



Process of Addiction

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What is Addiction?

➤ Choice or Affliction?

Moral
deficiency
Lack of self
control
Lack of will
power
Selfish



Addiction is a
disease of the
mind, body and
spirit. Using is a
choice. Having
the disease of
addiction is not.

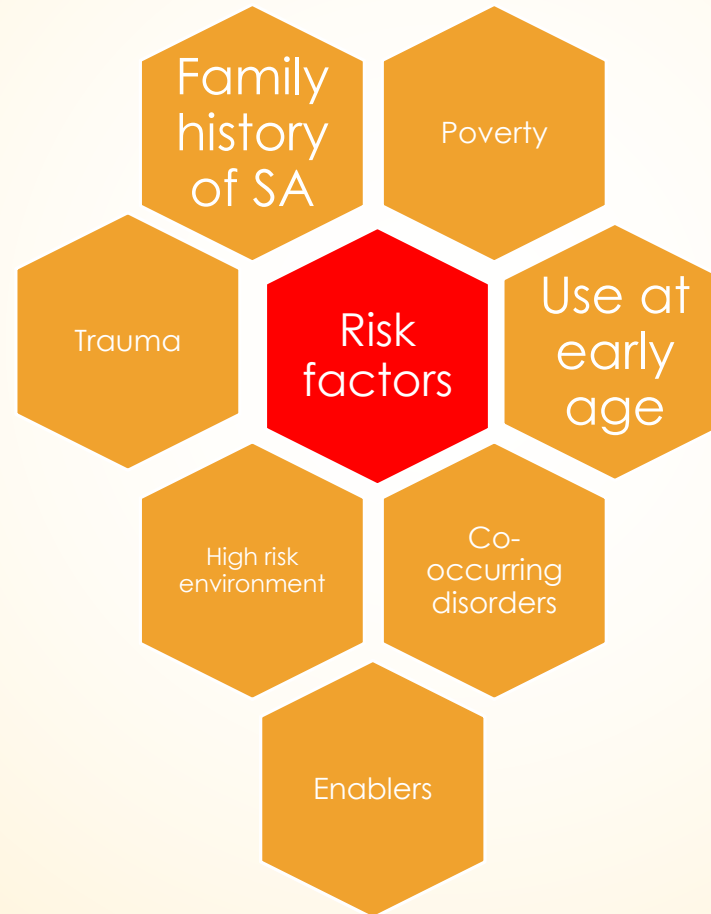


Cultural consideration

- Differences and similarities between western and traditional
- Western – Disease model
- Traditional – Imbalance of the mind, body and spirit
 - A symptom
- Western approach to treatment
 - AA, NA, CBT, Group treatment, family therapy
- Traditional
 - Spiritual interventions, Traditional ceremonies of healing, family,
- Blending of treatment approaches
 - Develop balance in life and treat person holistically
 - Abstinence is still the goal
 - Connectivity is the answer – to others and to a higher power

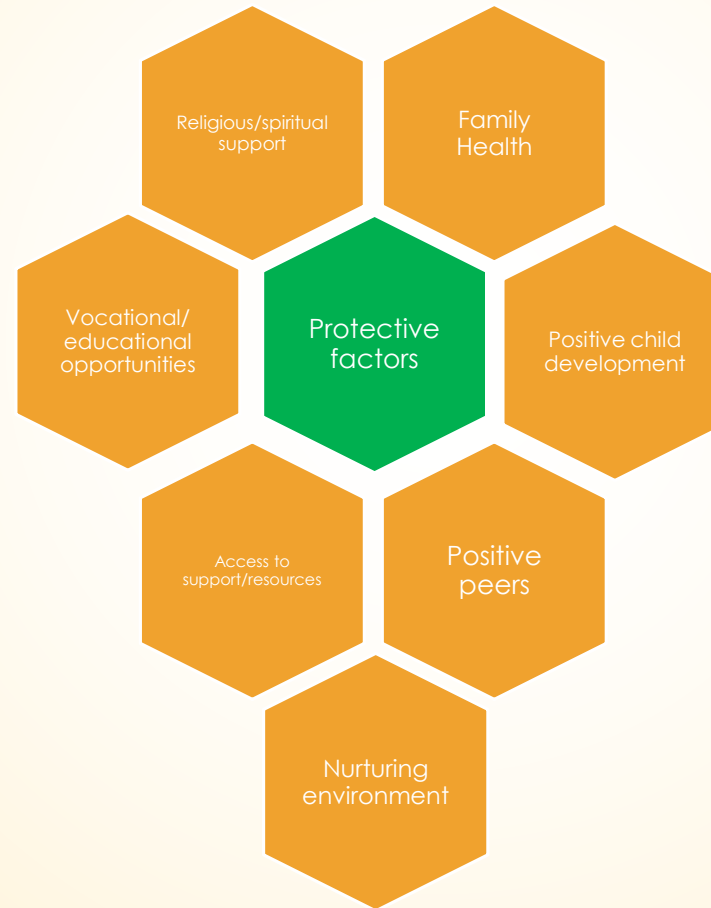


Who is vulnerable?





