# Navigating Addictions: Practical Interventions to Promote Healing & Recovery

Dr. Carissa Muth, R.Psych (AB and BC)



#### **Defining Addictions**

DSM-5 - Substances and Gambling

Criteria (at least 2 in 12 months)

- Larger amounts or over longer period of time than intended.
   Continued use despite persistent social or interpersonal problems.
- Persistent desire or unsuccessful efforts to cut down or control use
- A great deal of time is spent in activities necessary to obtain substance
- Craving or strong urge to use
- Failure to fulfill major role obligations

- interpersonal pronoens

  Important activities given up because of use

  Recurrent use in situations in which is it physically dangerous

  Continued use despite knowledge of having recurrent problems



### **Defining Addictions**

- · Excessive habits of everyday life
- Dynamic
- View behaviour as ego syntonic when it is not
- Not strictly due to neuroadaptation



#### **Model of Addictions**

- Earliest models of addictions (1812, 1891)
   Explain addiction as excessive behaviour patterns from a moral turpitude that requires values conversion and piety.
- · Alcoholics Anonymous

Disease or illness model that consider excessive behaviour as a chronic, fundamental disorder for which there is no cure other than abstinence.

• Biological Model

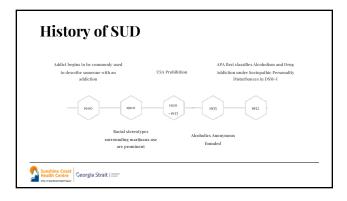
Person has no control, shifts in the reward cycle.

• Psychodynamic

Addiction as adaptive response, keep people from regressing to a more primitive state, self-medication.



## 



## **Biopsychosocial Model**

- $\bullet$  Considers the complexity of addictions
- $\bullet$  Constellation of factors rather than one cause for addictions
- $\bullet \ {\rm Biological}$
- $\bullet \ Psychological$
- Social



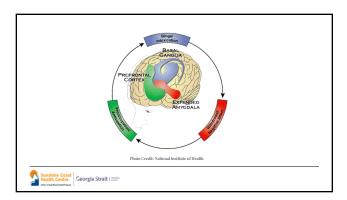
#### **Etiology - BIOLOGICAL**

40-60% Biological Factors

Epigenetics

Cascade Model





Adverse Childhood E	lynerience (ACF)
Auverse difficultour	Aperichee (Mon)
Questionnaire	
Questionnaire	
~	
While you were growing up, during your first 18 years of life:	5. Did you often feel that
	You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
Did a parent or other adult in the household often     Swear at you, insult you, put you down, or humiliate you?	Year purents were too drank or high to take care of you or take you to the doctor if you Yes. No
Act in a way that made you afraid that you might be physically hur? Yes: No If yes enter 1	6. Were your parents ever separated or diverced?
Yes No If yes enter 1	Yes No If yes enter I
Did a parent or other adult in the household often     Push, grab, slap, or three something at you?	<ol> <li>Was your mother or stepmether:</li> <li>Often pushed, grabbed, slapped, or had sensithing thrown at her?</li> </ol>
Ever hit you so hard that you had marks or were injured?	Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
Yes No If yes enter I	or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Did an adult or person at least 5 years older than you ever  Touch or fondle you or have you touch their body in a sexual way?	Yes No If yes enter I
46	Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?      Yes. No.      If you coner I.      The content
Try to or actually have oral, anal, or vaginal sex with you? Yos. No. If you enter 1	Yes No If yes oner I
	<ol> <li>Was a household member depressed or mentally ill or did a household member attempt suicid.</li> <li>Yes No.</li> </ol>
Did you often feel that  No one in your family loved you or thought you were important or special?	
er e	10. Did a household member go to prison? Yos No If yes cotor I
Your family didn't look out for each other, feel close to each other, or support each other?  Yes No If yes enter I	Now add up your "Yes" answers: This is your ACE Score
	to an appear to an acceptant

#### **Schemas**

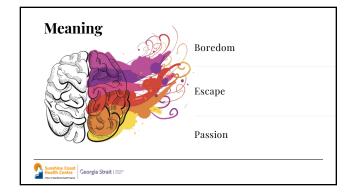
- Patterns of thinking and behavior that are used to interpret
- Maximum neurons at 3 years old
- Pruning for efficiency
- Chronic stress causes excess pruning
- $\bullet$  Self-protection and survival
- Narrative therapy and challenging schemas



