

Addiction and Trauma

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Objectives:

Participants will:

1. Define addiction and trauma.
2. Describe the brain's role in trauma and addiction
- “brain disease”
3. Explain the trauma and addiction loop.
4. Recognize crisis and need for referral as ethical best practice: continued use/OD, withdrawals, suicidality.
5. Demonstrate treatment recommendations and interventions, including mindfulness.

What is it?

- **Addiction :**

Any dysfunctional and habitual form of coping with emotions, such as...

This leaves the root problem unaddressed, the emotional need unmet, creating a feedback loop. Organizing their life around the addiction. (Abel & O'Brien)

- **Trauma:**

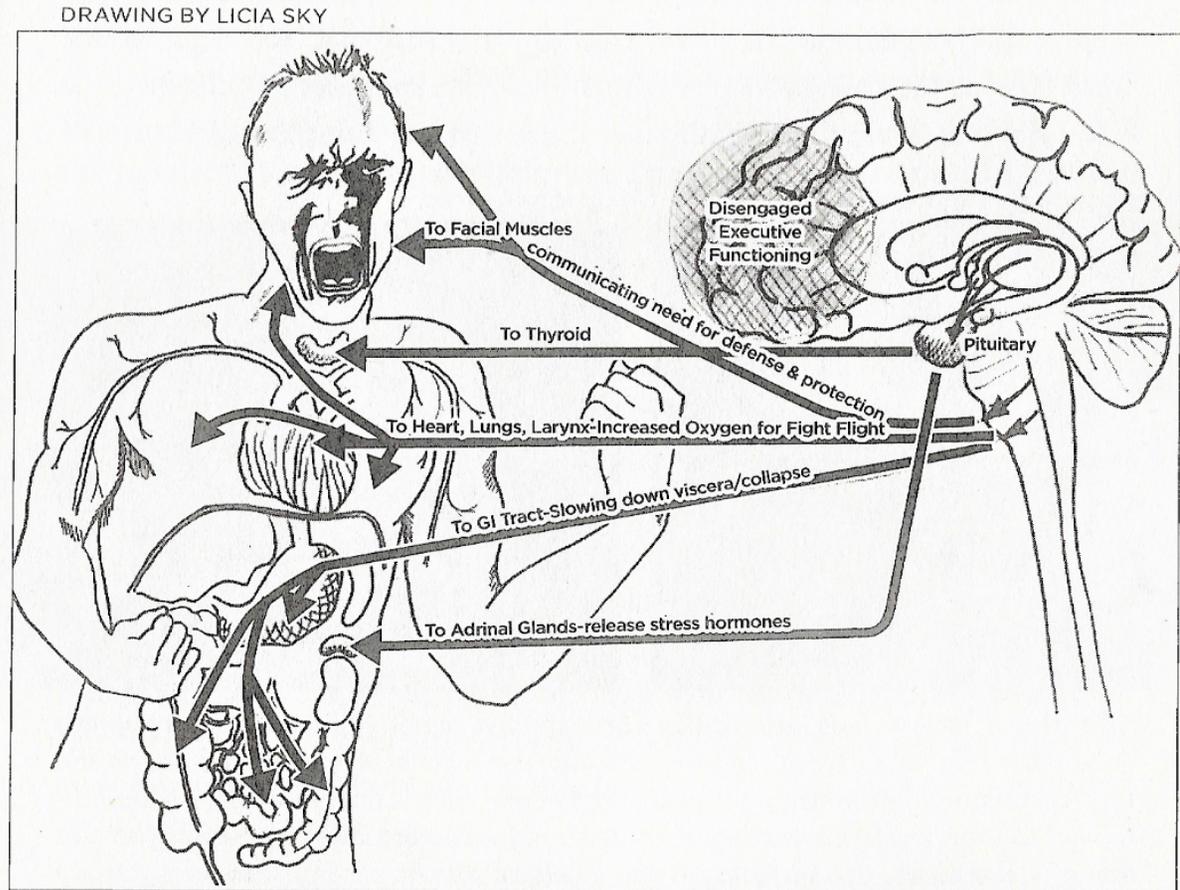
When an event or situation in the past overwhelmed a person's ability to cope, creating an emotional wound, leaving enduring physiological and psychological distress and adaptation. This also can create a feedback loop.



Wile E Coyote: Middle aged male coyote, under nourished, no supportive family, little socialization.

