

TREATING ADDICTED SURVIVORS OF TRAUMA

KATIE EVANS
J. MICHAEL SULLIVAN

Treating Addicted Survivors Of Trauma

Arnold M. Washton, Joan E. Zweben



Treating Addicted Survivors Of Trauma:

Treating Addicted Survivors of Trauma Katie Evans,J. Michael Sullivan,1995-01-01 This book uses composite clinical examples and the authors own practical experience to demonstrate how to treat addicted survivors of trauma and abuse By integrating mental health paradigms with disease models of addiction and combining psychotherapeutic techniques with 12 step recovery practices the authors present an easy to replicate model for assessment and treatment They provide an overview of the various types and resulting effects of childhood abuse and other traumas and then describe the disease of addiction and its treatment Simultaneously addressing both addiction and survivor issues the book describes ways to identify and assess substance dependent survivors and organize direct and plan their treatment In addition it provides specific strategies for working with significant others adolescents and individuals who also exhibit antisocial borderline and narcissistic personality disorders This book is aimed at psychologists chemical dependency counselors social workers and family therapists

Psychological Trauma and Addiction Treatment Bruce Carruth,2013-10-23 Important reading for current and future addictions treatment clinicians this book synthesizes and integrates the expanding body of knowledge about combined trauma addiction treatment to specifically address the needs of clinicians in addiction treatment environments Here in a single source is an essential overview of trauma treatment for people in addiction treatment settings Psychological Trauma and Addiction Treatment presents specific methodologies and techniques for clients in inpatient and outpatient addiction mental health settings The contributors leading clinicians and researchers in the field provide a comprehensive set of scientific treatment approaches addressing a broad spectrum of trauma disorders Psychological Trauma and Addiction Treatment brings you up to date authoritative coverage of the dynamics of co occurring psychological trauma and addiction all of the primary treatment frameworks currently utilized in trauma treatment treatment frameworks that take gender into account cognitive therapies in treating these co occurring disorders the role of psychodynamic psychotherapies in treatment attachment disorders and their relation to trauma and addiction treatment EMDR as a treatment for traumatized addicts the psychoneurology of trauma and the implications of psychoneurology in addictions and trauma treatment how self help groups can contribute to and limit recovery for psychologically traumatized clients forgiveness therapy as an adjunct to trauma treatment counselor self care for those who work with this client population Ultimately this is a book of hope Every author in this text has a firm belief that people with co occurring trauma and addiction can recover can maintain quality relationships can confront life s challenges as they arise and can be happy and fulfilled Psychological Trauma and Addiction Treatment is designed as essential reading for entry level and experienced addiction counselors social workers professional counselors psychologists and others working in the trauma treatment field

Art Therapy in the Treatment of Addiction and Trauma Patricia Quinn,2020-12-21 This book examines the benefits and uses of art therapy in the treatment of addiction and trauma highlighting its effectiveness at revealing underlying causes

and relapse triggers as well as treating co occurring conditions that impair learning and recovery This book also focuses on art therapy for trauma within specific populations including incarcerated individuals military personnel and survivors of commercial sexual exploitation Quinn discusses how art therapy is often carried out alongside combined approaches such as CBT and DBT and how it can help those with cognitive issues to learn through treatment Furthermore this book explores the benefits art therapy has for people with co morbid conditions such as dementia emotional disorders and traumatic and acquired brain injuries With co authored chapters from leading researchers in art therapy the book demonstrates how art therapy can help to uncover triggers process trauma and find a means of self expression whilst working towards a sustained recovery

The Self Psychology of Addiction and its Treatment Richard B. Ulman, Harry Paul, 2013-04-03 In the time of Freud the typical psychoanalytic patient was afflicted with neurotic disorders however the modern day psychotherapy patient often suffers instead from a variety of addictive disorders As the treatment of neurotic disorders based on unconscious conflicts cannot be applied to treatment of addictive disorders psychoanalysis has been unable to keep pace with the changes in the type of patient seeking help To address the shift and respond to contemporary patients needs Ulman and Paul present a thorough discussion of addiction that studies and analyzes treatment options Their honest and unique work provides new ideas that will help gain access to the fantasy worlds of addicted patients The Self Psychology of Addiction and Its Treatment emphasizes clinical approaches in the treatment of challenging narcissistic patients struggling with the five major forms of addiction Ulman and Paul focus on six specific case studies that are illustrative of the five forms of addiction They use the representative subjects to develop a self psychological model that helps to answer the pertinent questions regarding the origins and pathway of addiction This comprehensive book links addiction and trauma in an original manner that creates a greater understanding of addiction and its foundations than any clinical or theoretical model to date