#### Desensitization

- $\bullet \ {\bf Maladaptive} \ {\bf cognitive} \ {\bf appraisals}$
- Every act of recall is also potentially an act of modification
- Learning safety
- Prolonged Exposure Therapy





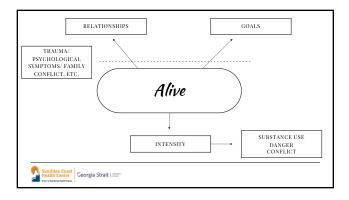
#### Addiction as a Response

"Such widespread phenomena as depression, aggression and addiction are not understandable unless we recognize the existential vacuum underlying them."

"When a person can't find a deep sense of meaning, they distract themselves with pleasure."

- Viktor E. Frankl





Deve	loping	Meg	mina
DUVU	wping	MICO	шшц

- Self- awareness
- Acceptance of suffering
- Relationships
- Intrinsic goals



#### Assessment

- Gold Standard
- $\bullet$  Distinguish overwhelming impulses versus and unwillingness to resist those impulses



## **Psychometric Tools**

• AUDIT

Alcohol screening tool, identify potential hazardous use, 10 questions  $\,$ 

• CIWA

Assess severity of alcohol withdrawal

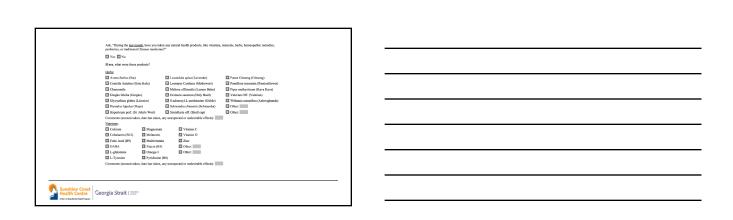
• SCID-

Structured clinical interview for DSM-5 assessment



	Substance Use Disorders
	Patient: Rater: Carissa Muth Date:
	Give the patient the Drug List, and ask "Which of the following substances have you used at any time during your life?"
	□ Tehacce
	☐ Alcohol
	Cannabis - marijuana, hashish, THC, "pot", "grass", "weed", "reefer," shatter.
	Sedatives-anxiolytics - "downers", Quashude ("Indes"), Seconal ("reds"), Vallum, Xanax, Librium, barbitumtes, Ativan, Dalmane, Halcion, GHB.
	Describe:
	Stimulants – amphetamine, "speed", crystal methamphetamine, Dexadrine, Ritalin, "ice," "buth salts." Describe:
	Deterrine:  Opicida - codeine, herein, morphine, opium, Methadone, Darvon, Percodan, Demerol, Dilaudid, fentanyl ("green beans," "shady eights"). OsyContin ("osy").
	Describe:
	Cocaine – secring, IV, freebase, crack, "speedball."  Describe:
	Hallscinogens ("psychodelics") – LSD, mescaline, peyote, psilocybin, STP, mashrooms, Ecstusy, MDMA, molly, PMMA.
	Describe:
	PCP (phencyclidine) - "angel dust," Special K (ketamine)
	Describe:
	☐ Gloe'Gas
	Steroids, "glue," ethyl chloride, paint, inhalants, nitrous oxide ("laughing gas"), amyl or butyl nitrate ("poppers"), sleep or diet pills.
	Describe:
	Other:
N. Sunshine Coast	
Health Centre Geor	rgia Strait   Mindel
Allon 12 Step Renal Health Program	0

Ask for the mu of first and las	t use. Use "1"	to equal 1 gr	um, I table		1 1 % eunces o	Espirits, 12 o	or of beer	or 6 ounc	es of wine	h.
	Number of times	Average No	Last 30-day umber Ave ticses and ca	enge Number sount of times ach	cach	Lifetime lumber Arre filines ea- tie	ent A	First use ge Date	Age	Tiote
Tobacco				rx	time			-		-
Notes									_	
Alcohol Notes:							- 1			_
Canabia										=
Sodativos Notes										=
Stimulants Notes										=
Opioids										