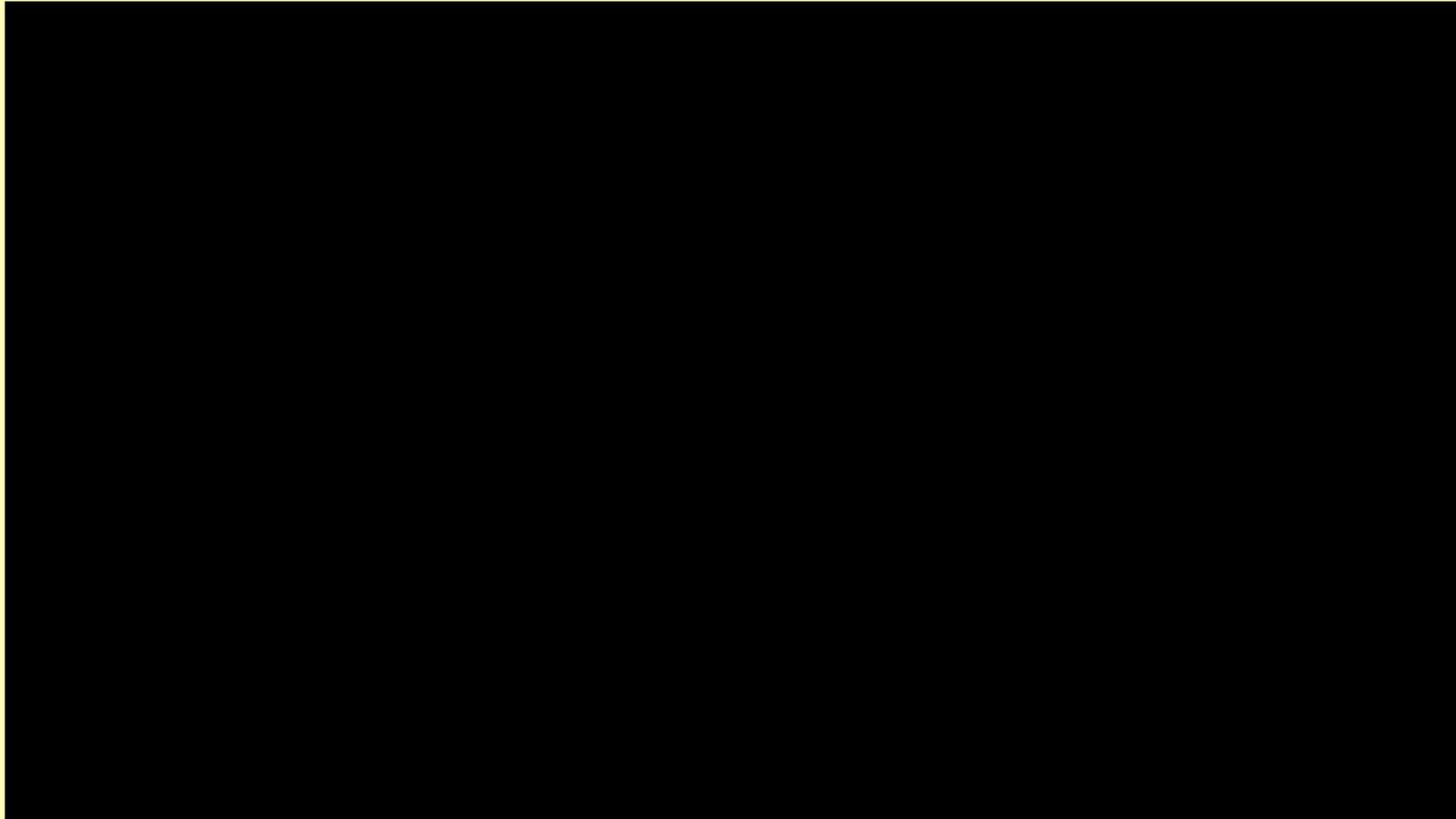
“Being traumatized means continuing to organize your life as if the trauma were still going on—unchanged and immutable—as every new encounter or event is contaminated by the past.”

(Van Der Kolk, 2014, 53)



Trauma affects the entire human organism—body, mind, and brain. In PTSD the body continues to defend against a threat that belongs to the past. Healing from PTSD means being able to terminate this continued stress mobilization and restore the entire organism to safety.

Disease model of Addiction



Is it...