What can help protect?





Causes of addiction

Biological vulnerability/Genetic influences

Trauma (direct as well as historical)

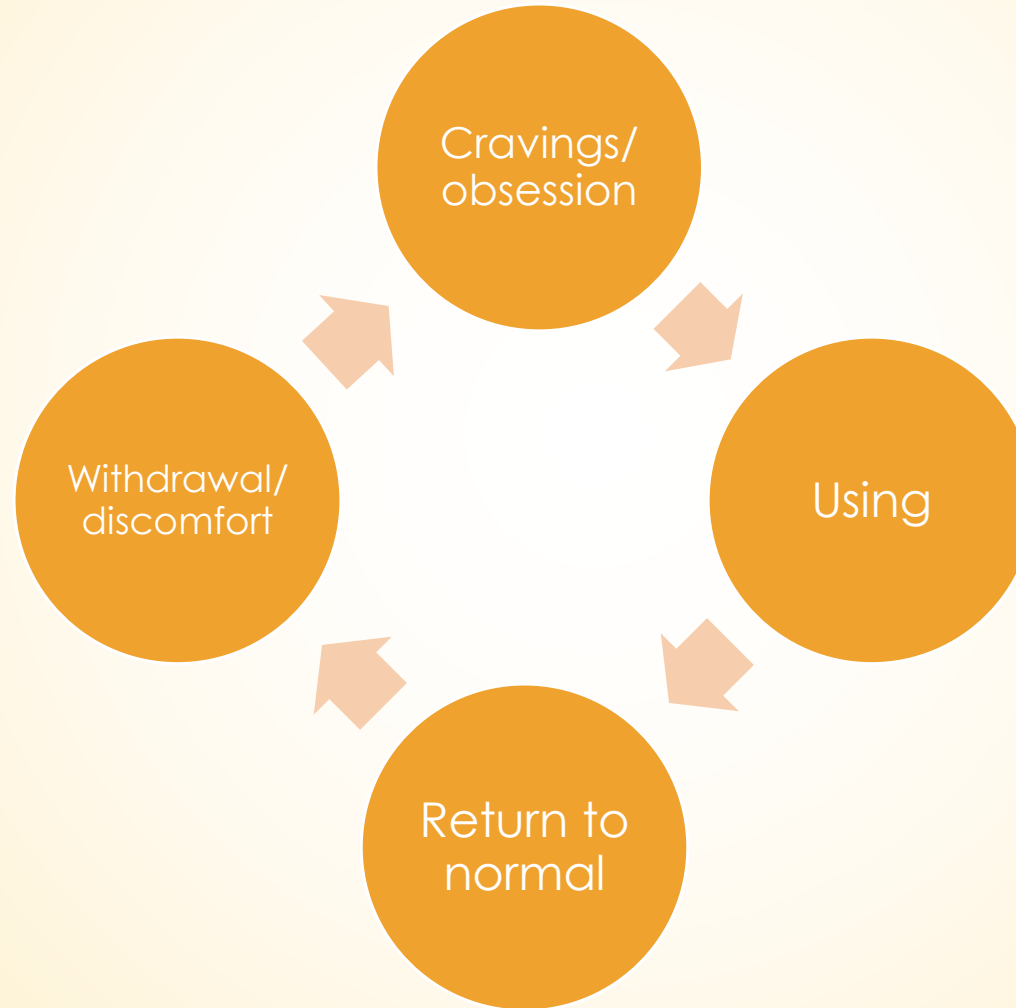
Cultural, family and peer influences

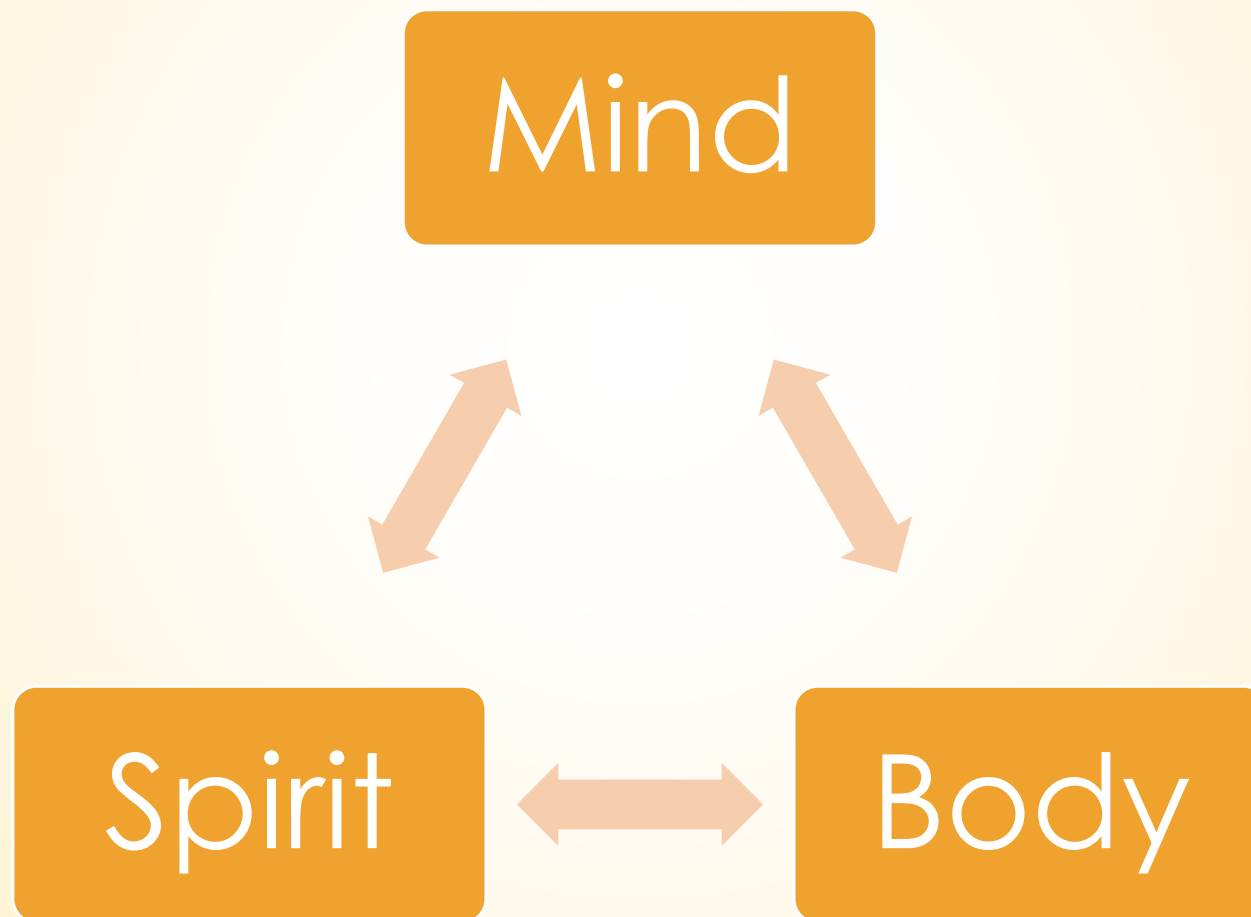
Repeated use of addictive chemical

Repeated use of an addictive chemical



Cycle of addiction







The Body

Brain Adaptability

- For many – brain had vulnerabilities prior to use
- Drugs work
- Brain adapts – starts assimilating the drug into the neurological process
- Becomes “normal” to use
- When the addict does not use – the brain is in distress

Tolerance

- Increase in the amount needed to get high (and unfortunately over dose)
- Is not a choice
- Creates damage to the brain and body, increase risk for overdose
- Can happen quickly or over long period of time.

Withdrawal

- Not a choice
- Creates distress and pain
- Enhances obsession to use
- Can be dangerous (alcohol, benzos)
- Can be horribly uncomfortable