	1
Test for Nicotine Dependence At what age did you start smoking?	
When did you stop smoking? (if applicable) How many times have you tried to quit smoking over the past 12 months? How come after you wake up do you smoke your first clauserte? [Salace from Her]	
Do you find it difficult to refrain from smoking in places where it is not allowed?   Select from list   Which cigarette would you have most to ejes up?   Select from list   Which cigarette would you have most to ejes up?   Select from list	
On average, how many cigarettes you smoke a day?  Select from list  Do you smoke more frequently during the first hours after waking, than during the rest of the day?  Select from list	
High dependence (score of 8 or higher)  Notes:	
Notes:	
Sunshine Coast Health Centre Georgia Strait   Times	
Health Centre  And USing Mindfield Project  A	
	_
Substance (in Biorder — Substance 1):  See that the control of the	
start drinking/using substance] you ended up drinking much more than you were planning to? If no, What about [drinking/using substance] over a much longer period of time than you were planning to?	
Describe:  Persistent desire or <u>unsuccessful</u> efforts to cut down or control use. Have you tried to cut down or stop  using leaded to the unsuccessful of the proper actually stop using ful code for the unsuccessful.	
using (shools lunkstace) If I.vo. Did you ever attaching they using (shools lunkstace) althoughout I flow many times of day only to out down at step? I have been a considered and step of the control in this secondary to warry shoot.  Secondary of the control is the control in the control in this secondary to warry shoot.  Grant and off once poor in activities to obtain, sace, or recover. Have you speed a lost of time using II shoots branching, being high, or being lung over?  Secondary of the control is a carriant, arms defined our warry to the control in	
Describe:  Great deal of time sport in activities to obtain, use, or recover. Have you spent a lot of time using  Yes No ?	
lakcondownotamence, beauting might, or beauting mining over?   Describe:   Cvarding, Do you have a craving, strong desire, or urge to use alcohol/unbatance?	
Consider, he has been been considered and the consideration of the consi	
you ever miss work or school because you were intoxicated, high, or very hung over? What about doing a bad job at work or failing courses at school because of your [alcohol/substance] use? If yes, How often did this because	
In the last of water of familing customes at decode because of your ignoredoctabilisticates used real type, to we often and  Detective Courtes Detection  Continued are despite processors revisal proforms. Ded your (ignificing insulationate used) causes problems with  other people, south a million number, include, people of word? There you or are grown into physical fights  used? If yee, Dal you keep on [detailing insulationate] are younged.  Best of the people with the people of the peop	
other people, such as family members, friends, or people at work? Have you ever gotten into physical fights when you were [drinking]vising substances]? Have you had bad arguments about your [drinking/substance user?? Ever. Did you been no [drinking/substance user?? Ever. Did you been no [drinking/substance] argument?	
Describe:	
Sunshine Coast Health Centre Georgia Strait   ####	
Health Centre Georgia Strait   Control of Co	
	1
Important activities given up or reduced because of inhatance use. Have you had times when you would use [alcohol/walnature] instant and of working, sprending time with your family or friends, or engaging in other important artifaction, see also spored.	
important activities, such as sports?    Describe:   Reservent publisher use of adapterous situations. Did you ever use [alcoholviohisticoc)] in a situation in which it intight have been dangerous did you ever of five while you were [dutuk-high]? If you, Wherst How many	
Recoverent notationes use as disagrerous subsidiones. Did you over use (accelerabilistation) in a situation in which it might have been dangerous? Did you over drive while you were (drank/high)? If yes, When? How many times?	
limited: Center: Desprise:  Clare culture dispute baselogie of recurrent psychological or physical problems cannel or ensorebused by the relationer. This year [chiefel/substance] use over ensored on psychological problems, this depression, the relationer. This year [chiefel/substance] use over ensored one psychological problems, this depression, the problems or make a polystate problem worm destribution psicing abstraction (as the problems of make a polystate problem worm destribution pairing abstraction pairing abstraction policy).	
anxiety, insommia, or "blackouts" Plas your [alcohol/substance], proceedings a product of the problems or made a physical problem weese? If yes, Did you keep on [drinking/using substance] anyway?	
Describe:	
yes, how much more? If no, What about finding that when you used the same amount it had much less effect than before?  Describe:	
Describe.  White down lifesty you ever had any withdrawal symptoms when you cut down or stopped using folkodoi-inhumon? If I're, like you ever started the day by using folkodoi-inhumon? I'red, like you ever started the day by using folkodoi-inhumor? I'red, you use adobal, a drug, or mediction to keep youserful men guitting this share so recoming add?  The start of th	
There have been two or more symptoms of substance use disorder within a 12-month period.  Yes No ??	
December	
Specify secretify:    Midd Cat 0 youngtoms)   Mederate (4 of 5 symptoms)   Secret (6 of some remotems)	
Law OCCASO ARROW ATTRIBUTIONS	
Sunshine Coast	
Sunshine Coast Health Centre Georgia Strait   Parish	

