



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Northwest ATTC presents: Treating Co-Occurring Trauma and Addiction

John Fitzgerald, PhD, LPC, CAS
Mark Girard, MSW, LCSW



Today's Presenters

Mark Girard, MSW, LCSW

- Jungian psychoanalyst and clinical social worker
 - 20+ year private practice in Oregon
- Past President and VP, Pacific Northwest Society of Jungian Analysts
- Expertise: trauma, chemical/behavioral addictions



John Fitzgerald, PhD, LPC, CAS

- Statewide Addiction Treatment Analyst, Oregon Criminal Justice Commission
 - Senate Bill 1041 – public spending on addiction treatment in OR
- Licensed Professional Counselor, Private practice
- Faculty positions, OHSU & PSU

Treating Co-Occurring Trauma and Addiction

Intervening on Opioid, Alcohol, and
Other Public Health Challenges

February 27, noon to 1pm for NWATTC

John Fitzgerald, PhD, LPC, CAS

Mark Girard, MSW, LCSW

Agenda

- ✓ Nature of the problem
- ✓ Key issues in treatment
- ✓ Questions

A Reason to Fight

People don't realize the despair and hopelessness that is involved with someone who is in a fight that they **really don't feel they have a chance of winning**. Addiction has claimed so many of my friends and colleagues. And oftentimes bringing an end to it, via suicide or any other means, intentional or otherwise, is a way out, and they **don't have enough of an inspiration to keep fighting**.





What makes a good life?

Lessons from the longest
study on happiness

TED Talk:

Robert Waldinger

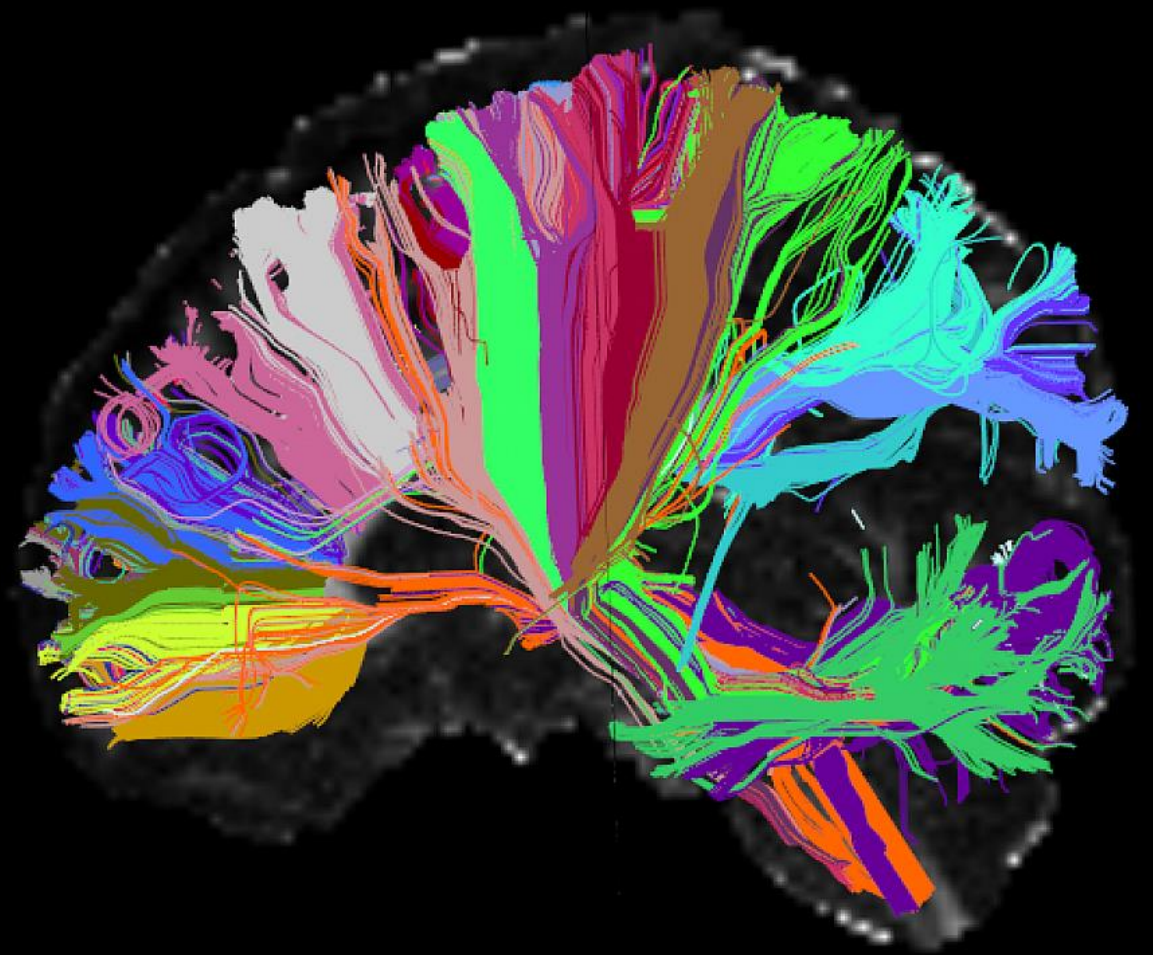
Trauma, whether it is the result of something done to you or something you yourself have done, almost always makes it **difficult to engage in intimate relationships**. After you experience something so unspeakable, how do you learn to trust yourself or anyone else again? Or, conversely, how can you surrender to an intimate relationship after you have been brutally violated?

