

May 18th 2018 Workshop on Trauma and Addictions

Anthony Quintilliani

9:00-9:45 Review Clinical Workshop Plan and Content/Activities

9:45-10:00 Ethics and Treatment - Way Beyond Good Therapeutic Relationship and "Talk Therapy"

10:00-10:45 Trauma-Addiction Informed Care - The Nuts and Bolts
Attachment Failures and Failure of Attunement Early in Life
Winnicott - "Good Enough" and the Intersubjective Holding Environment
Bowlby - Secure Base and Bonding
Maslow - Hierarchy of Unmet Needs

10:45 15 Minute Break

11:00-12:00 Object Constancy, Negative Introjections, Weak Self-Objects of Self, the BIG Problem of Self-Medication of Suffering
The Developing Brain and Trauma-Addiction - BIG Problems
Delayed Development in America - Mid-20's
"I-Smart" Phone Addiction - Addictive Society
ACEs in VT and Brain Development Problems - Ultimate Vulnerabilities
Infant Abuse and The "Felt-Sense" of Fearful/Anxious Sensations and Images
Problem Brains Early in Life: PF, Frontal, Limbic, Brain Stem, FFF, Avoidance as Negative Reinforcement, Insula, Somatosensory Areas, etc.

12:00 - 1:00 Lunch

1:00 - 2:15 Lack of Security, Safety, Equanimity, Happiness, and Love - Problems with Projective Identification Process in Therapy
Cost-Benefit Grid for Trauma/ Addiction (Stay the Same or Change)
Evidence-Based Treatments - APA and CBT Variations
Beck's Recovery-Informed Cognitive Therapy, Skinner's Behavior Therapy - Behavioral Activation, CBT with Mindfulness (MBSR/ACT, MBCT/DBT)
Problems with Seeking Safety - God but Highly Cognitive - Not Reaching Brain Sensitized Areas (Opinion)

2:15 15 Minute Break

2:30 3:30 Briere's Gentle Exposure Process and CABs-VAKGO-IS-Rels (Quintilliani)
Use of SUDs and SUPs Measures - Progressive Adjustment with Safety is the Goal
Role of Self-Help and 12 Steps (especially Step 11)

3:30- 5:00 Skills Practices - From Above and Mindfulness-Based Practices
Mindfulness, Trauma-Informed Yoga and Meditation, Loving Kindness Meditation, Body Scan, RAIN Skills, Vipassana Meditation, Gratitude Meditation, etc.
Questions and Discussion/Clarifications - Evaluations and Certificates