ Repulsed by “powerless-ness”
- ▶ Inability to “surrender”
- ▶ Reference to “higher powers” that betrayed, abused and abandoned

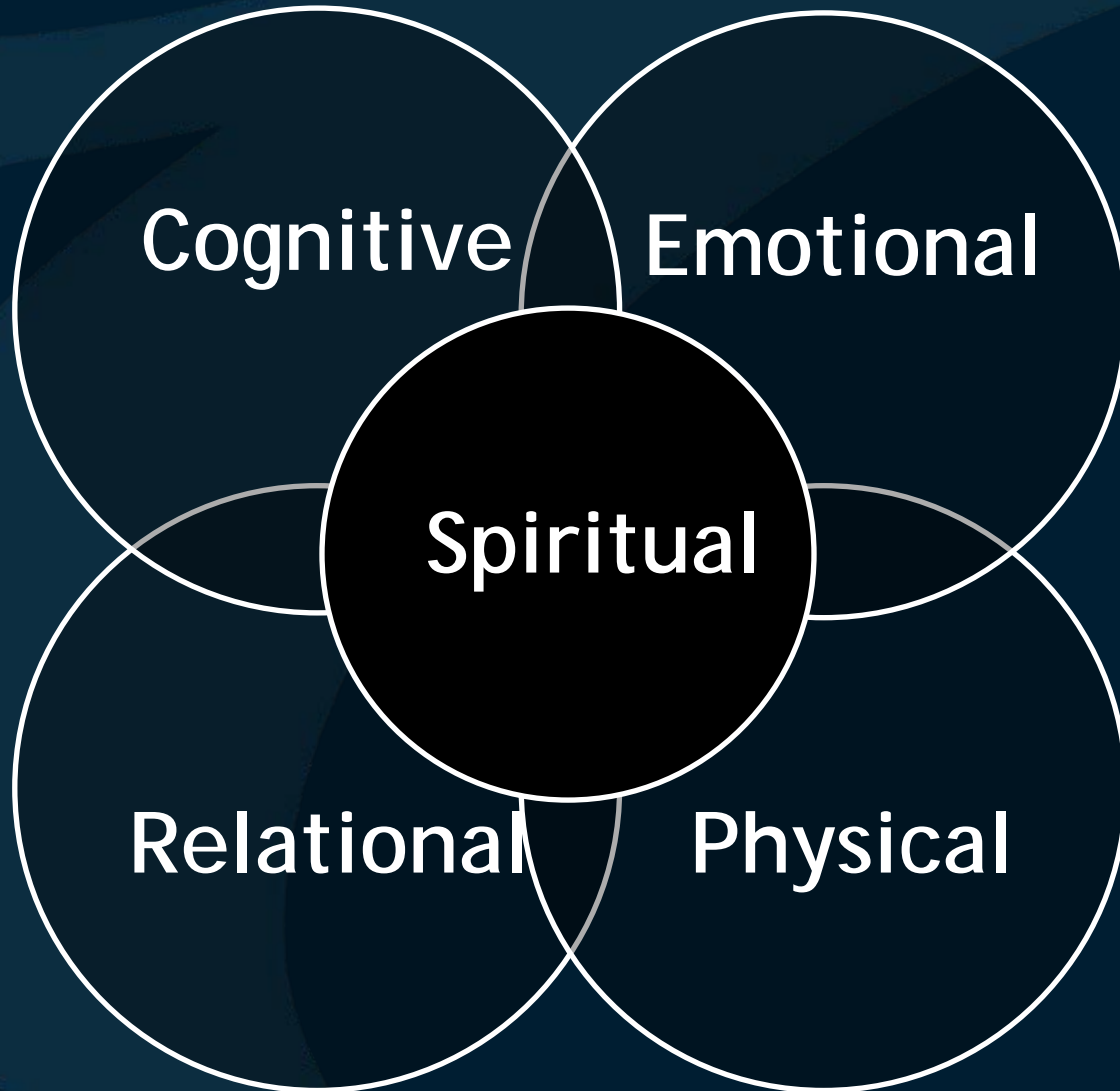
Inner Conflicts

- ▶ Addiction vs Other Diagnosis
- ▶ Personal Resourcefulness vs Personal Vulnerability
- ▶ Independence vs Dependence
- ▶ Self Directed vs Externally Guided
Resolved by introducing the concept of a THIRD ALTERNATIVE

Intervene on Reptilian Responses



The Five Intelligences



Physical Intelligence

Physical Intelligence (Pi) is disciplined maintenance of well being and vitality.

Cognitive Intelligence

Cognitive Intelligence (Ci) is the factual, intellectual processing of systems, numbers, processes, reason, logic and planning.