#### Navigating Addictions: Practical Interventions to Promote Healing & Recovery (Part 2)

Dr. Carissa Muth, R.Psych (AB and BC)



#### **Defining Addictions**

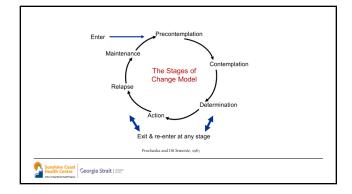
- Excessive habits of everyday life
- Dynamic
- Interaction of psychological, social, biological, and existential components

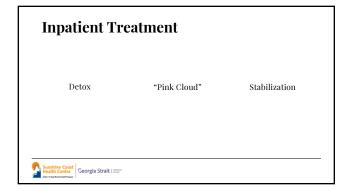


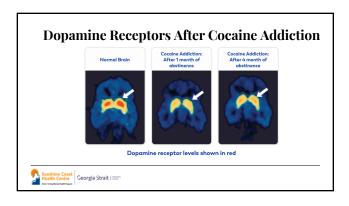
#### **Barriers to Treatment**

- Stigma
- Low self-efficacy
- Cost
- Logistical limitations
- $\bullet \ Pre-contemplative$









F	Post Inpatier	nt Treatment C	are
	Behavioural Pattern	Stress Management	Difficult Relationships
₹, Su	unshine Coast salth Centre Georgia Strait   ####		
	Utopideninda hyan		
	Community S	Support Group	)S
	,	oupport of the	
	SMART Recovery	Recovery Dharma	Alcoholics Anonymous
Su He	Georgia Strait   Mindel Control Contro		
V	Working Wit	h Low Motivat	ion
	Complexity of moti	vation	
	Resistance Mapping effects of t	the issue	
	What does the subs		
_			
Su He	unshine Coast ealth Centre of the distribution		

	1
Boundaries	
Unhealthy Not Showing up Family	
Means of Survival for Appointments Involvement	
• · · · · · · · ·	
Sunshine Coast Health Centre  Georgia Strait   Tillion	
	_
Therapeutic Interventions	
1. Understanding	
What does the substance provide?	
<ul> <li>How does the client understand their substance use?</li> </ul>	
<ul> <li>Identifying thought distortions Goal: understand the client's</li> </ul>	
narrative, cognitive schemas, and relationship with their substance	
Sunshine Coast Health Centre Georgia Strait   Piner	
Also (Vilog Maninfagh Proper)	
	_
Feedback-Informed Treatment	
	-
Evidenced based approach to assess and adapt to client's	
<ul> <li>Evidenced based approach to assess and adapt to client's feedback in real time in order to improve session outcomes</li> </ul>	
<ul> <li>Based on common factor model of psychotherapy</li> </ul>	
Sunshine Coast Health Centre Georgia Strait   Emeri	

			Sex: M/F	
	Session #: Please rate today tion that best fits	s session by placing a mark on the line near	est to the descrip-	
Session	I did not feel heard, understood, and respected.	Relationship	I felt heard, understood, and respected.	
Rating Scale	We did not work on or talk about what I wanted to work on and talk about.	Goals and Topics	We worked on and talked about what I wanted to work on and talk about.	
Scale	The therapist's approach is not a good fit for me.	Approach or Method	The therapist's approach is a good fit for me.	
	There was something missing in the session today.	Overall	Overall, today's session was right for me.	
		International Center for Clinical Excellence Source: www.centerforclinicalexcellence.com © 2002 Scott D. Miller, Barry L. Duncan, & Lynn Johnson		

