

Opioid Dependency it is bigger than you are

By

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Biological+Psychological+Social+Spiritual
Vulnerability Liability Context Bankruptcy

plus
experience

equals

Addiction

Drug of Choice

Wrong

Drug of addiction

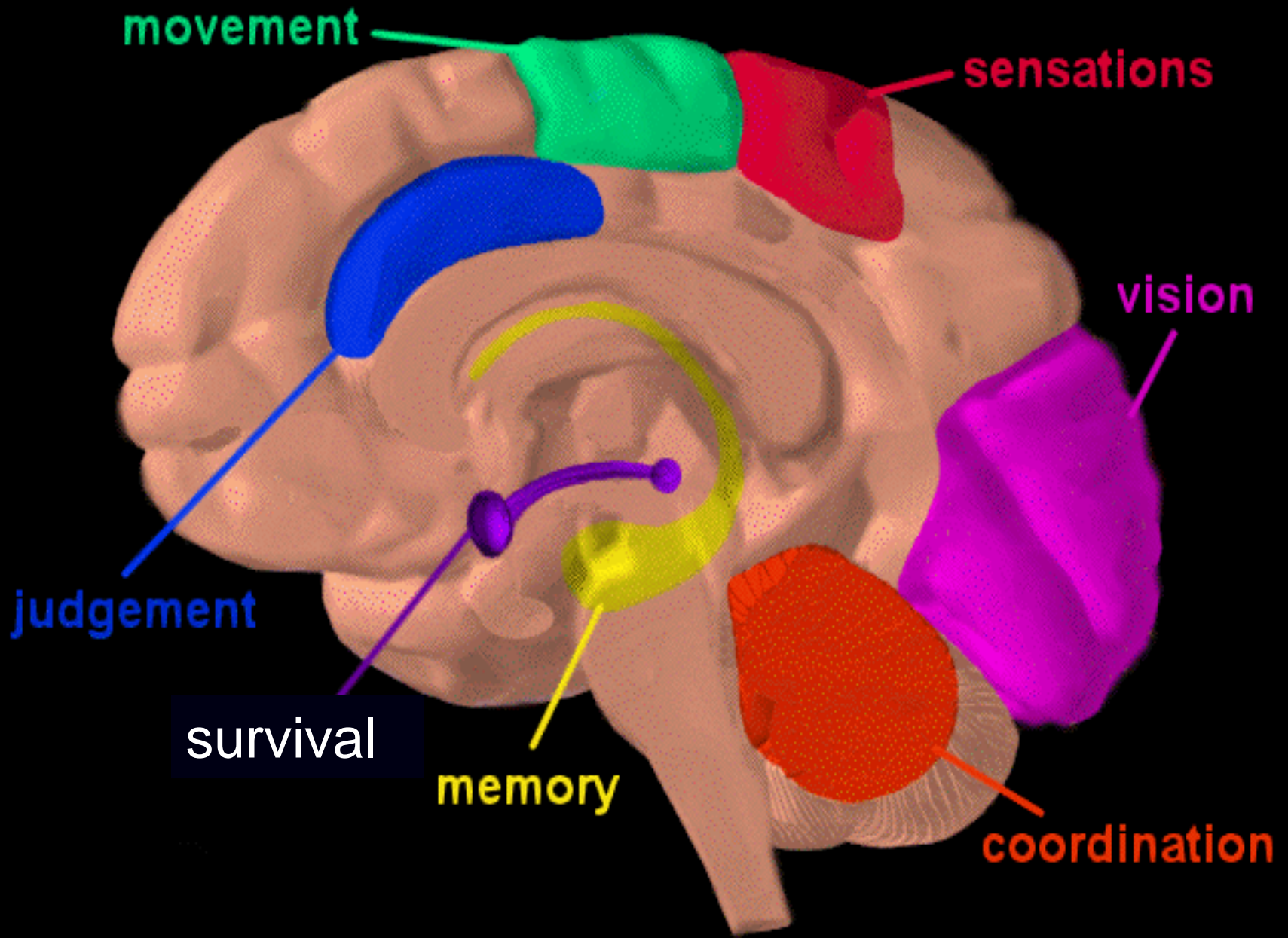
Treatment Implications

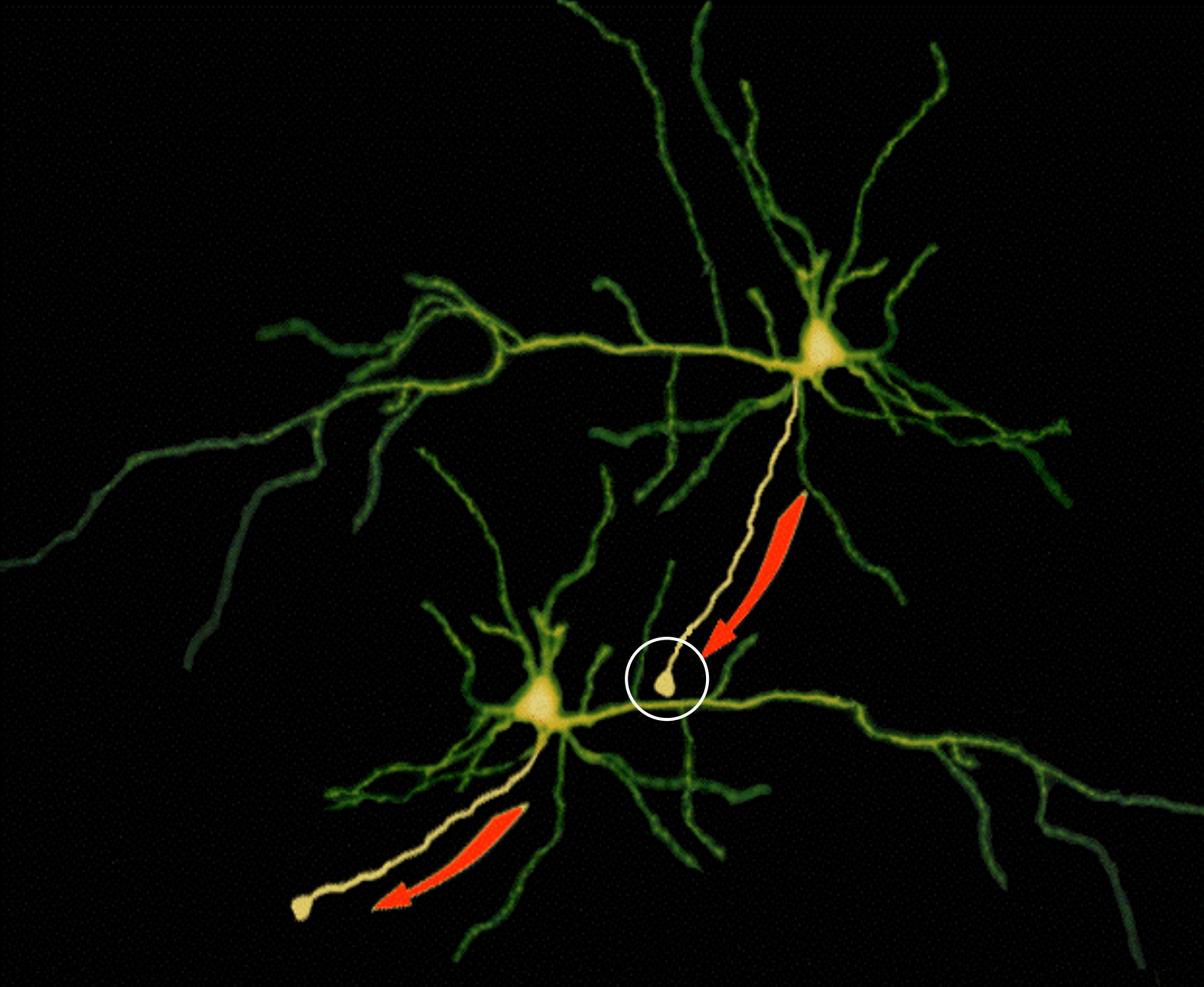
The complexity of addictive disease is staggering.

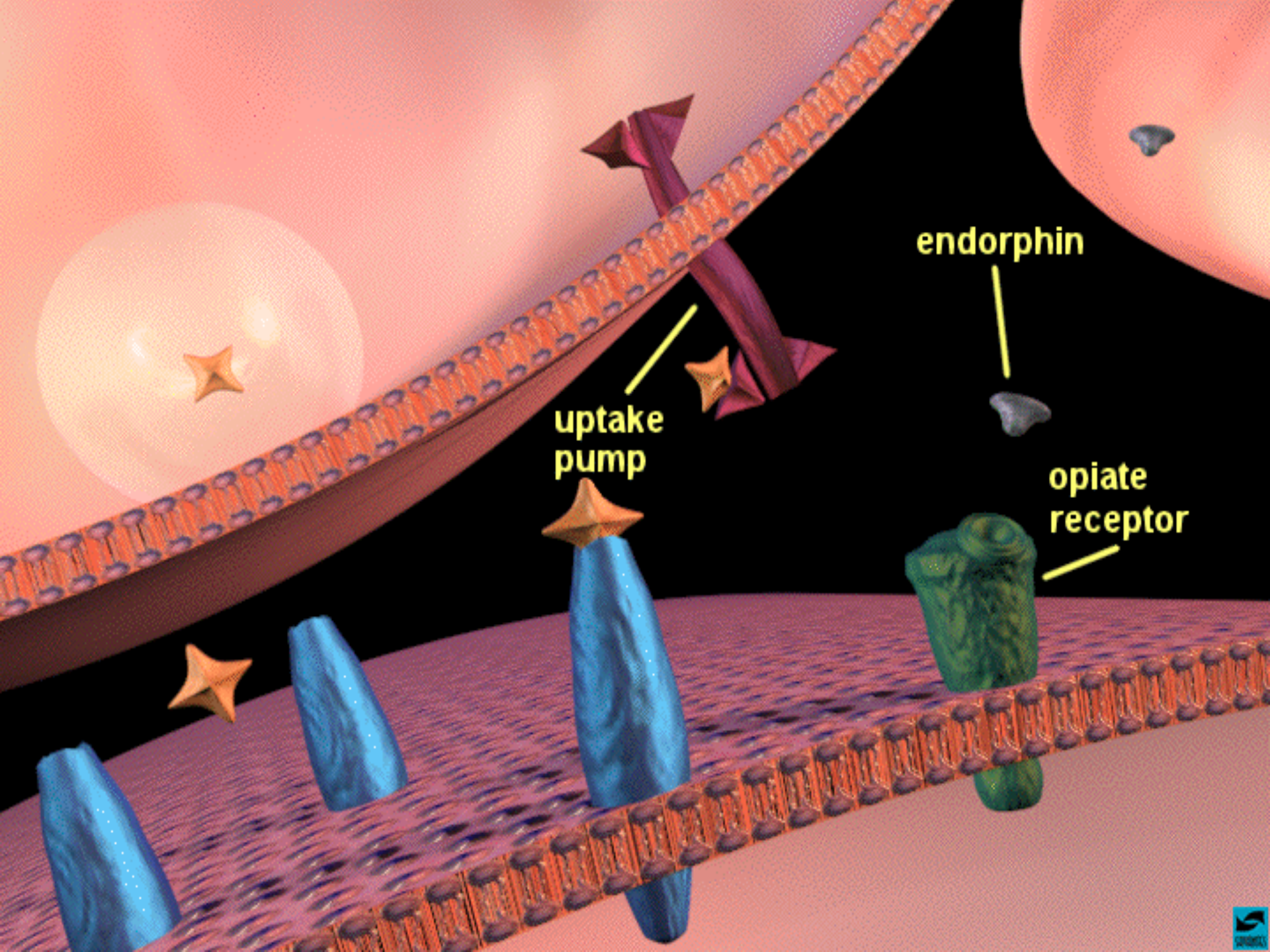
Medication is important and not enough.