Addiction Treatment Sandra Rasmussen, 2000-06-21 American Journal of Nursing 2001 Book of the Year Award in Psychiatric Mental Health Nursing Developed by a highly experienced author working in both nursing and psychology environments Addiction Treatment presents the caregiver with a brief global perspective of different types of addictions techniques for identifying and assessing the addicted client and strategies for effective change The book utilizes assessment planning and intervention summaries to enable the reader to scan for immediate recall and application Chapter objectives enable readers to use the book as a continuing education tool and the appendix provides an overview of perspectives on addiction and its treatment by a variety of organizations heavily invested in the care of the addicted client Illustrative cases with both successful and unsuccessful outcomes are included throughout

Psychiatric Treatment of Victims and Survivors of Sexual Trauma Jamshid A. Marvasti, 2004 Psychological trauma is a multifaceted phenomenon with extensive involvement of biochemical and neurological changes This book originated on the basis of clinical observations and the authors believe that trauma is the region in which psych and soma meet each other and integrate becoming a single entity In this text the authors attempt to

integrate the psychosocial and bio neuro endocrine aspects of human experience including trauma Chapter 1 provides a psychobiological perspective of incest and sexual abuse and considers the stages of and reactions to incest that trauma clients have experienced Chapter 2 focuses on trauma related syndromes associated with survivors of sexual abuse Chapter 3 continues the theme of the second chapter providing further discussion of the link between sexual trauma and somatic sensations of discomfort and pain Chapter 4 describes the frustration in treating drug alcohol addicts and the discovery that these individuals have a history of hidden trauma which haunts them and prevents recovery Chapter 5 explores the victims response to trauma and examines the nontraditional treatment models for psychological trauma Chapter 6 presents psychotherapy practices used with incest survivors and details treatment principles and goals and explains new treatment options Chapter 7 explores the practice of pharmacotherapy in treating trauma related disorders and focuses on the use of a variety of psychiatric medications for the treatment of PTSD Chapter 8 presents creative and rehabilitative practices for treating victimized children and adolescents pointing to the importance of art therapy in the recovery process of traumatized individuals Chapter 9 provides an overview of play therapy cognitive behavioral therapy for sexually abused children and adolescents Readers will find in this text a diversity of research topics and a variety of clinical observations that are not only useful but timely

Clinical Management of Sex Addiction Patrick Carnes, Kenneth M. Adams, 2013-06-17 This is the first comprehensive volume of the clinical management of sex addiction Collecting the work of 28 leaders in this emerging field the editors provide a long needed primary text about how to approach treatment with these challenging patients The book serves as an excellent introduction for professionals new to the field as well as serving as a useful reference tool The contributors are literally the pioneers of one of the last frontiers of addiction medicine and sex therapy With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation This is the first book distilling the experience of the leaders in this emerging field With a focus on special populations it also becomes a handy problem solving tool Readable concise and filled with useful interventions it is a key text for a problem clinicians must be able to identify It is destined to be a classic reference

Understanding Sacramental Healing Father John Kasza, 2022-01-07 The sacrament of the Anointing of the Sick plays a significant role in the lives of many throughout the Church but confusion over the sacrament can result in individuals not receiving this important comfort from the Church Understanding Sacramental Healing Anointing and Viaticum explores the rich history of the sacrament and addresses the changes that have occurred since the Second Vatican Council by providing a theological basis for the history and pastoral practice of the sacrament of the sick Father John Kasza offers a cohesive and concise synthesis of the disciplines of theology canon law medicine anthropology and liturgy geared toward assisting the practitioner in using the ritual to the fullest extent possible He also builds a greater appreciation of the sacrament and its part in the Church's role as healer in today's society By recognizing the theological tradition of the

sacrament of the sick Understanding Sacramental Healing Anointing and Viaticum becomes an incisive reflection on the current state of the sacrament that will bring all priest and ministers of care to a greater understanding of the sacrament The author examines The liturgical development of the sacrament in light of the Second Vatican Council The practical implementation of the sacrament in both parish and diocesan venues in the 40 years since the close of the Council The nature of illness how illness affects someone and how the Church responds to those suffering from an illness The criteria for the reception of the sacrament and how its use may be broadened