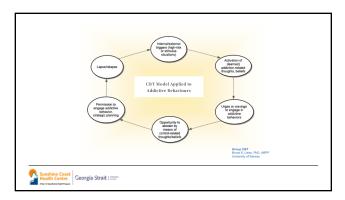
Who is filling out the form? "Fearer check one: Self Other  If other, what is your relationship to this person?  Looking look over the late, who, including toulty, budy as understand how you have been desing look or due to the who, including under, budy as understand how you have been desing look or due to these been desing in the following areas of the late of the person and marks to the right includes high levels, if you are plling out that for you have been desing in the following.  Scale  **The process of the person and the person of the person and the		Name:Sex: M/F
Outcome Rating Scale  If other what is your relationship to this person?  Looking back over the last week, including today, help as understand how you have been doing in the following areas to the been feeting by rating above will you have been doing in the following areas to the following areas to the following areas to the following the second property of the following areas to the following the second property of the following the second property of the following the second property of the following persons, places fill out arounding to the top you think be not be in following the following persons are followed in the following p		Session #:Date:
Coutcome Rating Scale  Under the term of the last rocks including study, bely no undercond have you have been feeting by ranging when faithful greates of your life, where make to the left represent low-levels and marks to the right measure of your life, where make to the left represent low-levels and marks to the right measure of your life, where make to the left represent low-levels and marks to the right measure of your life, where makes to the left greatest low-levels and marks to the right measure of your life, where makes to the left greatest like the last considerable of the last con		Who is filling out this form? Please check one: SelfOther
Outcome Rating Scale  Index to the first portain place well you have been doing in the following areas of your place of the first portain but been also and much so the right indexen high breach if you are juffling out that for you for another persons, please fill indexed high breach is you are juffling out the form for another persons, please fill indexed high present out to write the contract place of the contract place in the present out to write the present out to		If other, what is your relationship to this person?
	Rating	how been feeling by arting how outly you have been doing in the following series of your life, whom sets to the first groupes in better and make it to the graph of the property of the proper
		(General sense of well-being)
		International Center for Clinical Excelence
		© 2000 Scott D. Miller & Borry L. Duncan

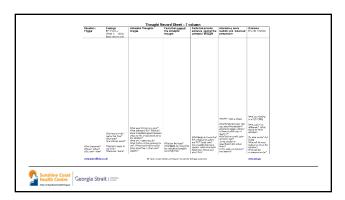


## **Therapeutic Interventions**

- 2. Shifting
  - Creating alternative stories
  - Challenging schemas
  - $\bullet$  CBT thought records
  - Amplified reflection (Motivational interviewing)
  - Reframing



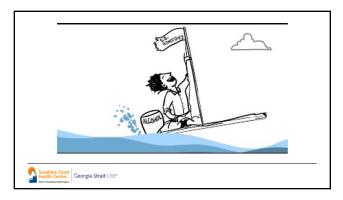




#### **Therapeutic Interventions**

- 3. Developing a "New Normal"
  - What gets you out of bed in the morning?
  - What do you want to live for?





#### **Exploring Meaning**

Three types of values whereby one can discover meaning:

- $\bullet \ \mathit{Creative}$
- What the person gives to the world
- $\bullet \ \textit{Experiential}$
- What the person receives from the world
- Attitudinal

Adopting the right attitude of acceptance and taking a stand towards unavoidable suffering  $\,$ 



ACTIVITY	Activities that are intrinsically valuable and interesting     Activities that are instrumental in obtaining significant		
	goals  • Activities that are self- transcended and directed at serving others		 _
BEAUTY	Beauty, truth and love joy and wonder		
ACCEPTANCE	Acceptance in suffering		 
Sunshine Coast Health Centre About 13 Stop Mental Program Georg	ia Strait   Miller		
		_	
		]	
	Though would		
	Thank you!  Questions?		
	Questions:		