Individual or group therapists are not enough.

It takes a treatment team that is safe enough to argue, even fight to find consensus.





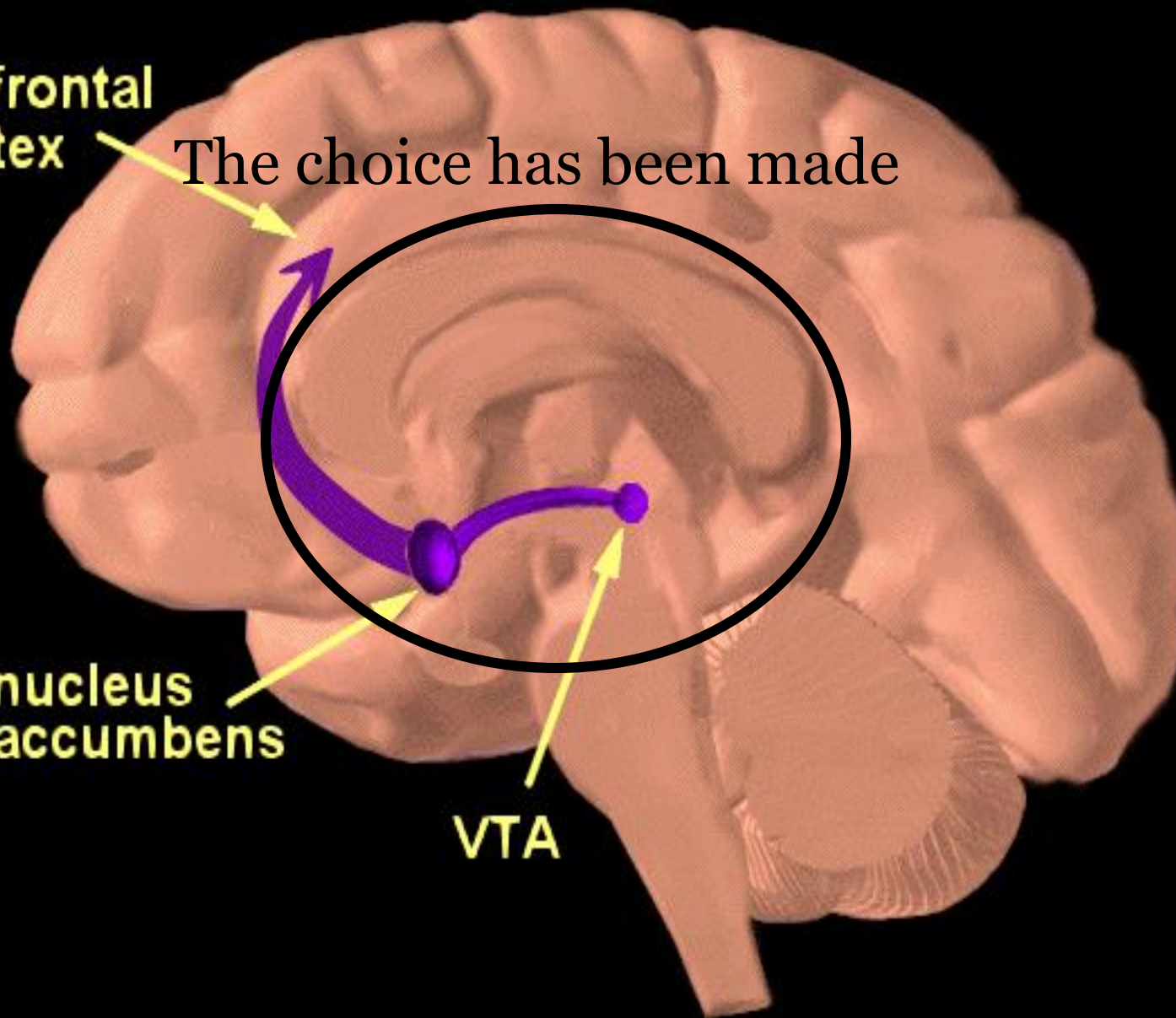


**prefrontal
cortex**

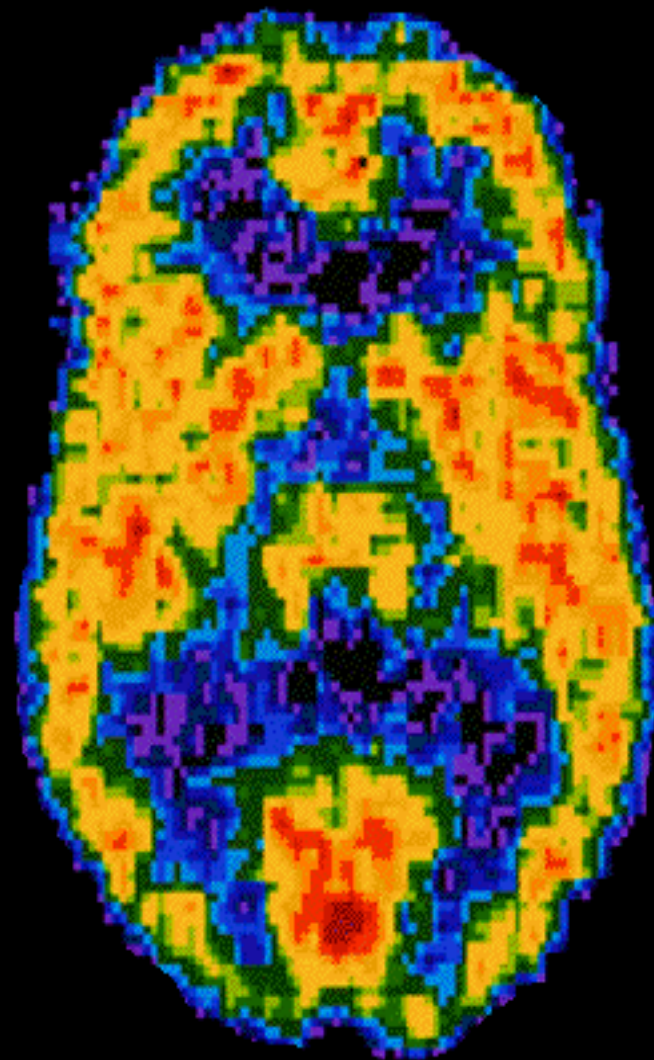
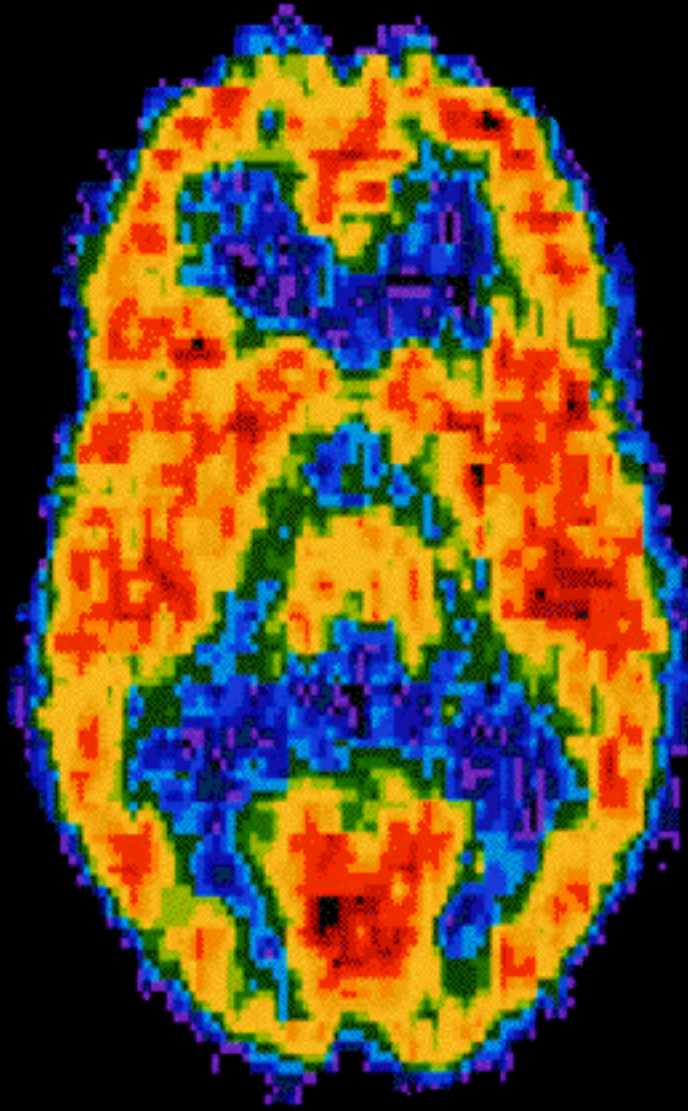
The choice has been made