Trauma and the 12 Steps, Revised and Expanded

Jamie Marich, 2020-07-07 An inclusive research based guide to working the 12 steps a trauma informed approach for clinicians sponsors and those in recovery Step 1 You admit that you are powerless over your addiction Now what 12 step programs like Alcoholics Anonymous AA and Narcotics Anonymous NA have helped countless people on the path to recovery But many still feel that 12 step programs aren't for them that the spiritual emphasis is too narrow the modality too old school the setting too triggering or the space too exclusive Some struggle with an addict label that can eclipse the histories traumas and experiences that feed into addiction or dismisses the effects of adverse experiences like trauma in the first place Advances in addiction medicine trauma neuropsychiatry social theory and overall strides in inclusivity need to be integrated into modern day 12 step programs to reflect the latest research and what it means to live with an addiction today Dr Jamie Marich an addiction and trauma clinician in recovery herself builds necessary bridges between the 12 steps core foundations and up to date developments in trauma informed care Foregrounding the intersections of addiction trauma identity and systems of oppression Marich's approach treats the whole person not just the addiction to foster healing transformation and growth Written for clinicians therapists sponsors and those in recovery Marich provides an extensive toolkit of trauma informed skills that Explains how trauma impacts addiction recovery and relapse Celebrates communities who may feel excluded from the program like atheists agnostics and LGBTQ folks Welcomes outside help from the fields of trauma dissociation mindfulness and addiction research Explains the differences between being trauma informed and trauma sensitive and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality based approaches to healing

Substance Abuse Treatment: Addressing the Specific Needs of Women, Healing Trauma Through Self-Parenting Philip Diaz, Patricia O'Gorman, 2012-04-03 Self healing through self parenting a concept introduced a generation ago has helped thousands of adult children of alcoholics who are codependent and have conflicts in their primary relationships Now Patricia O Gorman Ph D and Phil Diaz M S W authors of the classic book The 12 Steps to Self Parenting for Adult Children and its companion workbook expand the reach of that successful healing paradigm to anyone who has suffered from any kind of trauma Whether they grew up in a dysfunctional home were victims of violence or suffered other types of acute distress many people struggle to determine the impact of earlier trauma on current adult decision making O Gorman and Diaz show how trauma is a driver of dysfunctional behaviors and linked with codependency and they offer a

concise yet detailed resource for survivors and thrivers as well as the professionals who work with them Through a process modeled after the 12 Steps of AA Healing Trauma Through Self Parenting The Codependency Connection offers help to a broad array of readers not just those who are ACOAs by healing the wounded inner core and helping readers reconnect to their inner child *Treating Alcohol and Drug Problems in Psychotherapy Practice* Arnold M. Washton, Joan E. Zweben, 2022-12-27 Providing a framework for treating substance use disorders SUDs in office based psychotherapy the second edition of this trusted work has been updated throughout and features two entirely new chapters The authors show how clinicians from any background can leverage the therapeutic skills they already have to address clients alcohol and drug problems competently and effectively Vivid case examples demonstrate ways to engage clients at different stages of change set collaborative treatment goals address SUDs concurrently with other psychological problems and interweave motivational cognitive behavioral and other interventions tailored to each individual s needs Reproducible forms and handouts can be downloaded and printed in a convenient 8 1 2 x 11 size Subject areas key words substance use disorders SUDs psychotherapists counselors counseling clients with patients addictions addictive behavior abuse harm reduction nonspecialists treatments practical guide alcoholism in recovery drinking and opioids Clinical audience clinical psychologists psychiatrists clinical social workers mental health counselors and psychiatric nurses [The Handbook of Addiction Treatment for Women](#) Shulamith Lala Ashenberg Straussner, Stephanie Brown, 2001-01-18 Providing essential theoretical and practical guidelines for clinicians educators policymakers and public health professionals The Handbook of Addiction Treatment for Women is a comprehensive resource of the most current research and knowledge from recognized experts in the field of addiction and treatment This much needed guide offers an historical context on the issue of women and addiction examines the myriad challenges of the female addict and includes recommendations for choosing a course of treatment that will meet the specific needs of an individual woman addict *Cognitive Behavioral Therapies for Trauma* Victoria M. Follette, Josef I. Ruzek, 2006 This volume brings together leading clinicians and researchers to present cognitive behavioural approaches to treating PTSD and other trauma related symptoms and disorders *Cognitive-Behavioral Therapies for Trauma, Second Edition* Victoria M. Follette, Josef I. Ruzek, 2006-01-17 This volume presents cutting edge cognitive and behavioral applications for understanding and treating trauma related problems in virtually any clinical setting Leading scientist practitioners succinctly review the whys whats and hows of their respective approaches Encompassing individual group couple and parent child treatments the volume goes beyond the traditionally identified diagnosis of PTSD to include strategies for addressing comorbid substance abuse traumatic revictimization complicated grief acute stress disorder and more It also offers crucial guidance on assessment case conceptualization and treatment planning [Creating Change](#) Lisa M. Najavits, 2024-06-17 This flexible evidence based manual offers counselors a gentle compassionate approach to help people with trauma addiction or both explore their past Creating Change guides clients to understand how trauma and

