

Objectives

- 1) Participants will learn and use related skills in trauma-informed care and addiction-informed care, with an emphasis on failed attachment, failed holding environment, failed secure base for development, and the tendency to self-medicate early. Here we will discuss the efficacy of therapeutic relationship and other factors.
- 2) Participants will learn and use skills related to failed attachment and self-medication processes, and their consequences in brain development, stress sensitization, and inadequacy of the self.
- 3) Participants will learn and use PARTS of evidence-based therapies for co-occurring trauma and substance misuse, with emphasis on Briere's model of exposure, Beck's model of recovery-oriented cognitive therapy, and Meichenbaum's/Quintiliani's model of cognition-affect-behavior links.
- 4) Participants will learn and practice specific mindfulness-based interventions that support effective treatment for trauma-addiction co-occurring conditions.

Description

This workshop will focus on infant and childhood attachment failures and trauma that produce conditions in the brain and self leading to vulnerability for self-medication and addictions. Implications of other forms of trauma will be discussed. Resulting psychological and behavioral outcomes will be expressed via evidence-based interventions - beyond a strong psychodynamic therapeutic alliance. Research on effective therapies for trauma and addiction will be discussed, and participants will practice specific recommended mindfulness-based interventions (by experts - van der Kolk, Briere, Beck). By the end of the workshop participants will be exposed to causes and conditions for suffering, and ways to counter act them in therapy. Step 11 of Self Help has implications here.