Healing in Progress:

Integrating Trauma Focused Therapy in Residential Addiction Treatment for Pregnant Women

Shane Garrard, LMSW, CCS, CADC II

Amber Jones, M.Ed., PCMHT

Types of Addiction

- Food (eating)
- Sex
- Pornography (attaining, viewing)
- Using computers / the internet
- Playing video games
- Working
- Exercising
- Spiritual obsession (as opposed to religious devotion)
- Pain (seeking)
- Cutting
- Shopping

Types of Trauma and Violence

- Sexual Abuse or Assault
- Physical Abuse or Assault
- Emotional Abuse or Psychological Maltreatment
- Neglect
- Serious Accident, Illness, or Medical Procedure
- Victim or Witness to Domestic Violence
- Victim or Witness to Community Violence
- Historical Trauma
- School Violence
- Bullying
- Natural or Manmade Disasters
- Forced Displacement
- War, Terrorism, or Political Violence
- Military Trauma
- Victim or Witness to Extreme Personal or Interpersonal Violence
- Traumatic Grief or Separation
- System-Induced Trauma and Retraumatization

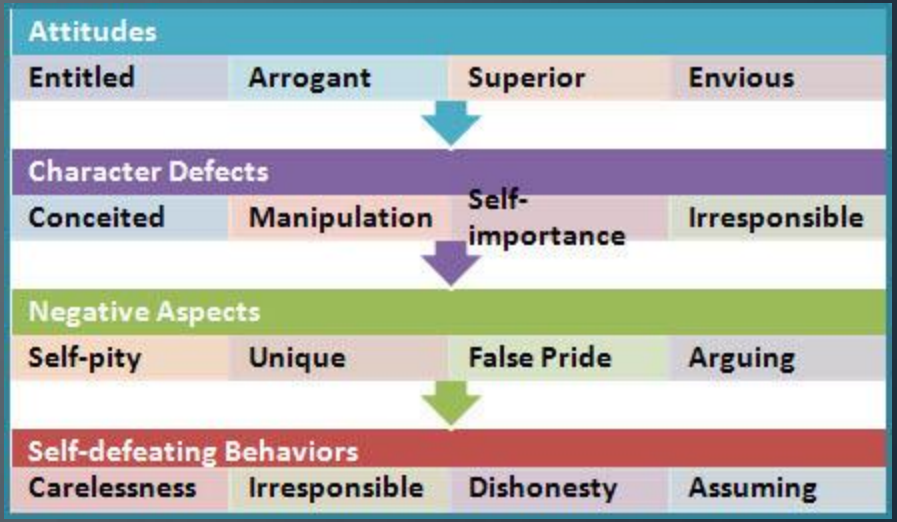
SAMHSA's TIP 57: Trauma-Informed Care in Behavioral Health Services – 2014

Differences:
Addiction Treatment

- Character defects, moral inventory, admitting our wrongs, stopping fleeting trigger thoughts, avoiding and changing people, places, and things…

Pregnant/Postpartum/

Parenting Females



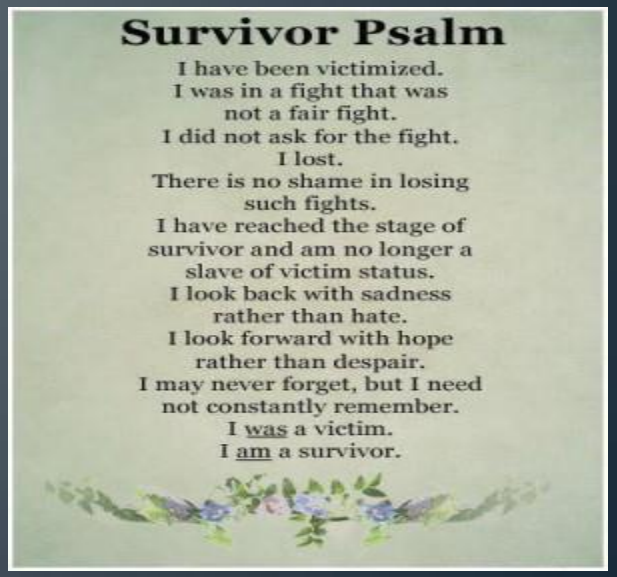
Differences: Trauma Therapy

Prolonged Exposure Therapy - Victims, accepting no fault, no avoiding only confronting, telling our story and facing those fleeting thoughts, real life exposure

Seeking Safety – Establishes safety, exploration of past traumas, no exposure therapy