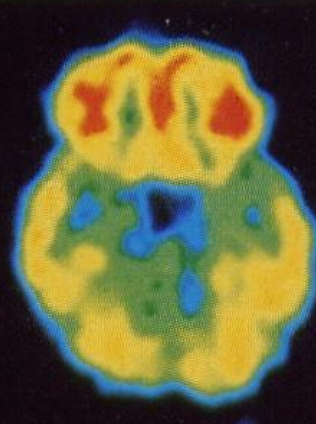
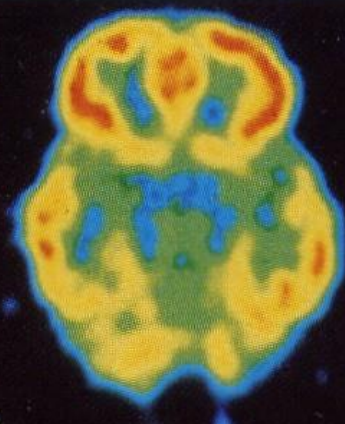
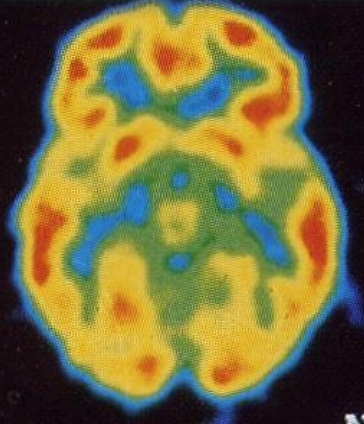
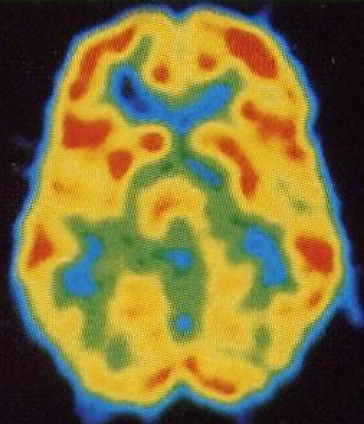
**nucleus
accumbens**

VTA

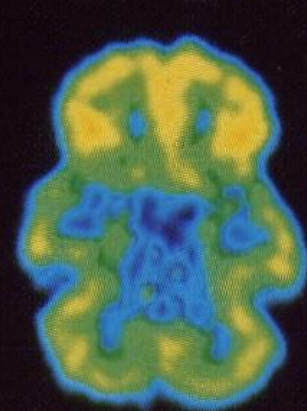
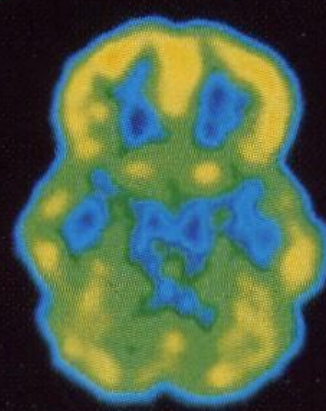
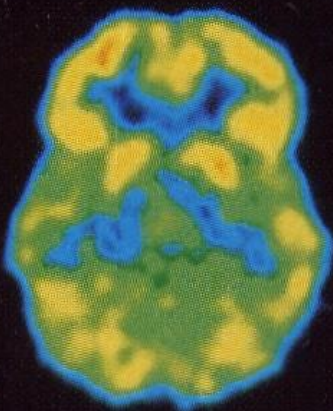
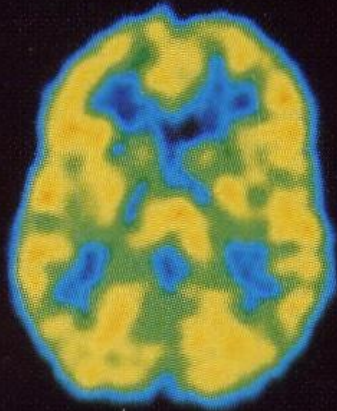


on cocaine

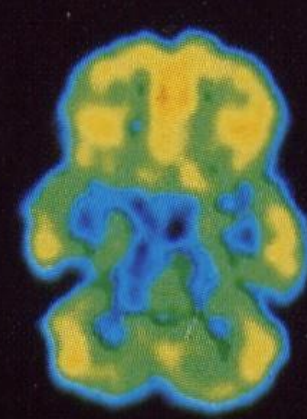
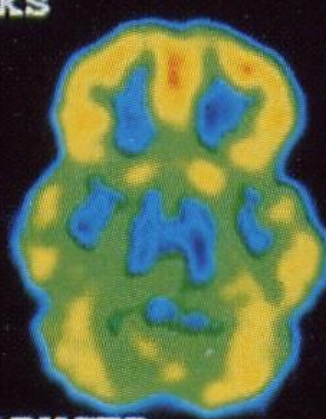
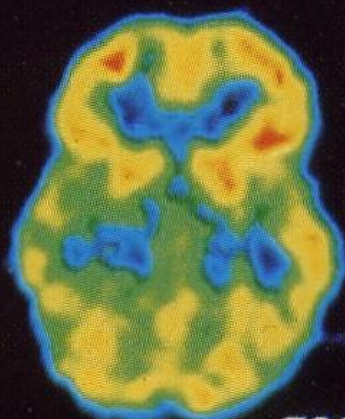
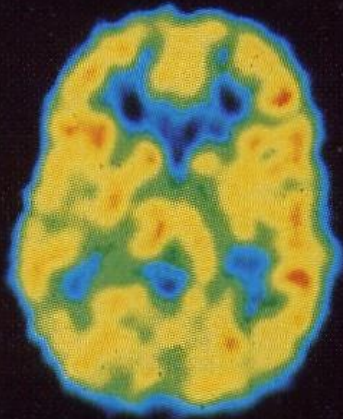