Emotional Intelligence

Emotional Intelligence (Ei) is the ability to recognize and use feelings in accessing memories and making decisions

Spiritual Intelligence

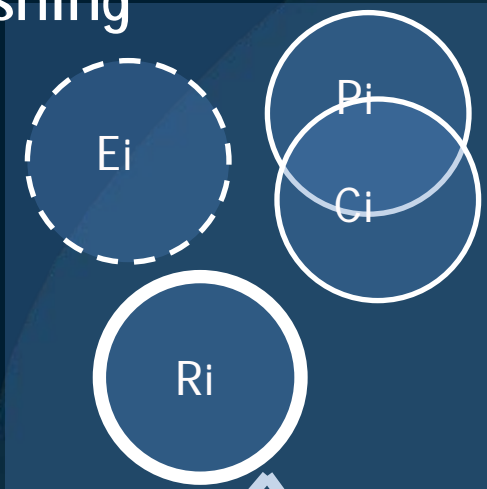
Spiritual Intelligence (Si) is the ability to develop and utilize meaningful principles to act as guide lines, and to feel safe in the universe of human experience.

Relational Intelligence

Relational Intelligence (Ri) is versatility in managing social relationships and in experiencing intimacy.

Being Balanced

Unbalanced - Fragmented,
Clashing

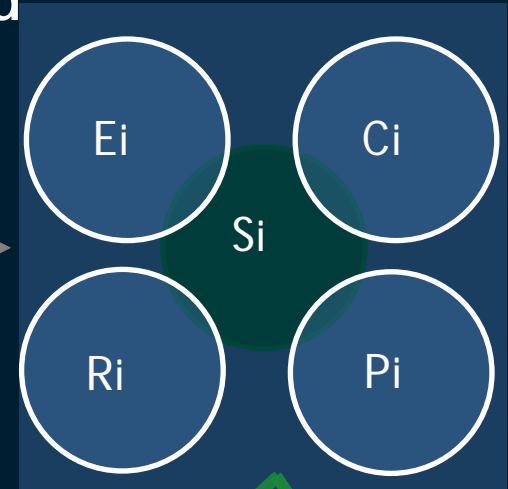


Threat
Helpless
Powerless

Stress
Distress
Illness

External
Demand

Balanced - Aligned,
Synchronized



Challenge
Commitment
Competence

Continuous
High Standard
Responsiveness

External
Demand

12-Step Facilitation

Core Assumptions

- ▶ *Spirituality - faith in a Higher Power - plays a more powerful role in recovery than individual willpower.*
- ▶ *Even a single drink can trigger craving for alcohol and renew a cycle of compulsive drinking*

12-Step Facilitation

Core Elements of 12-Step Programs

Meetings

Sponsors

12-Steps to Recovery

Reading

Slogans

Service

Anonymity

Prayer

12-Steps

1. We admitted we were powerless over alcohol-that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principles

1. ACCEPTANCE

2. HUMILITY

Mindfulness-Based Stress Reduction

- ▶ Daily Practice for staff and residents alike
- ▶ Permeates all aspects of daily life (group, meals, walking, recreation, etc.)
- ▶ Useful to establish grounding & sense of “safety”

Mindfulness-Based Stress Reduction

- ▶ Eclectic introduction to “inner spirituality”
- ▶ Concrete application of “a day at a time” or even an hour at a time.
- ▶ Responders tolerate anxiety, agitation and pain more

A Mindfulness-Based Stress Reduction Workbook; B. Stahl, Ph.D & E. Goldstein, Ph.D; New Harbinger Pub-2010

Seeking Safety

- ▶ Cognitive
- ▶ Behavioral
- ▶ Interpersonal

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse; Lisa M. Najavits. Guilford Press 2002

Seeking Safety

- ▶ PTSD: Taking Back Your Power
- ▶ Detaching from Emotional Pain:
Grounding
- ▶ Integrating the Split Self
- ▶ Creating Meaning

Seeking Safety: A Treatment Manual for PTSD and Substance Abuse; Lisa M. Najavits. Guilford Press
2002

Program Essentials

Five Intelligence

Individual Treatment Plans

Twelve-Step Facilitation

Stress Resilience & M-BSR

Program Essentials

Honesty

Honor

Dignity

Respect

Disorders of Affect Regulation

- ▶ *Disorders of affect regulation: Alexithymia in medical and psychiatric illness.* Cambridge University Press, 1997
- ▶ *Trauma and Substance Abuse:* American Psychological Association, 2002
- ▶ *Adopt Your Emotions: Guide to Increase Emotional Health,* Dr. Stuart Ross, 2006
- ▶ *Affect Regulation and the Repair of the Self: Developmentally orientated psychotherapy,* Allan Schore, Norton & Co. 2003