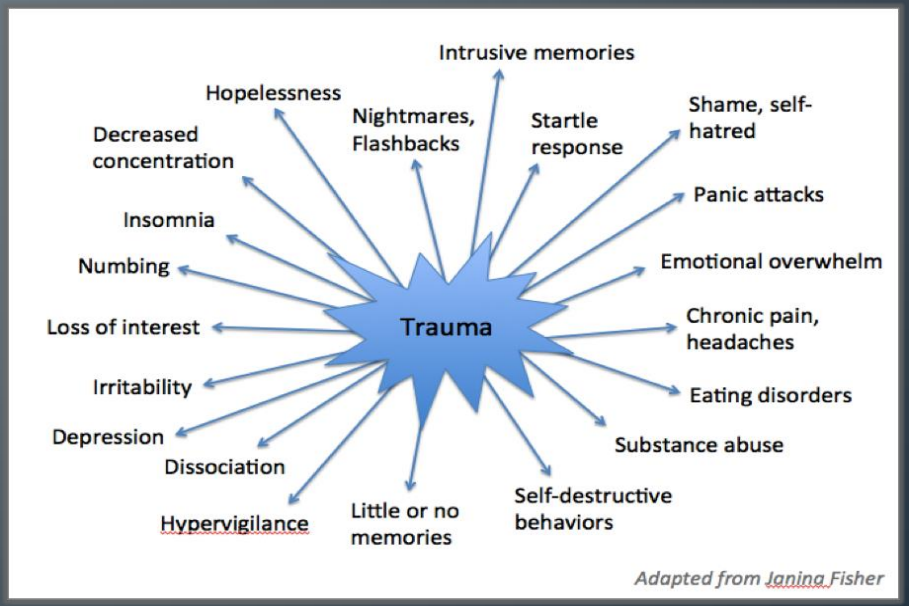
Cognitive Processing Therapy –

Narrative type trauma therapy; learn how trauma may have shaped their thoughts, feelings, and behaviors



Co-Morbidity

- Over half of all people with SUD also meet criteria for PTSD (Berenz, E.C., and Coffey. S. F., 2012).
- Individuals with PTSD and SUD have a poorer prognosis in addiction treatment due to higher cravings causing more relapses episodes(Berenz, E.C., and Coffey. S. F., 2012).
- PTSD could be a potential cause of SUD (Berenz, E.C., and Coffey. S. F., 2012).
- Research shows that treatment professionals often disregard, overlook/miss trauma and PTSD in their patients (Brady, K.T., Brimo, M.L., Coffey, S.F., and Schumacher, J.A., 2005).



Pro-Longed Exposure Therapy

- CBT Approach
- Psychoeducation
- Breathing Retraining
- In Vivo Exposure
- Imaginal Exposure

Emotion Regulation Group

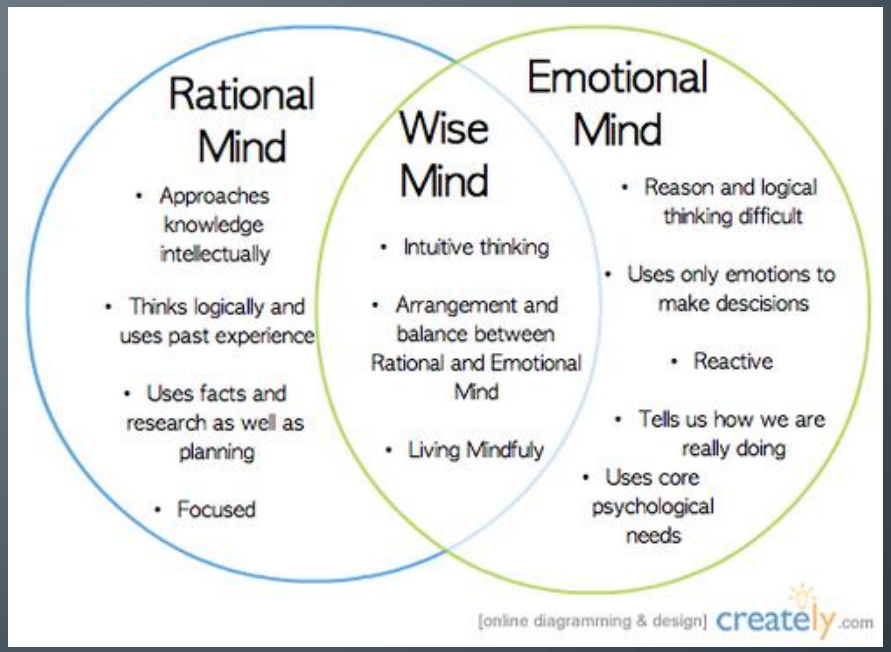
- Skills for managing emotions effectively without drugs/alcohol