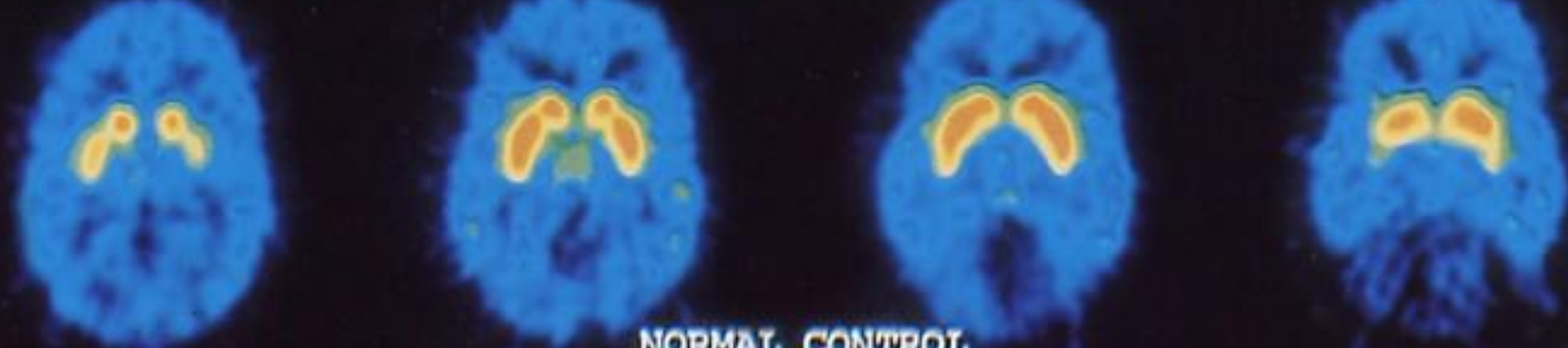
NORMAL



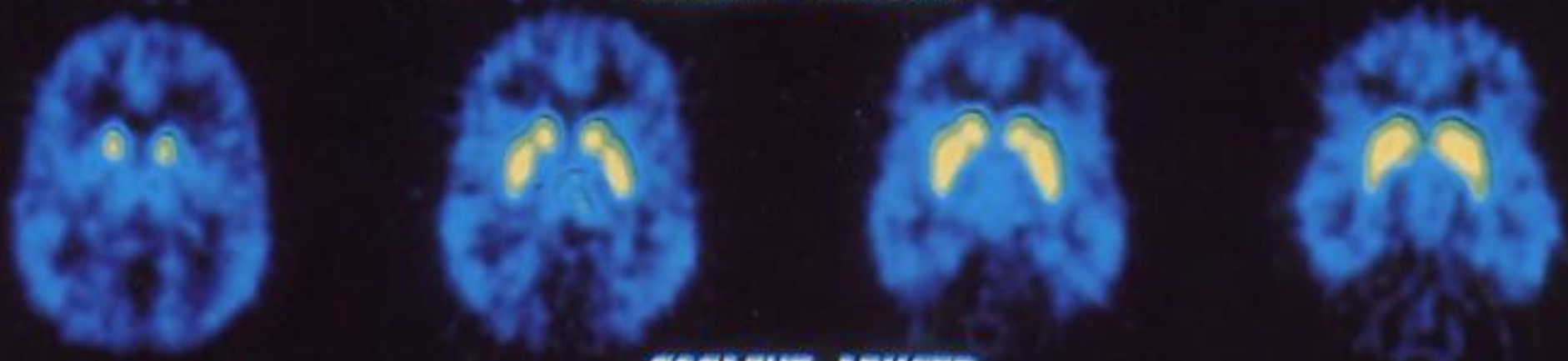
COCAINE ABUSER
2 weeks



COCAINE ABUSER
4 months



NORMAL CONTROL

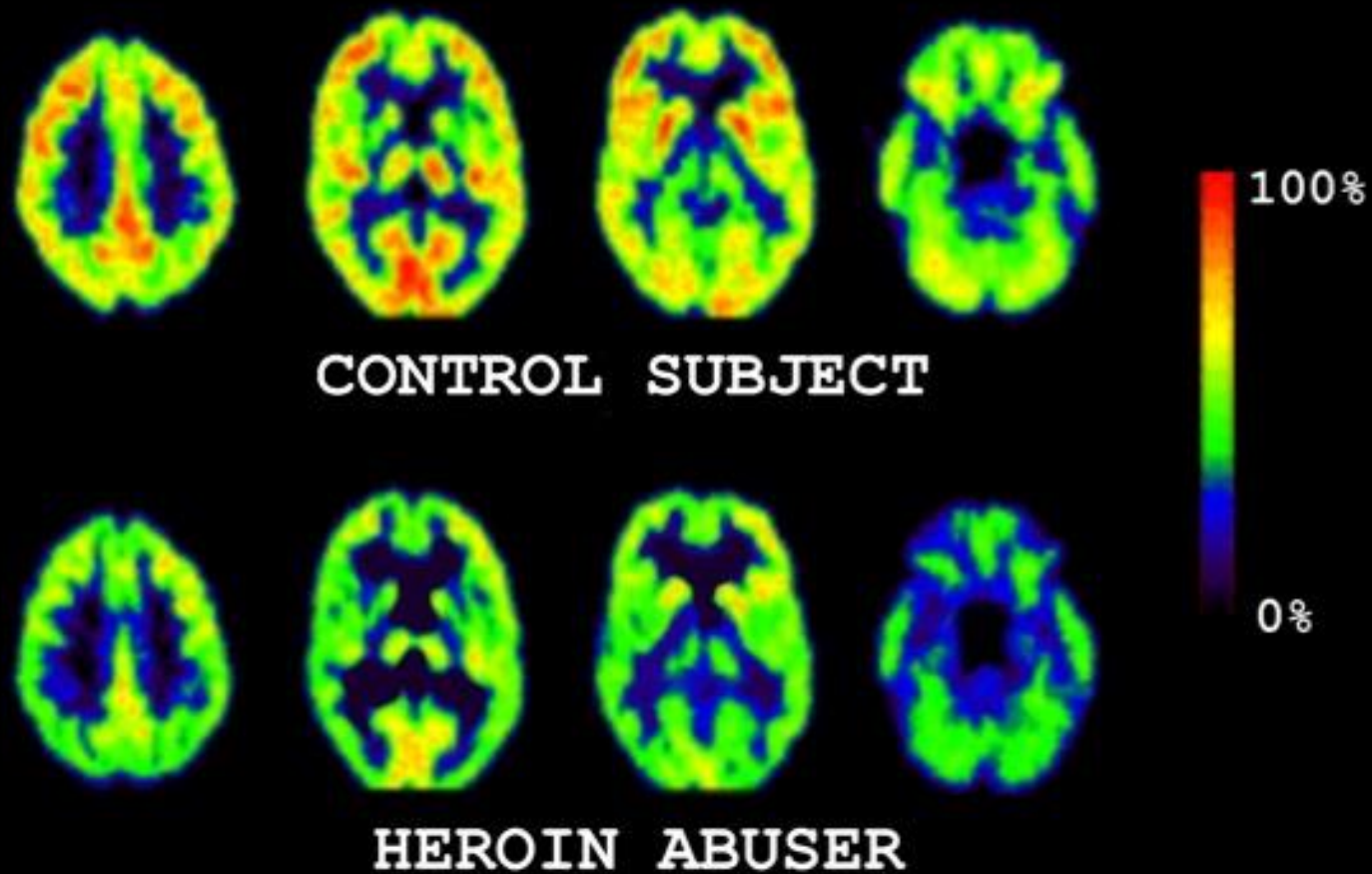


COCAINE ABUSER
1 month



COCAINE ABUSER
4 months

Heroin use decreases brain function





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Psychological
Variable

Shame

“I am not enough.”

“I am worthless.”

“I feel empty.”

“I need to be perfect.”

“”I must earn my value.”

Shame -



Biology of shame

shame =  stress =
glucocorticoid storm

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Social Context

Social Context

Aspects of our Culture that Support Addiction

Our culture is shame-based.

We live in a society that worships the material.

We profess to “family values” but we embrace the values of greed and excess.

Our culture rewards left hemispheric activity over the “more spiritual” right hemisphere.

Patients internalized the message that they are “not good enough.”

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Spirituality

Spirituality vs. Religion

Religion

Religio - obligation or rule.

Tells us how to live.

What constitutes the righteous life.