Use – casual, infrequent

Abuse – tolerance

Dependence - physical

Addiction- life centered

Substance Use Disorder –DSMV



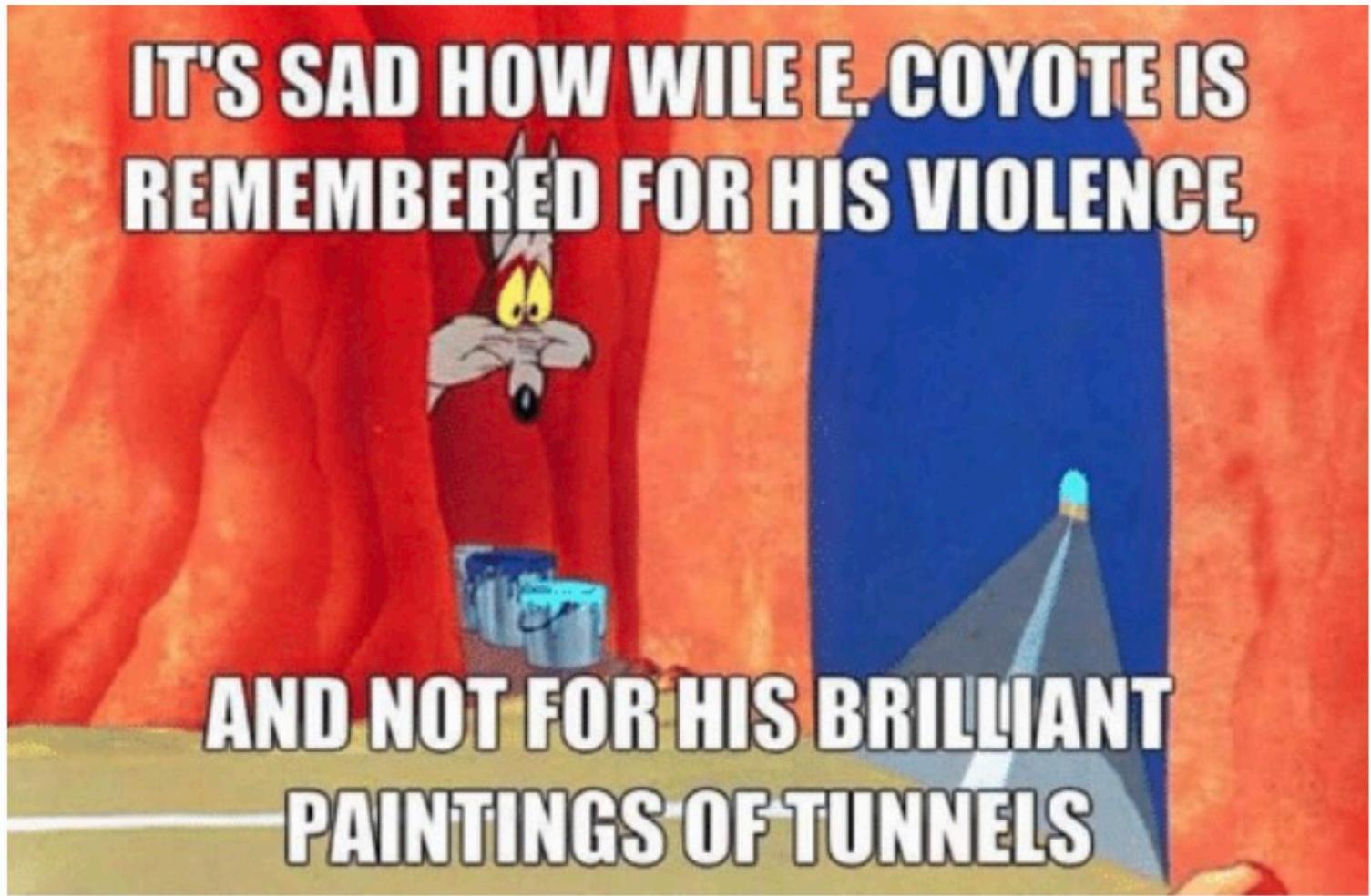
Humans of Addiction shared a post.

1 hr · 🌐



Addiction is the only disease in the world where one minute you look your mother in the eyes and sincerely tell her you're done using. Then the next minute you're in a bathroom stall with a needle in your arm, tears streaming down your face as you use against your own will.
#TheAddictsDiary

