Conflict Resolution in Recovery

With funding from NIDA, Cynthia Moreno Tuohy worked with Danya International to conceptualize, develop, and evaluate a multi-component, multi-media tool for use by addiction and other helping professionals to assist adults and youth improve their life traumas and conflict through knowledge, attitudes and skills. Romancing the Brain skills are an intensive set of psycho-emotional-social-spiritual Cogitative Behavioral Therapy (CBT) treatments that, if followed, will result in a lifestyle change. This program will affect a “self and other” assessment of conflict style with a communication style, with the goal of behavior changes that are instilled in the brain. Some treatment sessions are based in brain research and CBT treatments that have been effective for anger and relapse-triggering problems. Other techniques are employed that unify the principles of social learning and emotional intelligence theory that mark this program as different from “anger management” programs. This program affects behavioral learning with emotional development and maturity that results in long-term changes in the brain and behavior.

Conflict Resolution in Recovery is designed to:

- Help reduce relapse and sustain recovery of adult and adolescent substance use, abuse, and dependent persons by improving their trauma conflict resolution knowledge, attitudes and skills.
- Serve as a research-based, empirically-tested, psycho-educational curriculum that is effective and appropriate to use with diverse populations of adult and adolescent substance use disorder persons.
- To provide treatment and training materials for professionals, paraprofessionals (counselors, social workers, therapists, psychologists, outreach and faith-based, etc.) that are easy to use and integrate into existing community residential, intensive outpatient, and outpatient substance abuse treatment facilities as well as school-based counseling, faith counseling and other helping professional groups and faith-based groups.
- To provide an effective, cost-efficient, feasible model for improving client’s conflict resolution capacities to offer an innovative program based on concepts adapted from effective use in other disciplines/environments, make use of today’s technology, and enhance relapse-prevention options.

An outline of key areas we will cover in this session are:

1. Instinct or intellect - Understanding where anger and conflict resides in the brain (limbic system and cortex)
2. Instinctual patterns/familiar feelings - Where we learn our patterns in conflict and how our brain automatically reverts to the familiar conflicting styles
3. Understanding relationships - How they start and traverse through stages
4. Four types of agreements - Setting up relationships to be healthy
5. Understanding your style of conflict in communication - Learning what your primary reactionary and secondary reactionary styles are and how they harm you and others