



Integrative Treatment of Addictions

Daniel Brown, Ph.D.

June 27-29, 2014 (Fri.-Sun. 9:00am-5:00pm)

Newton MA

Addictions, e.g. alcoholism, chemical dependency, eating disorders, & self-mutilatory behavior begin as adaptive attempts to regulate affective states, and through complex incidental, cognitive, and social learning take on a life of their own over time, in the form of over-learned maladaptive addictive behaviors. Participants will learn a general model for the development of any kind of addiction, which stresses specific types of affect dysregulation as the underlying vulnerability to addiction, and a process of complex learning, wherein a variety of addictive behaviors develop as attempts at affect regulation. The best treatments for addictions are multi-dimensional and integrate a variety of approaches. Participants will learn a wide range of procedures in a multi-modal, integrative approach to treat addictions that addresses a number of areas: stage-of-change and motivational factors; assessment of medical risk, withdrawal distress, and stabilization strategies; everyday awareness of urges and addictive behaviors; learning self regulation skills; the primary role of exposure-based treatment methods; developing affect regulation and coping enhancement skills; techniques to modifying maladaptive addiction-related beliefs and schemas; modifying body image pathology; enhancing self and self-esteem; relapse risk prevention skills; social systems integration; and addressing dynamic factors, attachment pathology, and trauma that complicate treatment. The goal is to learn step-by-step treatment protocols effective in treatment of any addiction. Teaching by lecture and demonstration and practice of methods. Hypnosis training recommended but not required.

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Friday June 27, 2014

9:00-10:30am

General model for the development of addictions

- Affect Dysregulation

 - Genetic and temperament contributions

 - A developmental model of affect dysregulation

 - General vs. specific affect dysregulation

10:30-10:45pm BREAK

10:45-12:30pm

- Complex learning

 - Incidental learning: learning the mood swing

 - State dependent learning

 - Social modeling

 - Expectancy effects

 - Socio-cultural regulation

 - Maintenance behaviors

- Abuse and dependency

- Instrumental learning

12:30-1:30pm LUNCH BREAK

1:30-3:00pm

Alcohol and substance abuse

- Genetic of alcoholism

- Biological markers of alcoholism

- Opponent process theory

- Non-specific psychopharmacological effects

- Specificity theory—interaction of affect deficits and choice of substance

 - Opiates, barbituates & sedatives, sympathetic activators, hallucinogens, sensory blockers, poly-substance abuse

 - Affect deficits and drug preference

3:00-3:15pm BREAK

3:15-5:00pm

Complex learning and substance/alcohol abuse and dependency

Learning the mood swing

State dependent learning and drug use

Alcohol expectancies

Socio-cultural regulation and alcohol/drug use

Definitions of abuse

Definitions of dependency

Secondary motivational states & instrumental learning

Models of the time course of problem-drinking

Saturday June 28, 2014

9:00-10:30

Assessment and diagnosis of anorexia nervosa (AN), bulimia nervosa (BN) and, binge eating disorder

Clinical features of AN, BN, and BED

Attachment and ED

Hypnotizability and ED

10:30-10:45 BREAK

10:45-12:30pm

Affect dysregulation and mood intolerance in ED

Complex learning in ED

Core clinical features of ED—over-evaluation of body appearance, weight, and eating control

Maintenance factors in ED

Perfectionism

Preoccupation with body appearance, weight, and eating control

Food and body checking; body avoidance

Misappraisal

Compensatory behaviors

12:30-1:30pm LUNCH BREAK

1:30-3:00pm

Self-mutilatory behavior (SMB)

Cultural forms of SMB

Definition of SMB

Normal, deviant, and pathological forms of SMB

SMB and DSM

Co-morbidity on SMB

SMB and affect dysregulation

Body image in SMB

SMB as attempted self-regulation

Maladaptive learning in SMB

Dissociative re-enactments in SMB

3:00-3:15pm BREAK

3:15-5:00pm

General Model of Treatment of Addictive Behaviors

Addressing stage-of-change and motivational problems

Stabilization

- Addressing medical risk in AN, SMB
- Normalization of eating in ED
- Detoxification and withdrawal distress in SA

Sunday June 29, 2014

9:00-10:30am

Self-regulation

- Self-monitoring of addictive urges and behaviors
- Mindfulness of emotional & bodily states
- Learning self-regulation of urges
- Stimulus-control methods
- Methods for tolerating urges without addictive behavior

10:30-10:45 BREAK

10:45-12:30pm

- The primary role of exposure-based treatment
- Developing affect regulation skills
- Assessing & modifying body image pathology

12:30-1:30 LUNCH BREAK

1:30-3:00

- Modifying addiction-related beliefs & schemas
- Enhancing positive regulation-related beliefs
- Developing sense of self and self esteem
- Interpersonal therapy's contribution to overall effectiveness of treatment

3:00-3:15pm BREAK

3:15-5:00

- Assessing relapse risk
- Relapse prevention strategies
- Modifying the socio-cultural and family environment
- Treating attachment pathology and trauma in addictions

Review of treatment outcome data

Addictions--Course Objectives:

- Learn a general model for the development of addictive behaviors that includes
 - Learn the role of affect dysregulation
 - Learn of role of complex learning
- Learn to apply this model to the development of:
 - Alcoholism and substance abuse/dependency
 - Self-mutilatory behavior
 - Anorexia, bulimia, and binge eating disorder
- Learn a step-by-step multi-modal treatment for any addiction that includes:
 - Assessing and treating stage-of-change problems
 - Learn how to teach the patient self-monitoring techniques for urges and addictive behaviors
 - Learning to stabilize re: medical risk and withdrawal risk
 - Learning methods to enhance the patient self-regulation of addictive behavior
 - Learning the basic features of exposure treatment
 - Learning to assess and treatment maladaptive addiction-related beliefs
 - Learning to assess relapse risk and learning relapse prevention strategies

Addictions--Selected References:

- Fairburn, C.G. (2008) Cognitive-behavioral therapy and eating disorders. New York: Guilford.
- Krystal, H. (1970). Drug Dependence. Indiana: Wayne State.
- Marlatt, G.A. & Donovan, D.M. (2005) Relapse prevention: Maintenance strategies in the treatment of addictive behaviors. New York: Guilford.
- Strong, M. (1998) A bright red scream: Self-mutilation and the language of pain. New York: Penguin.
- Vanderlinden, J., Norre, J., & Vanderreycken, W. (1992) A practical guide to the treatment of bulimia nervosa. New York: Brunner/Mazel.