**IT'S SAD HOW WILE E. COYOTE IS
REMEMBERED FOR HIS VIOLENCE,**

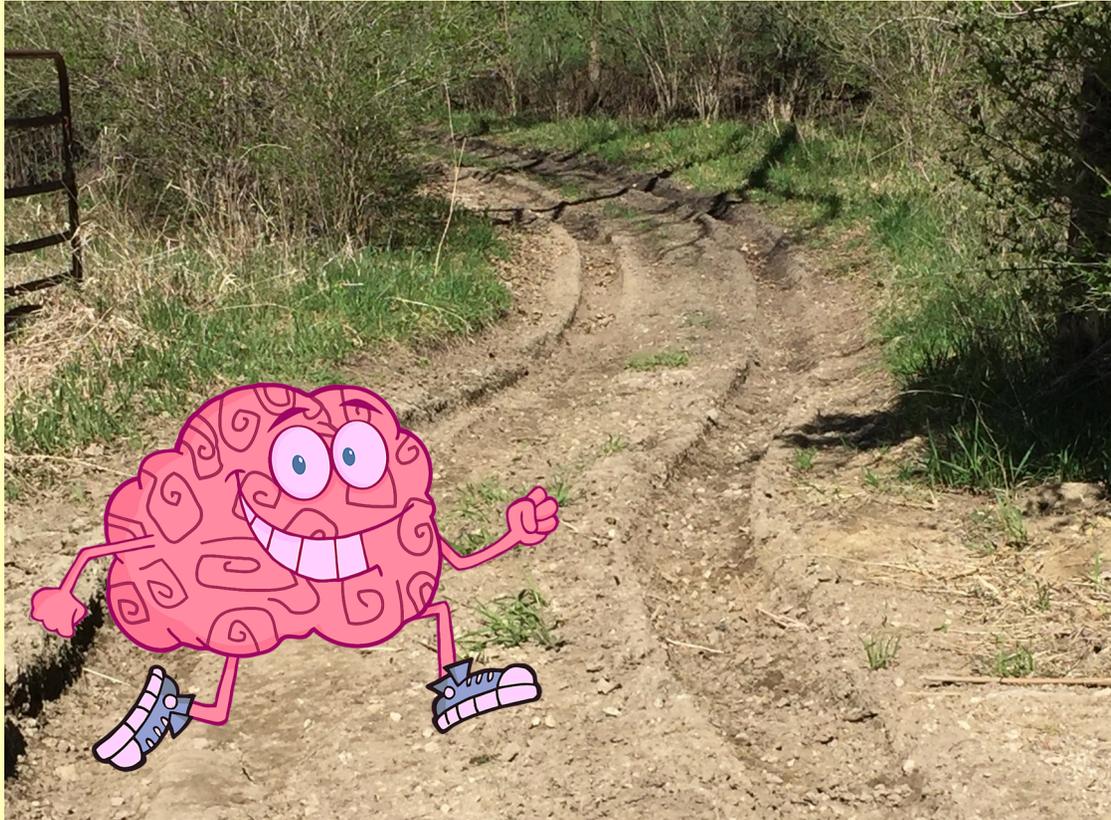


**AND NOT FOR HIS BRILLIANT
PAINTINGS OF TUNNELS**

Connecting **Addiction** & **Trauma**

- Executive Functioning (*Decision Making – choice argument*)
 - Trauma hijacks the usual ‘top down processing’ (Levine, 2010).
 - Automatic prioritizing of needs (McCauley, 2010, *Pleasure Unwoven*)
- Shame and blame
- Clinical issues with stages of change (Abel & O’Brien)
- **Trauma**  **PTSD**  **Use**  **Relief**

Un-firing and Un-wiring; escaping the limbic system.





Starting Treatment:

Do not rush into treating trauma!

BEGIN:

Build relationship

Safety (harm

reduction/abstinence)

Teach coping/resourcing skills

Medication management

THEN:

Utilize Methodologies

Wife is court-ordered to treatment...

Addressing Addiction

- Assessment (ASAM)
- Treatment approach

Addressing Trauma

- Assessment (biopsychosocial)
- Therapeutic approach

Wife is court-ordered to treatment...

Addressing Addiction

- Assessment (ASAM)
- Treatment approach
- Relapse Prevention



Addressing Trauma

- Assessment
- Therapeutic approach

- Processing trauma
- Increased symptoms & emotional distress

Relapse Prevention Planning

-Triggers (Internal and External)

-Red Flags

-Coping Skills/Resourcing

*Positive Self Talk

-Professional Support System

-Personal Support System

-What do I need? (HALTS)

Relapse Prevention Plan for _____ Date: _____

Triggers (Internal and External)

1.	5.
2.	6.
3.	7.
4.	8.

Red Flags

1.	5.
2.	6.
3.	7.
4.	8.

Coping Skills/ Resourcing

1.	5.
2.	6.
3.	7.
4.	8.

Professional Support System

1.	4.
2.	5.
3.	6.

Personal Support System

1.	4.
2.	5.
3.	6.

What do I need? (HALTS)

1.	4.
2.	5.
3.	6.