Bessel van der Kolk

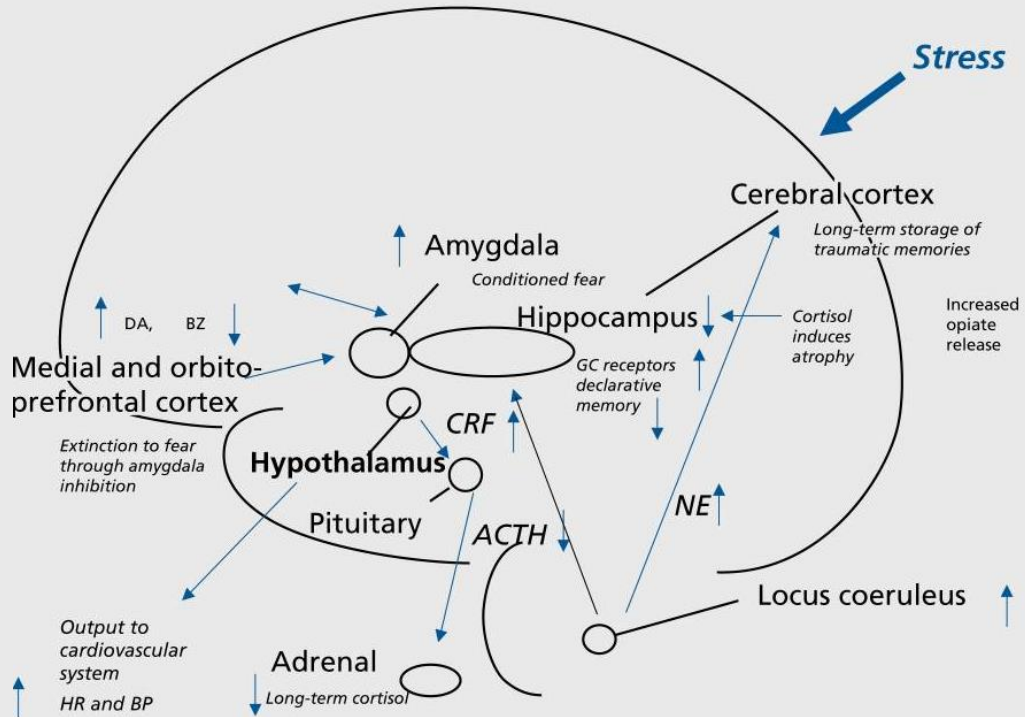


The **Human Connectome Project** (HCP) is a project to construct a map of the complete structural and functional neural connections in vivo within and across individuals. The HCP represents the first large-scale attempt to collect and share data of a scope and detail sufficient to begin the process of addressing deeply fundamental questions about human connective anatomy and variation.