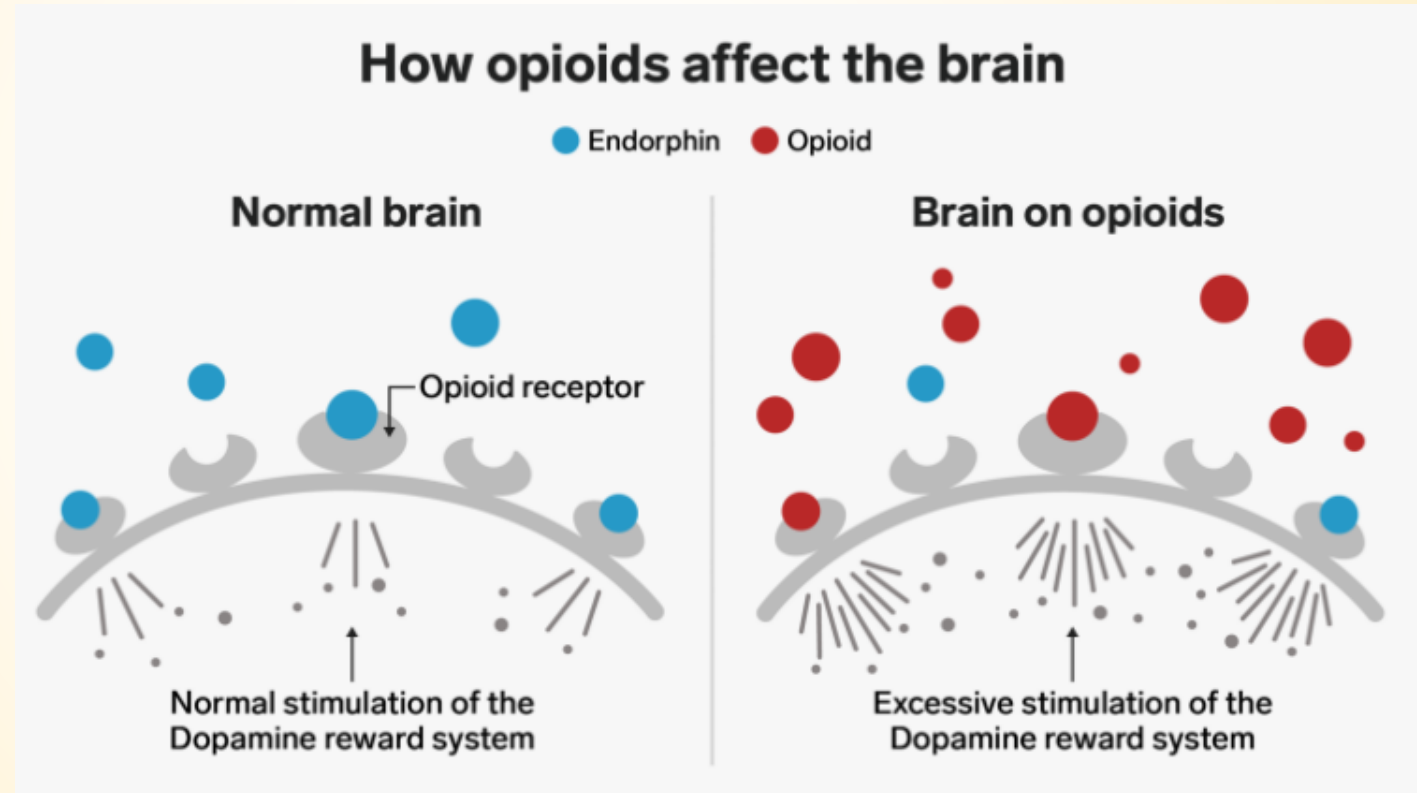
The adaptable brain

- ▶ The Brain adapts
 - ▶ The brain expects and “demands” the drug to function
 - ▶ When not using, the brain (the person) is in pain or deficit
 - ▶ The brain is a organ that operates without your consent





Hijacking the brain



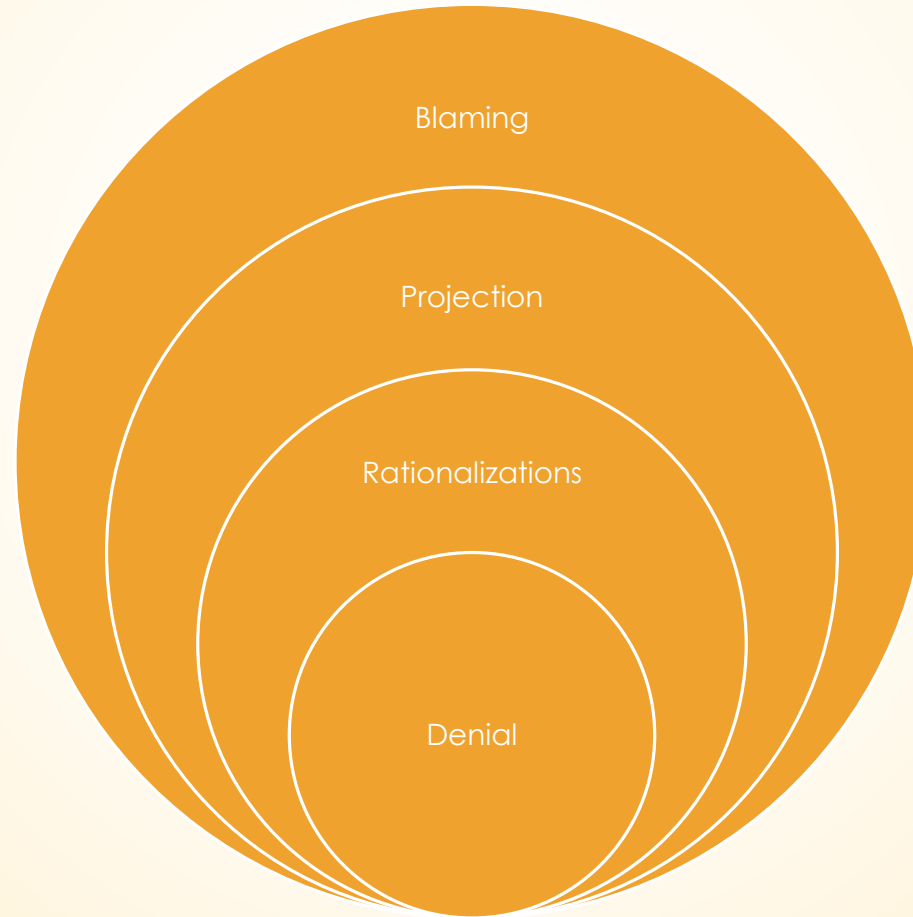


The mind

- ▶ “I have a disease of the body and a disease of the mind that tells me I don't have a disease of the body”