Keep a copy of this plan in a place where you can access it easily and use it when you are struggling with difficult emotions, thoughts, and decisions. If you are having thoughts of suicide or self-harm to immediately go to the nearest hospital, call the suicide hotline 1-800-273-8255, or call 911.

Client signature

Clinician signature

Wile is court-ordered to treatment...

Addressing Addiction

- Assessment (ASAM)
- Treatment approach
- Relapse Prevention & Triggers*
- *Relapse Processing*



Addressing Trauma

- Assessment
- Therapeutic approach
- Processing trauma
- Increased symptoms & emotional distress

Wile is court-ordered to treatment...

Addressing Addiction

- Assessment (ASAM)
- Treatment approach
- Relapse Prevention & Triggers*
- *Relapse Processing*
- Coping skills
- Create Recovery Lifestyle
- Eliminate addictive behavior



Addressing Trauma

- Assessment
- Therapeutic approach
- Processing trauma
- Increased symptoms & emotional distress
- Coping skills
- Decreasing trauma symptoms
- Increasing daily function

Questions to ask for possible referral:

- Does the client report current daily substance use or issues with basic functioning? *Higher level of care may be required to interrupt use – review ASAM dimensions/criteria*
- Is the client using opiates, benzos, or alcohol, which could lead to life-threatening **withdrawals**? *Medical intervention/inpatient*
- Are the client's PTSD-type symptoms and/or substance use persisting despite your standard clinical interventions? *Scope of practice, review DSMV*
- Is the client **suicidal** or at risk for **overdose** (during and after treatment)? *Harm reduction, safety planning*

ADDICTION RECOVERY GROUP

For adults seeking support
in ongoing recovery from
chemical addiction.



Vida
PSYCHOTHERAPY

Jen Gauerke, tLMHC, CADC, is starting a new recovery group at Vida Psychotherapy in West Des Moines. This group will educate about the aspects of recovery, the impact of trauma, and the shame of addiction. It will also provide a setting to explore self and relationships with a caring group of adults who are striving for a better life and continued recovery. This is not a 12 Step group and is not a replacement for intensive inpatient treatment or individual therapy.

Time and dates will be determined as group members meet with Jen for intake interviews and according to the availability of membership. Some insurance providers may cover the cost of services, or the out of pocket fee is \$100 for intake and \$32 per group.

STARTING SOON!

GROUP WILL BE LIMITED TO 8
PARTICIPANTS



Contact

Jen Gauerke
(515)528-7892

To schedule
an intake session

jen@vidapsychotherapy.com

Flyers available for
groups!

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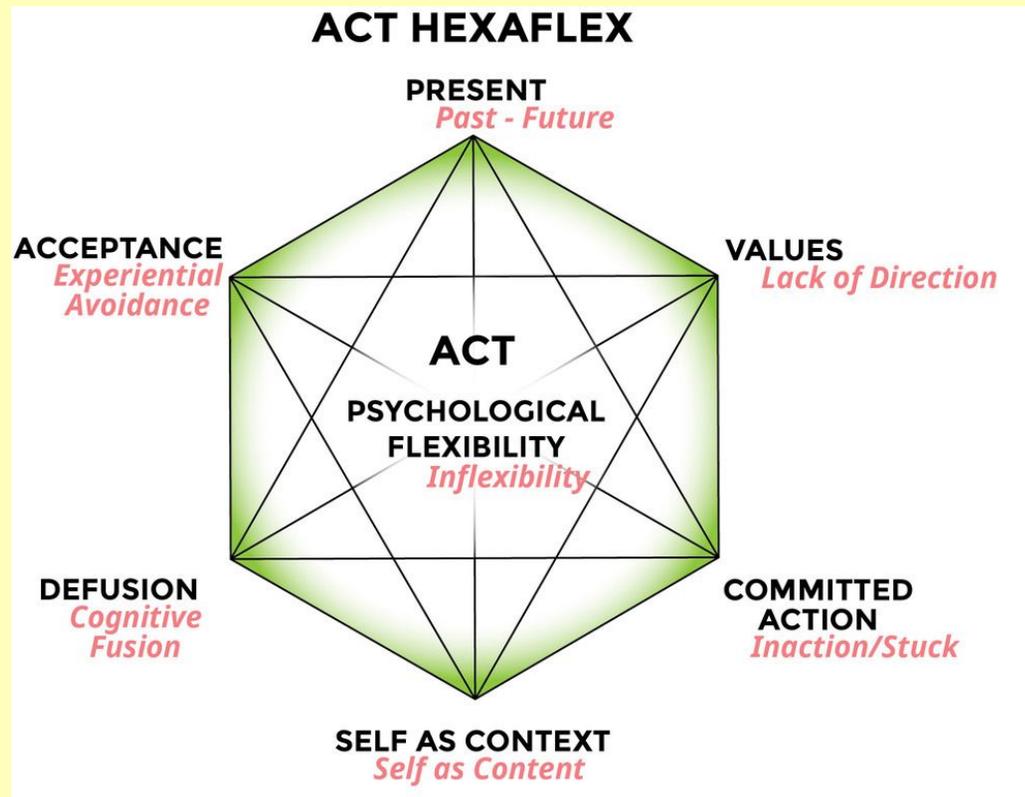
Addiction Treatment Approaches