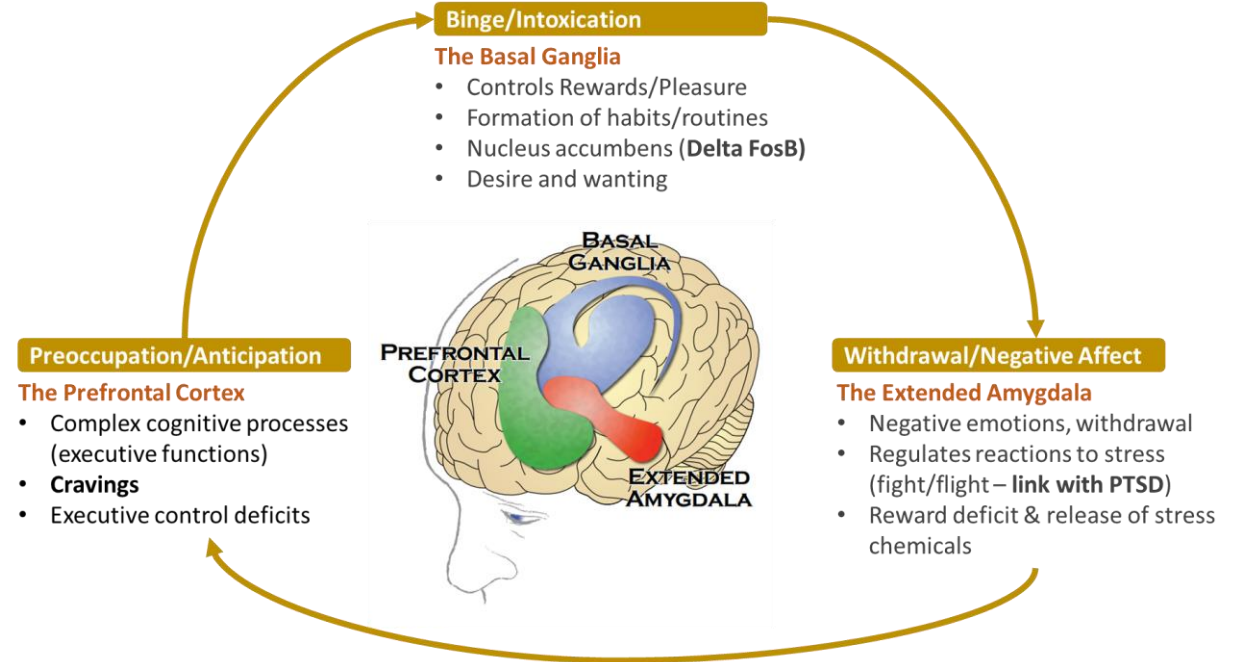
Such scans might someday help clinicians personalize diagnosis and treatment of mental disorders (NIH).