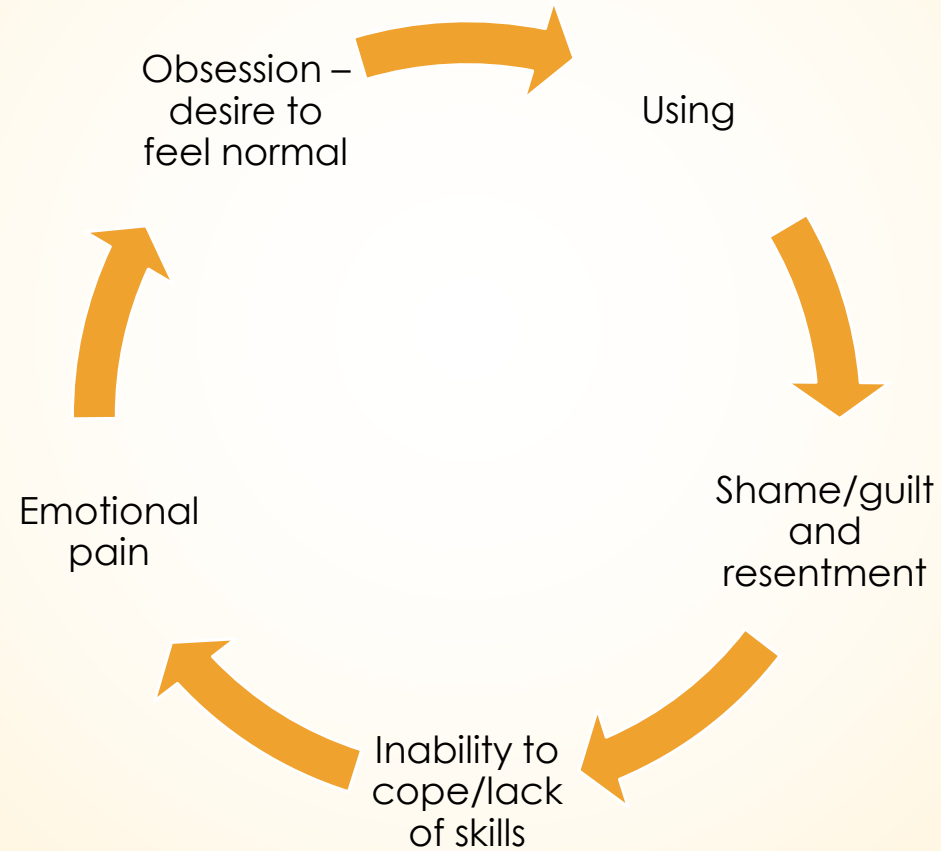


The mind





Emotional cycle of addiction





The Spirit

Decrease in social
connections

Primary relationship with the
drug

Loss of spiritual
connections

Intimate relations
become stressed

Spiritual
bankruptcy/Isolation

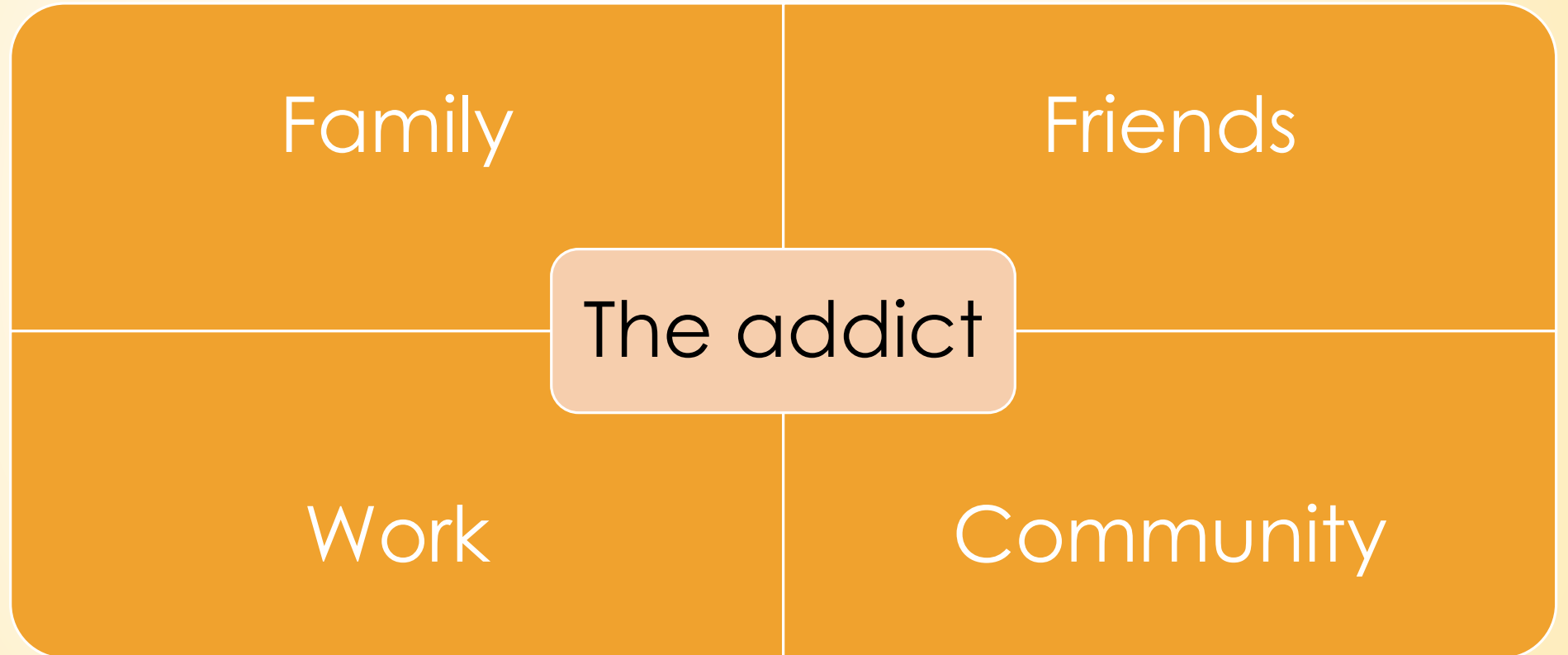


Obsession and Compulsion

- ▶ The complexity of choice
 - ▶ All choices are not created equal
 - ▶ I can choose not to take an Advil for my headache
 - ▶ As the pain increases, my desire to take it will as well
 - ▶ At some level, I will take the Advil
 - ▶ When addicts are in the midst of their addiction, the choice becomes nearly impossible. Obsession, pain, distress, shame, guilt, denial all converge and using becomes almost logical.
 - ▶ The obsession is the constant intrusive desire to use
 - ▶ Compulsion is the using to end the obsession and the inability to stop
 - ▶ Breaking that cycle requires intense intervention
 - ▶ Cannot do it alone