- Motivational Interviewing (MI)
- CBT
- Acceptance and Commitment Therapy (ACT)
- EMDR
- Mindfulness-Based Relapse Prevention
- Mindfulness-based Stress Reduction (MBSR)
- Groups, including community based.
(AA, NA, SMART, Celebrate, Refuge Recovery)
- Psychiatry – medication management
Including MAT (*as needed for opiate and alcohol-related disorders*)
- Psychoeducation and early intervention
- Case management
- Trauma Informed Care in Substance Abuse Counseling

Trauma Processing Approaches

- Narrative (Trauma Focused CBT)
- Eye Movement Desensitization Reprocessing (EMDR)
- Somatic Experiencing
- Creative Stress Reduction (Yoga, art, etc.)
- Dialectical Behavioral Therapy
- Attachment/EFT for Individuals
- Emotionally Focused Therapy (for couples triggering each other)
- Prolonged Exposure, Rewind Technique, Brainspotting (suggested by attendees)

ACT – Acceptance & Commitment Therapy (by Russ Harris)



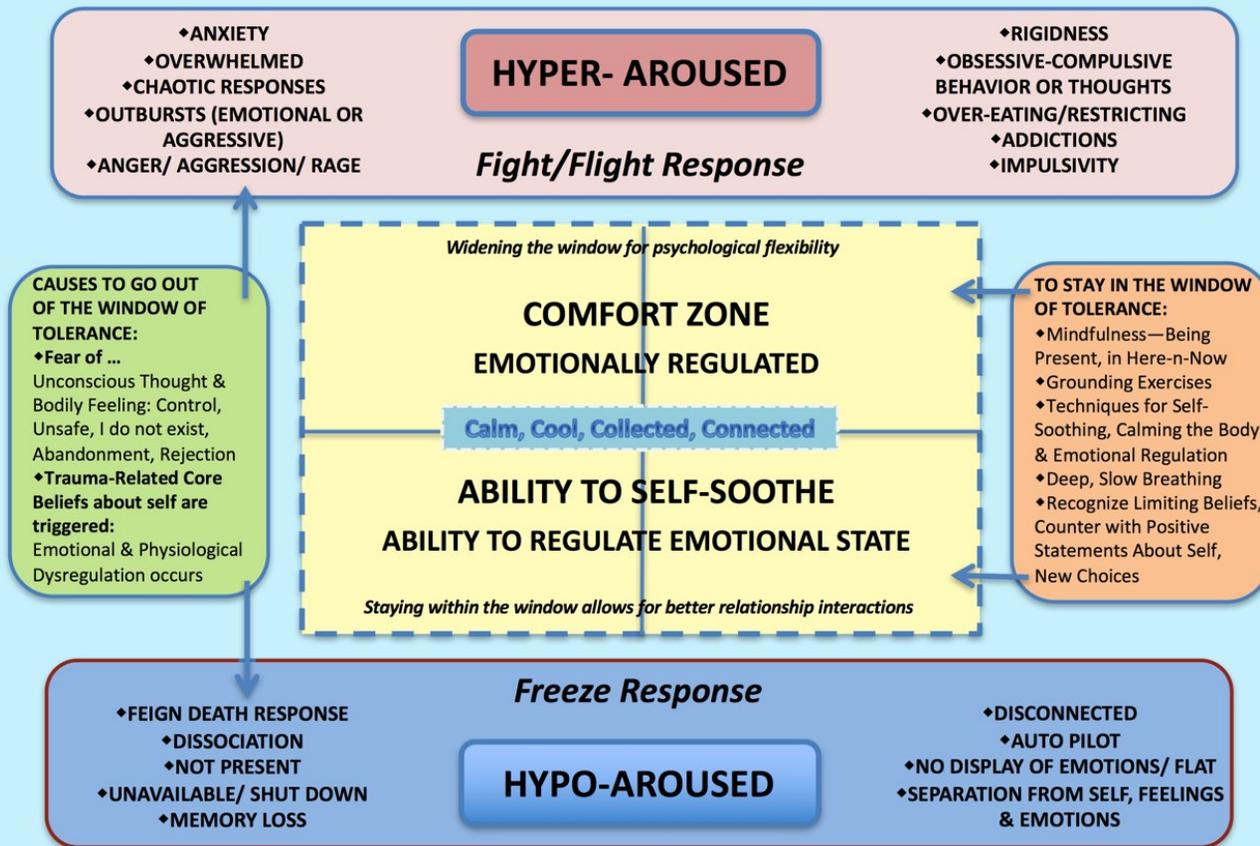
Meet client where they are with the Hexaflex (addiction may start with acceptance)