Ten commandments, not the ten suggestions

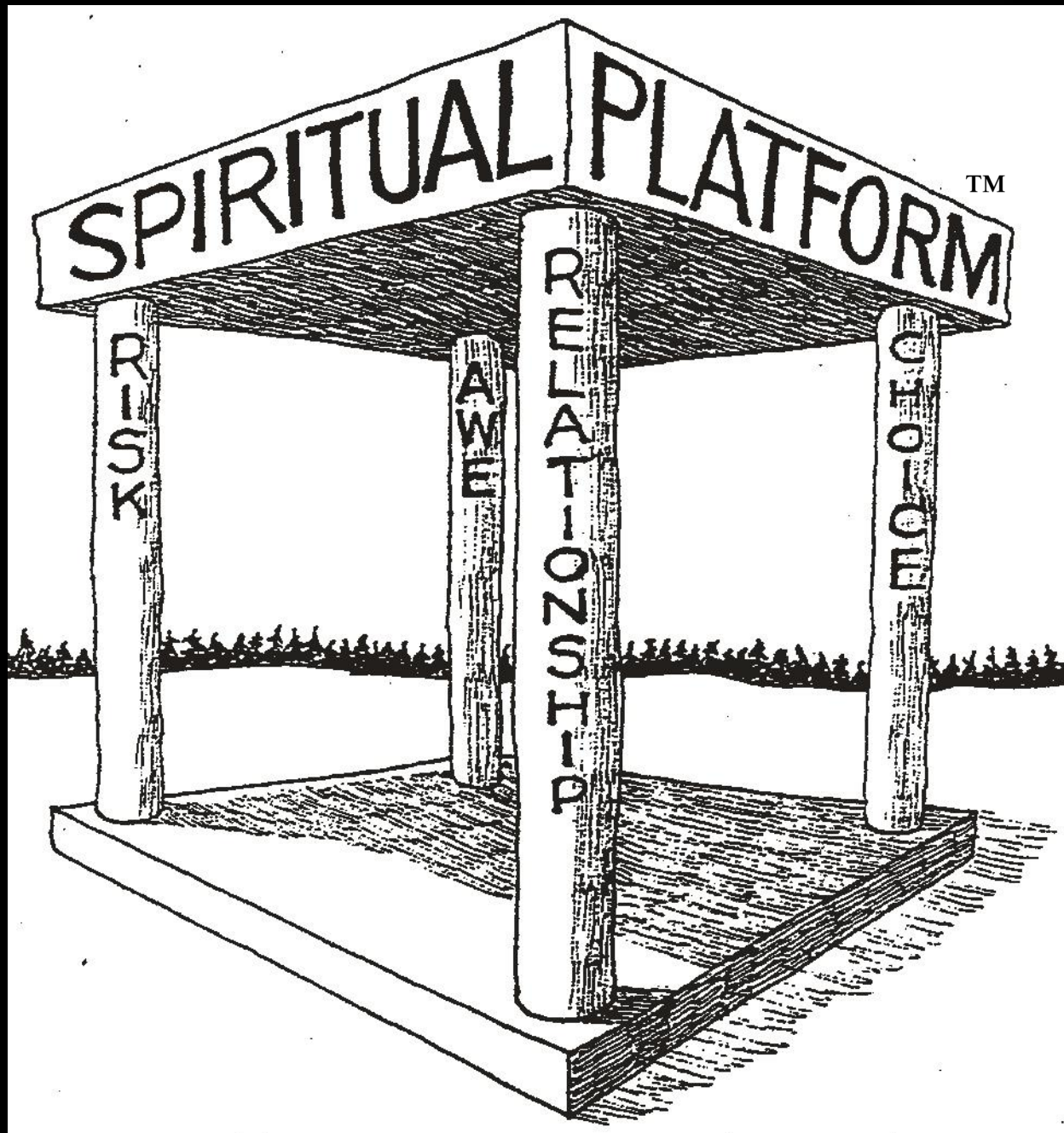
Spirituality

Spiritus - breathing.

The essence of life.

What gives life meaning.

What gives human life its unique meaning.



Spirituality: What is it?

It is what makes us human and separates us from all other creatures by degree.

Existential expression.

Spirituality is a doing thing.

If we stop “doing” spirituality we lose our humanity.

Spirituality

The **choosing** is more important than the of the choice.

The **risking** is more growth producing than the “outcome” of risk.

The **relating** is more connecting than the relationship.

The **wondering** is more expansive than the object of awe.

MATERIALISM ↔ SPIRITUALITY

LEFT BRAIN

RIGHT BRAIN

content.....	process
particulars.....	gestalt
ends.....	means
outcome.....	flow
individual notes.....	symphony
results.....	context
fingerings.....	music
technique.....	art.
black/white thinking.....	options
trees.....	forest
concrete.....	abstract

Treatment Implications

Treat the pain.

Identify the shame.

Honor the strength.

Celebrate the successes.

Call attention to desire.

Pay attention to the **Therapeutic Relationship and the Treatment Team.**

Get feedback from the patient!

Treatment Implications

You cannot out talk the limbic system.

Craving management is different than relapse prevention.

Behavior changes the brain more effectively than words.

Pain is too potent a motivator for words to undo. **Medications are often necessary.**

Harm reduction is an appropriate strategy.

Treatment Implications

The complexity of addictive disease is staggering.

Medication is not enough.

Individual or group therapists are not enough.

It takes a treatment team that is safe enough to argue, even fight to find consensus.

Get feedback!

Treatment Implications

Content is important, particularly in early recovery. However, process interventions should not be overlooked.

Issues of relational connection; mother to child, husband to wife, sister to sister, brother to brother, father to child, friend to friend, must be supported.

Don't forget family.

Treatment Implications

The therapeutic relationship is of primary importance.

Issues of “play” and fun in addition to spontaneity need to be addressed in treatment.

Group interventions need to be safe and needs to bring the patients into the “here and now.”

Treatment Implications

We can change what we know by appealing to our reason and intellect.

We can change how we behave – some of the time – by learning new skills.

We can change who we are and how we respond only by allowing ourselves to be loved and to love unconditionally over time.

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