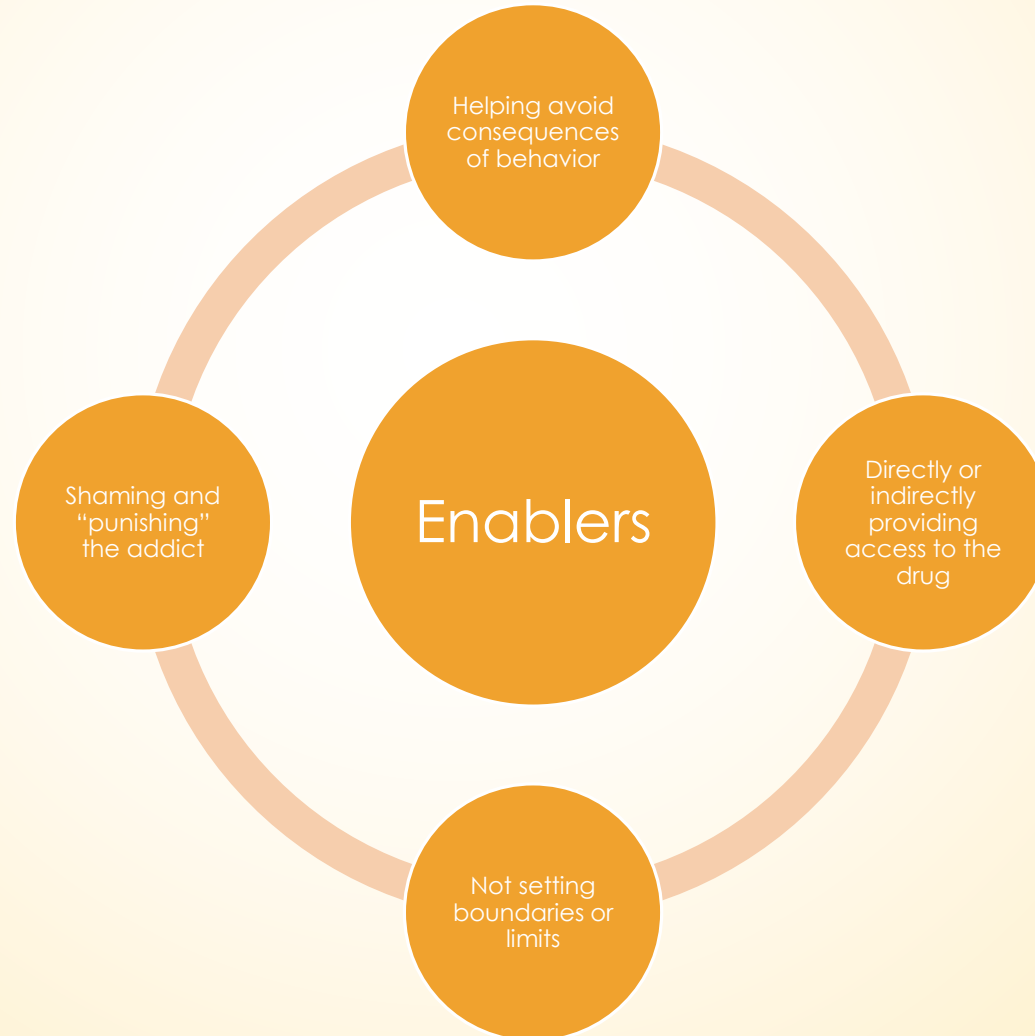


Many are affected by the addiction



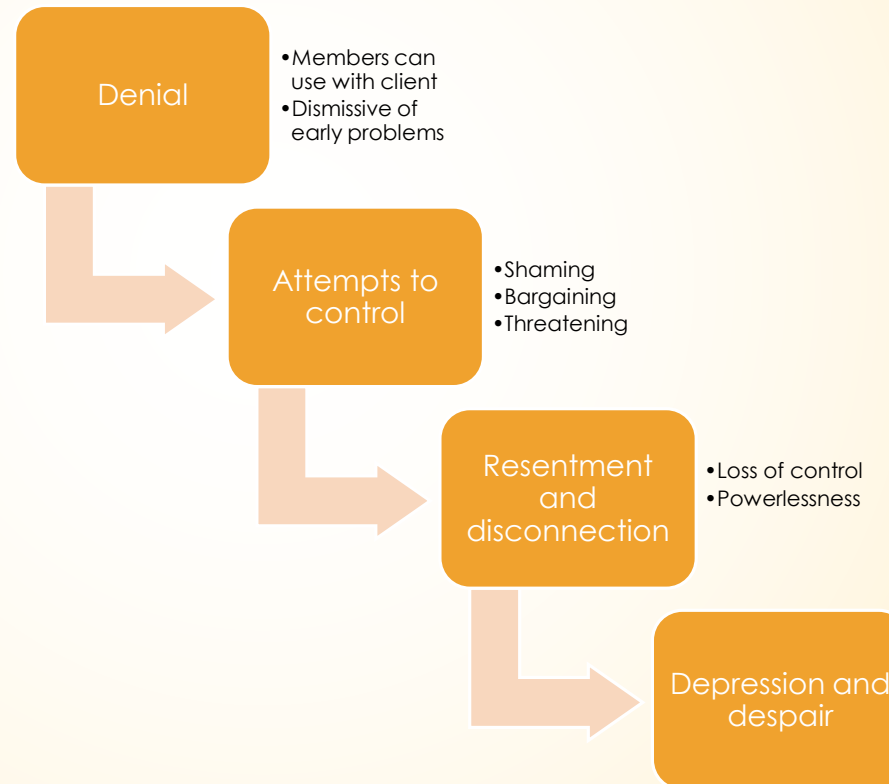


How do we Enable the addict? How we affect them





The progression of the family