- Be here now
- Know what matters
- Do what it takes
- Pure awareness
- Watch your thinking
- Open Up

EMDR & Window of Tolerance

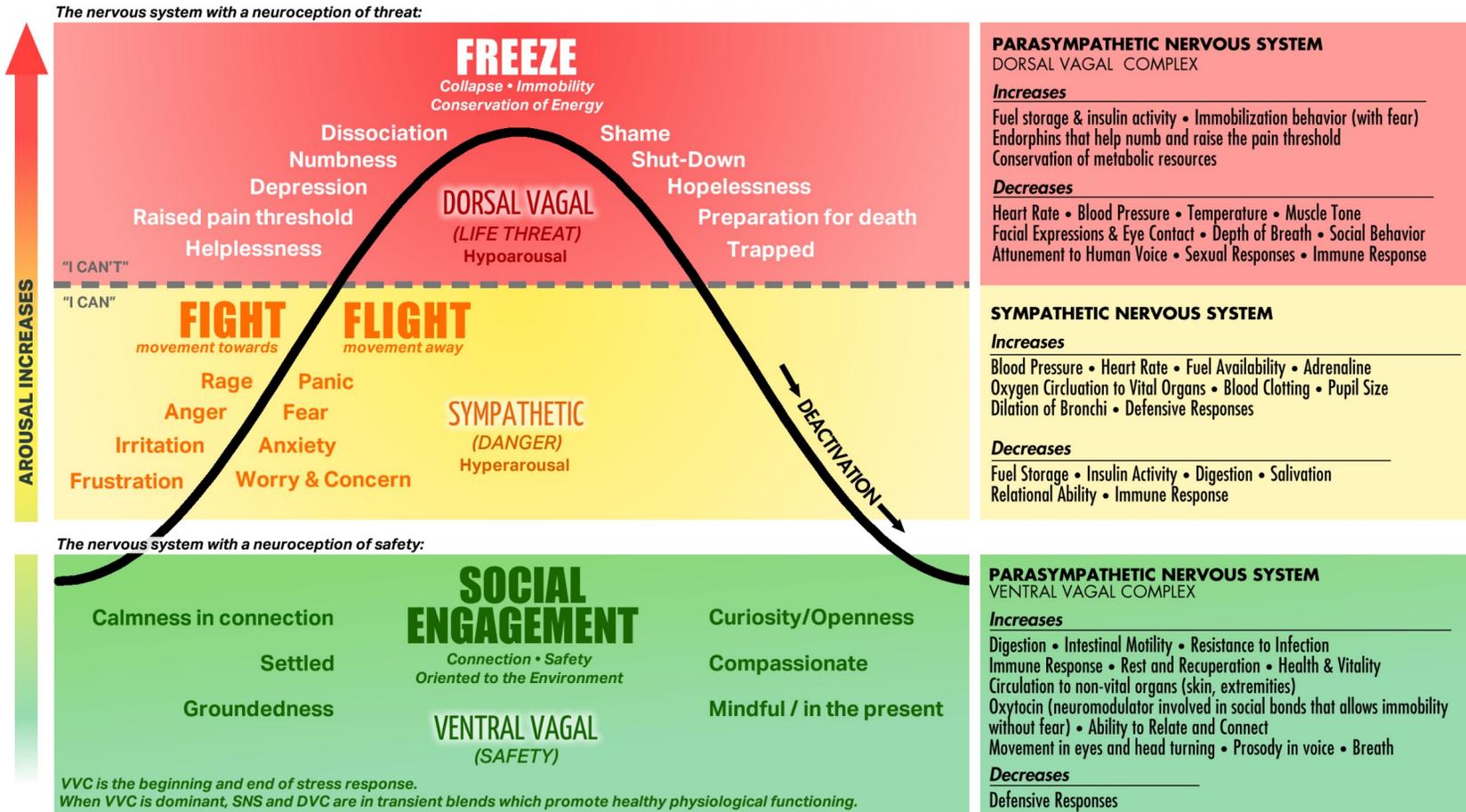
Marie S. Dezelic, PhD © 2013

WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES:
Widening the Comfort Zone for Increased Flexibility



