

Addiction, substance use & associated behaviours.

A one-or two-day workshop for people working with clients with problematic use of alcohol, drugs, gambling, and/or other compulsive behaviours.

Addiction, substance use, gambling, and associated behaviours such as sexual compulsiveness are a challenge facing all communities.

This workshop draws together key learning from psychology, medicine, systems theory, peer supports, and others into a truly integrated approach.

This will help clinicians of all disciplines and levels of experience to formulate each client uniquely in terms of (1) the seven primary drivers of these behaviours, (2) the neurological difference between problematic and addicted use, and (3) the seven most critical factors that protect against use and

Who is this workshop for?

This workshop is for case managers and clinicians from all disciplines who work with populations affected by substance use, addiction and associated compulsive behaviours.

It is also helpful for those working in the AOD sector, addressing many of the gaps in the Cert IV.



Learning Outcomes

- 1 Understand drug effects as well as behavioural addictions such as gambling and sex.
- 2 Integrate neurological, medical, humanistic, attachment, systemic, behavioural, and peer theory into one single framework.
- 3 Understand the neurological factors in addiction, & differentiate psychological & physiological dependence.
- 4 Understand DSM V criteria.
- 5 Identify seven types of trigger and treatment match.
- 6 Integrate the seven most effective moderating factors.
- 7 Refer for the five common medical interventions
- 8 Recognise key principles for working with dual diagnosis.
- 9 Understand mechanisms of mutual aid programs
- 10 Prepare, plan and deliver effective treatment.

Foundation Day One

This day provides participants with a framework through which clinicians can understand most drug and alcohol presentations, and identify each client's unique treatment needs.

Topic 1 – “The 7 most common drivers of these behaviours”

9:10 1. Reward motivators

9:30 2. Relief/Coping - simple vs. trauma / personality based.

9:50 *Personality based triggers*

10:00 *Lifeskill deficits*

10:15 *Addressing coping triggers*

10:25 *Interim coping strategies*

10:45 *Dual Diagnosis*

1:15 5. Confused/Biofeedback triggers

1:20 *Addressing biofeedback triggers*

1:30 Neurology of craving and addiction

1:45 Difference between addiction and problematic substance use

1:55 DSM-V diagnosis.

2:00 6. Withdrawal inc. Physiological Dependence & Tolerance

2:10 *Withdrawal & pharmacotherapy*

2:30 7. Substance induced triggers

11:00 MORNING TEA

11:20 3. Habit/Association triggers*

11:25 *Seven type of habit trigger*

11:45 *Treating with habitual triggers*

12:00 4. Discontentment (drive theory and attachment) triggers*

12:15 *Attachment and substance use*

12:40 *Rebuilding a person's four pillars*

12:45 LUNCH

2:45 AFTERNOON TEA

3:00 Seven Key Moderating factors for urges and cravings

3:05 1. Tools for managing cravings

3:30 2. Factors that impact willpower

3:40 3. Medications that help cravings

3:50 4. Access and opportunity

4:05 5. Social System

4:15 6. Motivation and 7. The three attitudinal hurdles

4:30 CLOSE

Optional Modules for additional days

– choose 3 or 4 per day – can be further customized.

Co-existing mental health issues

Co-existing psychological issues and substance use are recognised to be the norm rather than the exception. This module explores how each can influence the other, as illustrated by depression and alcohol (this can be adapted).

Best practice recommendations around treatment delivery are made to support clients with multiple treatment needs.

Treatment Planning

This module starts with key considerations prior to treatment, and these include risk, assessment, harm reduction, engagement, motivation, harm reduction, and goal setting.

It then presents a structure for treatment planning that addresses physiological dependence if present, psycho-social triggers, and enhancing the moderating factors.

Adapting treatment to different populations.

Not only the pattern of substance use, but also the engagement and treatment needs, can vary considerably across different population groups.

This module is designed for workers who focus upon supporting groups including forensic clients, families, or youth. Differences in both presentation and needs are highlighted.

Drugs and their effects

This module explores the three broad classes of substance use, looking at the differing effects, withdrawals, harm reduction, and patterns of use in terms of the seven drivers described in day 1.

An emphasis is also placed upon the newer and emerging drugs such as methamphetamines, 'bath salts' and synthetic cannabinoids.

Process/behavioural addictions

Substance use is commonly accompanied by other compulsive behaviours, with eating, sexual behaviour and gambling being three of the most common and problematic.

The framework presented in day one is adapted for these behaviours, whether it is solely behavioural, or where it is an excess of a natural drive such as sex or eating.

The process of change

This module describes a model for changing addicted behaviours that highlights three key attitudinal shifts that are usually required for sustained change.

Causes for getting stuck in the recovery process are expanded along with appropriate treatment responses.

Enhancing and maintaining motivation to change (using techniques that include the 2013 version of Miller and Rollnick's Motivational interviewing), and working with "resistance" are both discussed in a separate full-day that is designed to integrate in the framework presented in this workshop.

About Hurstwood

Hurstwood is an independent Australian practice that matches experienced trainers and consultants with government, and not-for-profit organisations.

Hurstwood was established to support health and welfare sector providers with services developed from a basis of applied experience, practice wisdom, evidence-based practice.

About the presenter

Matthew Berry MAPS DPsych

Matthew is a clinical psychologist in private practice with a background in the alcohol and other drug sector.

He has worked with youth and adult populations in residential and community based settings.

He provides workshops focusing upon supervision, addiction, challenging behaviours, motivational interviewing and solution-focussed counselling, and has delivered these addiction workshops across both Australia & New Zealand.



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