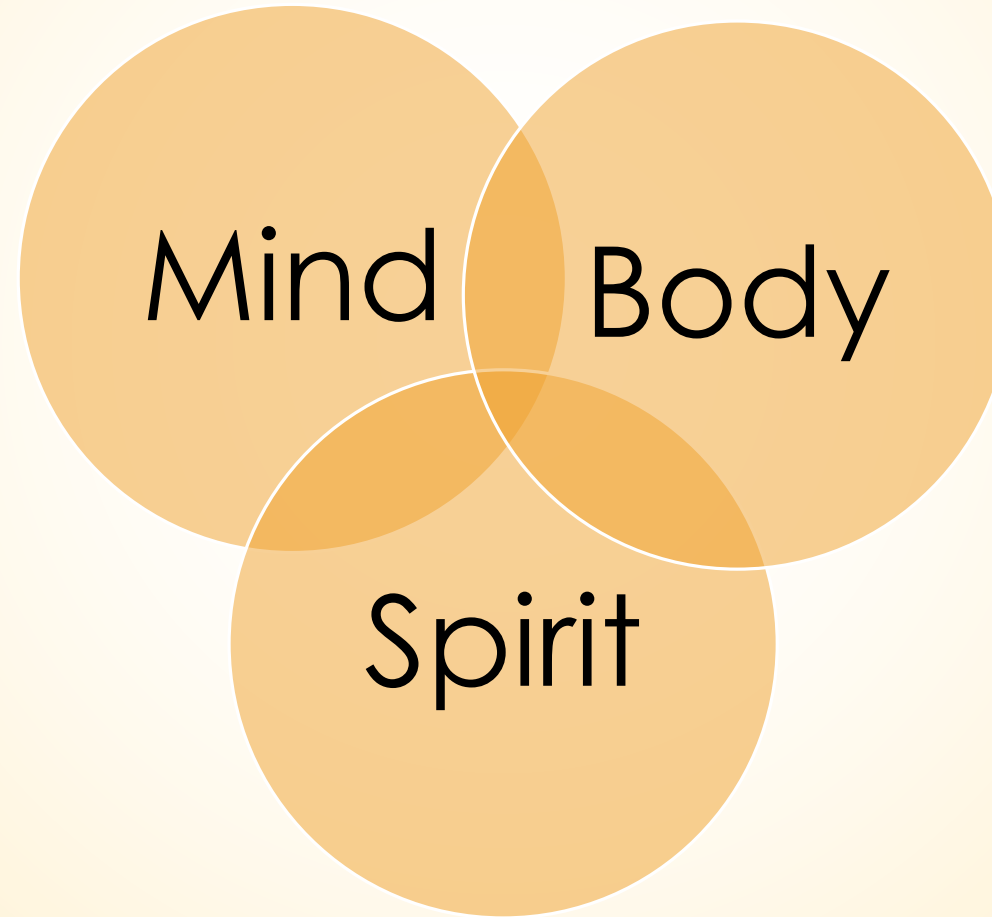




- ▶ “Healthy seeds cannot grow in a diseased soil. Injured seeds need a “Healing Forest”
- ▶ 2002. *The red road to wellbriety in the Native American way*. 1st ed. Colorado Springs: White Bison.