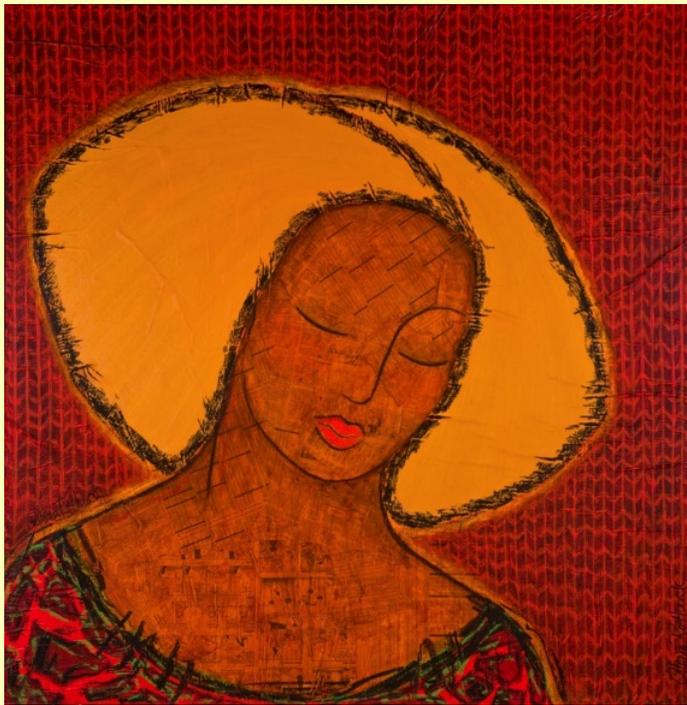
Polyvagal Theory Chart

POLYVAGAL CHART



Mindfulness and Meditation

“Mindfulness is the process of ‘paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.’”



“Beauty of Silence” by Gloria Rothrock

Benefits:

- Structural Brain Changes
- Reduced Autonomic Arousal
- Perceptual Shift
- Increase in Spirituality
- Greater Situational awareness
- Values Clarification
- Increase in Self Awareness
- Addiction Substitution
- Urge Surfing
- Letting Go

Shonin, E. & Van Gordon, W. Int J Ment Health Addiction(2016). 14.844.
<https://doi.org/10.1007/s11469-016-9653-7>

What are we bringing to the relationship?

Remember self care!

Personal trauma of therapist

Negative core beliefs about addiction and trauma

Countertransference

References

- Understanding Addiction as a disease video. <https://youtu.be/-6GMwAsdCOI>
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (van der Kolk, 2015: Penguin Group) In An
- Unspoken Voice: How the Body Releases Trauma and Restores Goodness (Levine, 2010)
- The Mechanisms of Mindfulness in the Treatment of Mental Illness and Addiction (Shonin, E. & Van Gordon, W.) Int J Ment Health Addiction(2016). 14.844. <https://doi.org/10.1007/s11469-016-9653-7>
- Treating Addictions with EMDR Therapy and the Stages of Change (Abel & O'Brien, 2015)

Suggested Readings

- Co-occurring Disorders: Integrated Assessment and Treatment of Substance Use and Mental disorders (Atkins, 2014)
- Integrated Dual Disorders Treatment Revised: Best Practices, Skills, and Resources for Successful Client Care (Dartmouth, 2015)
- Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (Najavits, 2002) - *IPV/DV specific*
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (van der Kolk, 2015)
- In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness (Levine, 2010)
- In the Realm of Hungry Ghosts: Close Encounters with Addiction (Mate, 2010)
- Trauma Stewardship: an everyday guide to caring for self while caring for others (van Dernoot, 2007)

Suggested Readings, continued...

- Treating Addictions with EMDR Therapy and the Stages of Change (Abel & O'Brien, 2015)
- Rewiring the Addicted Brain; an EMDR-based treatment model for overcoming addictive disorders (Parnell, 2018)
- ACT made simple (Harris, 2009) at:
https://www.actmindfully.com.au/upimages/ACT_Made_Simple_Introduction_and_first_two_chapters.pdf
- EMDRandbeyond.com & EMDRIA
- Disordered Eating- Women, Food, and God (Roth, 2010)
- Sex addiction - Naked in Public (Sprout, 2015)