1. Mindfulness Skills

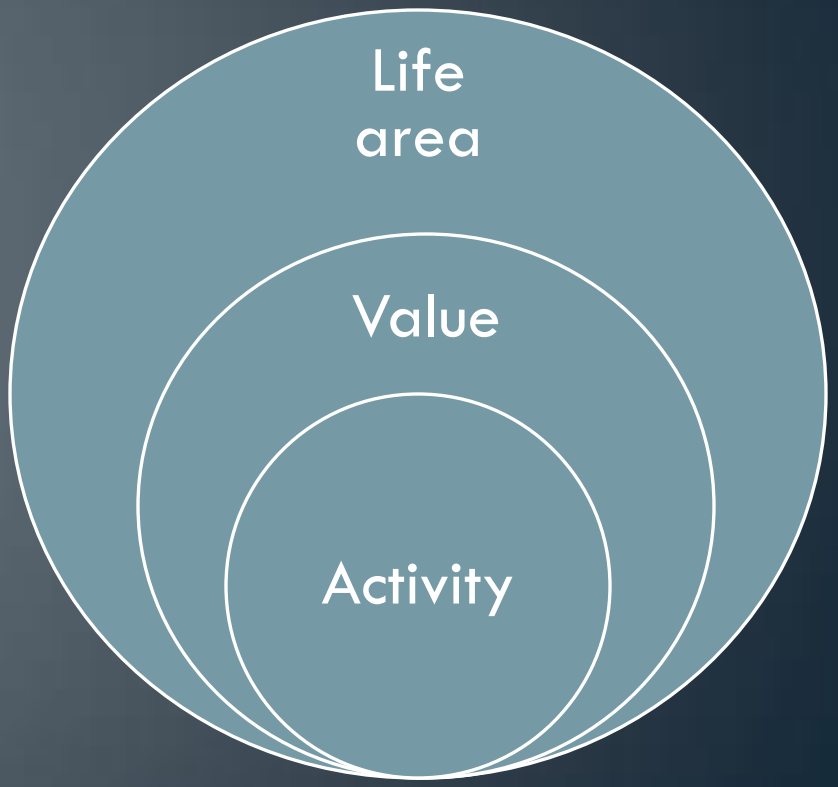
2. Emotion Regulation Skills

3. Distress Tolerance Skills

- *4. Interpersonal Effectiveness Skills*



Behavioral Activation Group



Liabilities

- A man bought a new house and decided that he was going to have a very beautiful lawn. He worked on it every week, doing everything the gardening books told him to do. His biggest problem was that the lawn always seemed to have dandelions growing where he didn't want them. The first time he found dandelions, he pulled them out. But, alas, they grew back. He went to his local gardening store and bought weed killer. This worked for some time, but after summer rains, alas, he found dandelions again. He worked and pulled and killed dandelions all summer. The next summer he thought he would have no dandelions at all, since none grew over the winter. But, then, all of a sudden, he had dandelions all over again. This time he decided the problem was with the type of grass. So he spent a fortune and had all new sod put down. This worked for some time and he was very happy. Just as he started to relax, a dandelion came up. A friend told him it was due to the dandelions in the lawns of his neighbors. So he went on a campaign to get all his neighbors to kill all their dandelions. By the third year, he was exasperated. He still had dandelions. So, after consulting every local expert and garden book, he decided to write the U.S. Department of Agriculture for advice. Surely the government could help. After waiting several months, he finally got a letter back. He was so excited. Help at last! He tore open the letter and read the following: “Dear Sir: We have considered your problem and have consulted all of our experts. After careful consideration, we think we can give you very good advice. Sir, our advice is that you learn to love those dandelions.”

Assets

A man, proud of his lawn, is troubled by the appearance of dandelions in his lawn. He tried all methods to get rid of them but failed.
Finally, he consulted an expert. He wrote to the expert all the methods he tried and ended the letter with a question of what to do next.
The expert replied with a simple suggestion, "Learn to love them."

Stories of Hope and Courage

- Erica B.

- Joanne P.

It's not **trauma-informed**
if it's not **informed by**
trauma survivors.

References

Berenz, E.C., & Coffey, S.F. (2012). Treatment of co-occurring posttraumatic stress disorder and substance use disorders. *Current Psychiatry Reports*. DOI: 10.1007/s11920-012-0300-0

Brady, K.T., Brimo, M.L., Coffey, S.F. & Schumacher, J.A. (2005). Exposure therapy for substance abusers with ptsd. *Behavior Modification, 29* (1). 10-38. DOI: 10.1177/0145445504270855

Berenz, E.C., Coffey, S.F., Rowe, L., Schumacher, J.A., & Stasiewicz, P.R. (2012). Prolonged exposure therapy for posttraumatic stress disorder among individuals in a residential substance use treatment program: a case study. *Professional Psychology: Research and Practice, 43* (2). 154-161. DOI: 10.1037/a0026138

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