Treatment





Treatment

Body

- Remove the drug
- Nurture the body
- Eat well
- Sleep well
- Decrease stress
- Medications
- Mediation
- Prayer
- Exercise/yoga
- Sweat lodge

Mind

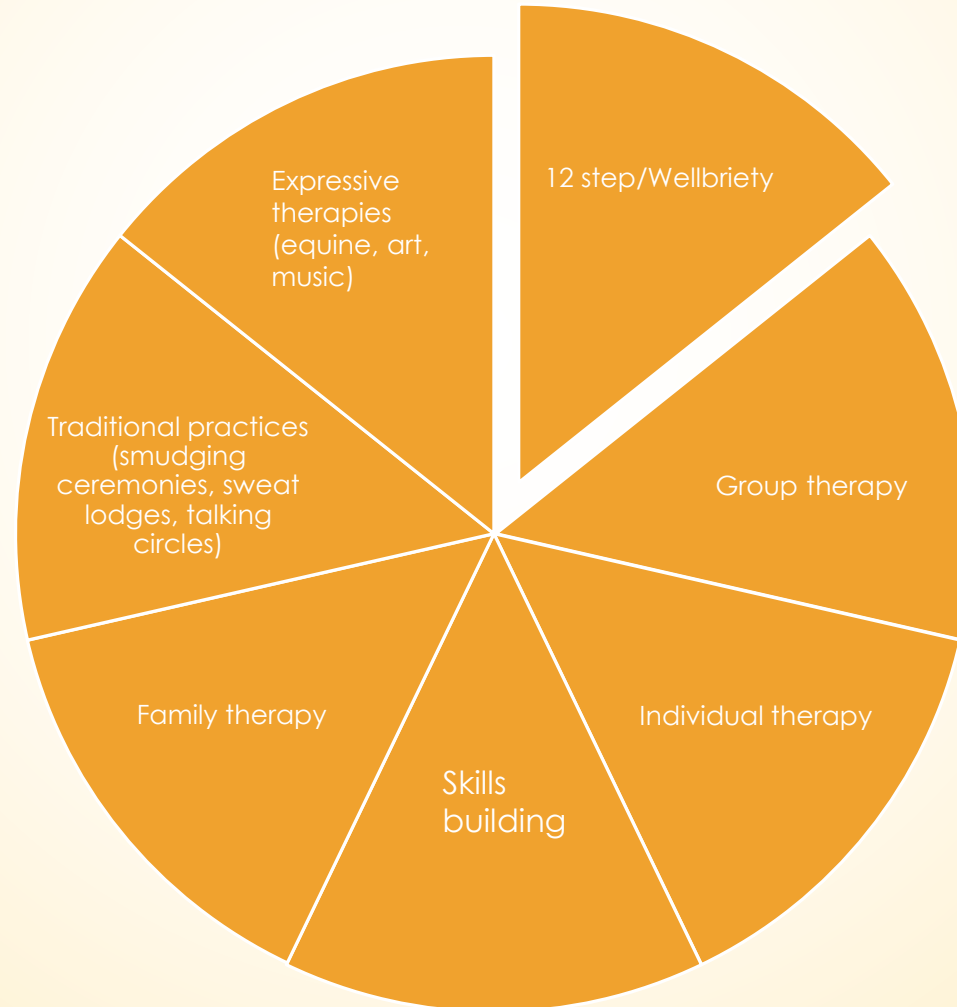
- Individual and group counseling
- 12 steps
- Journaling
- Reading
- Meditation
- Mindfulness
- Emotional management

Spirit

- Meditation
- Prayer
- Traditional healing
- Medicine wheel
- Sweat lodges
- Talking circles
- 12 steps
- Forgiveness
- Family restoration



Treatment





More on treatment

- Aggressive in intensity, frequency and duration
 - Research clearly indicates that the longer someone is linked to treatment the better the chances of staying well
- This is an aggressive disease that requires aggressive intervention



Help for families

- ▶ Family programming
- ▶ Family therapy
- ▶ Al-Anon
- ▶ Wellbriety
- ▶ Celebrate Recovery
- ▶ Church
- ▶ Individual therapy
- ▶ Traditional practices



Relapse

Denial creeps in

Decrease in connectivity

Mood instability

Total disconnection/isolation/depression

Option reduction – drug use



Relapse

- USING IS ACTUALLY THE END OF THE RELAPSE PROCESS
- KEEP YOUR EYES ON THE PRIZE
 - RECOVERY AND TREATMENT
 - If the addict is not actively engaged in recovery and treatment the relapse process will occur.
 - You are either going forward or backward. There is no standing still.
- Unfortunately relapse is common.
 - Do everything possible to avoid it
 - Have a plan if it happens



Questions