addiction arose over time grieve losses and regrets create a new perspective on their life story and take pride in their survival The manual has 23 topics that can be implemented in any order with individuals or groups Topics include Relationship Patterns Break the Silence Deepen Your Story Darkness and Light Emotions and Healing and Influences Family Community Culture Creating Change can be implemented with any other treatment including the author s present focused model Seeking Safety The book has a convenient large size format and includes 70 reproducible handouts many of which can be downloaded and printed at the companion website See also Seeking Safety A Treatment Manual for PTSD and Substance Abuse and the self help guide Finding Your Best Self Revised Edition Recovery from Addiction Trauma or Both an ideal client recommendation

Violence in the Family Keith Brownlee, John R. Graham, 2005-02-14 Violence in the Family is a collection of original articles by practitioners and academics that focuses on family violence in rural and northern areas Geography and attitudes figure centrally in many of these discussions but more specific problem areas including types of violence and intervention possibilities are also discussed in practical and treatment focused terms A complement to more general treatments of family violence this collection with its scrutiny of family violence in rural and northern areas only is unique Professors of social work and other disciplines will find this a valuable supplementary text in a wide variety of courses such as child welfare women s issues direct practice community work public health and social policy

Treating Drinkers and Drug Users in the Community Tom Waller, Daphne Rumball, 2008-04-15 Treating Drinkers and Drug Users in the Community is the second book in a new collection from Addiction Press Addiction Press was set up with the express purpose of communicating current ideas and evidence in this expanding field not only to researchers and practising health professionals but also to policy makers students and interested non specialists These publications are designed to address the significant challenges that addiction presents to modern society The drugs field has undergone a phase of rapid change in recent years and all the non medical treatment interventions for those with alcohol problems and dependence can be equally helpful for drug users This has opened the way for unification of alcohol and drug treatment services at a clinical level with potential for more efficient service provision and for effective interventions which can be readily adopted in a wide range of settings Modern drug and alcohol services and all professionals working with substance users will benefit from the initiatives and procedures discussed in this book Key features Describes a wide range of treatments for young people and adults with drug and alcohol dependence Integrates alcohol and drug prevention and treatment Provides an invaluable and accessible guide for many different professionals Sets out assessment criteria questionnaires and a joint treatment framework

Enlightenment Is Letting Go! Teresa Naseba Marsh, 2010-06 Enlightenment is Letting Go Healing from Trauma Addiction and Multiple Loss Enlightenment is Letting Go is the boldest presentation of abuse related trauma addiction and multiple loss Written with a language from the heart it will take you to the depths of the connections between the disorders This book is about the audacity and courage of men and women who transcended from the depths of suffering

trauma addiction loss life threatening illness and atrocities to clarity awareness hope healing freedom peace and enlightenment The author further explores through story telling the spoken word and poetry the process of the healing journey The book explores how embracing treatment and the healing journey can transform the deepest wounds and pain caused by trauma addiction and loss You will journey with the author and storytellers into territories of truth spirituality courage and honesty as they embraced the highest part of their being through healing The stories will take you on a truthful journey within and allow you to see the process of healing that is so much needed in the world today Seeking Safety Lisa M. Najavits, 2021-05-07 This manual presents the most widely adopted evidence based treatment for co occurring trauma and addiction For clients facing one or both of these issues the most urgent clinical need is to establish safety to reduce addictive behavior build healthy relationships manage symptoms such as dissociation and self harm and restore ideals that have been lost Seeking Safety focuses on coping skills in the present it can be implemented with individuals or groups by any provider as well as by peers It offers 25 topics such as Asking for Help Taking Good Care of Yourself Setting Boundaries in Relationships Healing from Anger Honesty and Coping with Triggers The model is highly flexible practical and engaging and can be conducted with any other treatment including the author s past focused model Creating Change The book has a large size format and features reproducible client handouts that can be photocopied or downloaded See also Creating Change A Past Focused Treatment for Trauma and Addiction and the self help guide Finding Your Best Self Revised Edition Recovery from Addiction Trauma or Both an ideal client recommendation

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