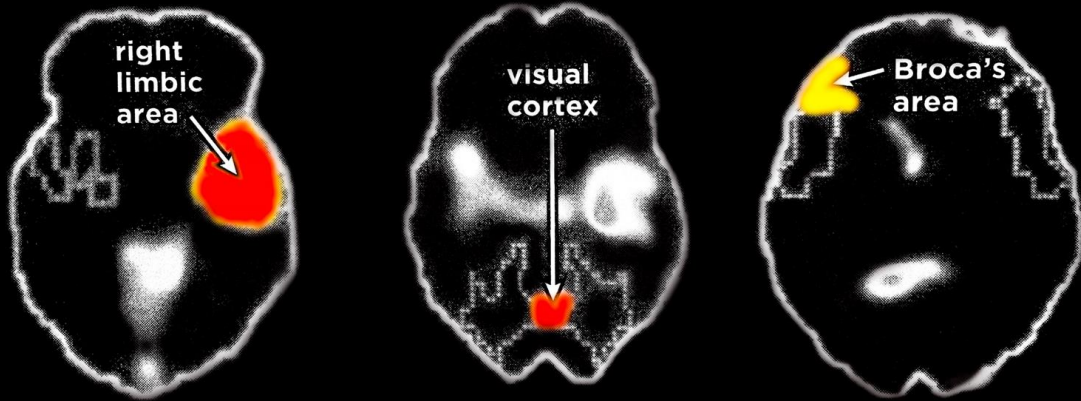
Trauma



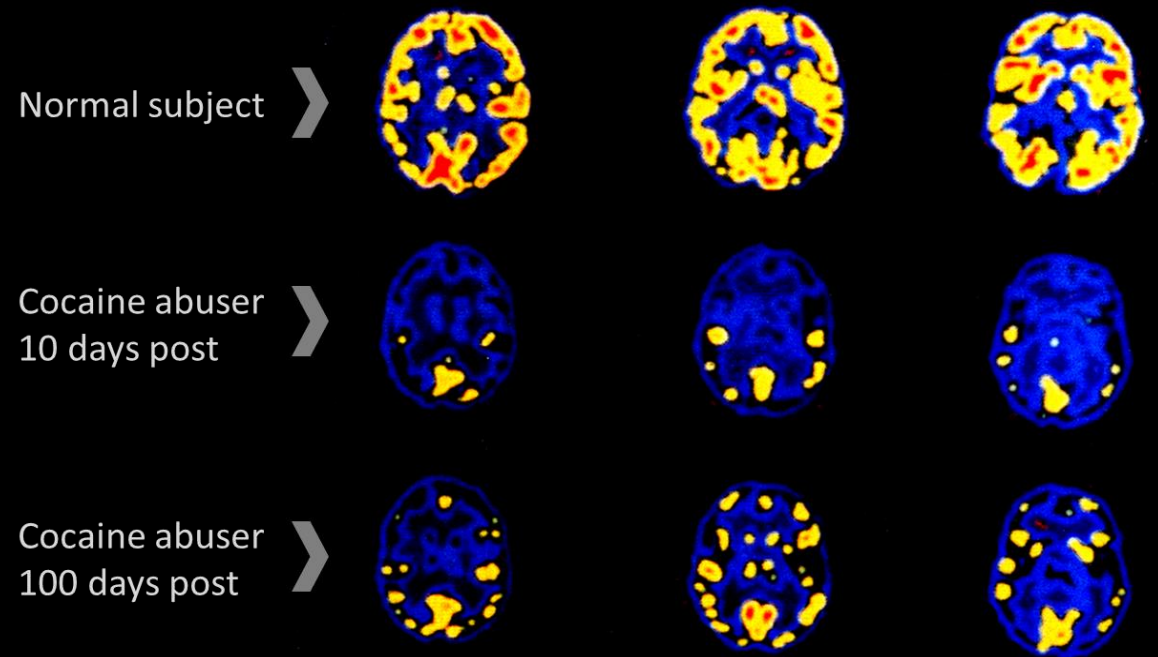
Addiction



Trauma



Addiction



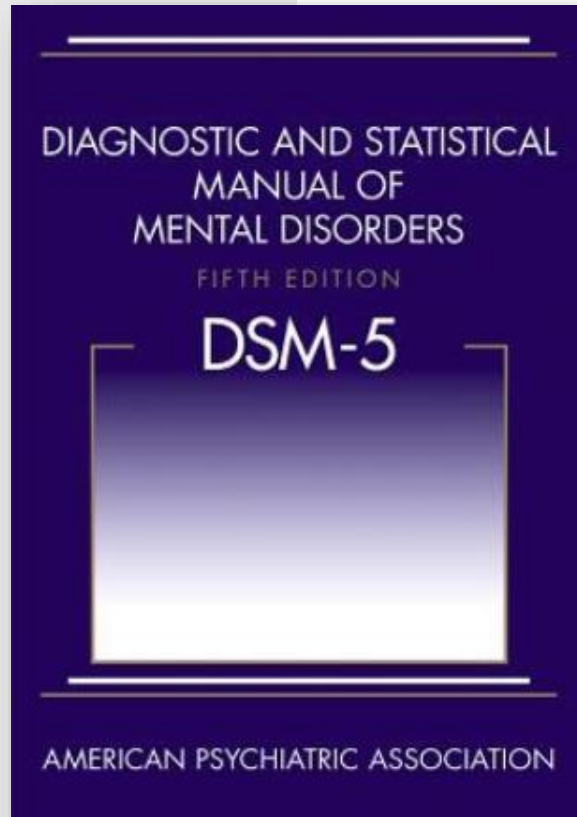
Environment *Matters*

- *Education*
- *Healthcare*
- *Social Life*
- *Neighborhoods*
- *Economy*



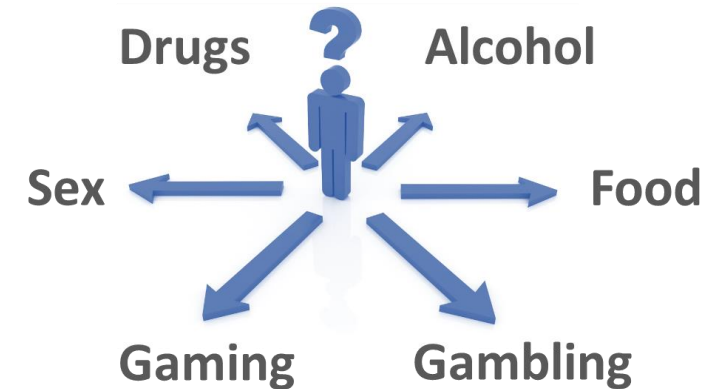
Trauma

- Community Violence
- Complex Trauma
- Domestic Violence
- Early Childhood Trauma
- Medical Trauma
- Natural Disasters
- Neglect
- Physical Abuse
- Refugee Abuse
- School Violence
- Sexual Abuse
- Terrorism
- Traumatic Grief



Addiction

Substances



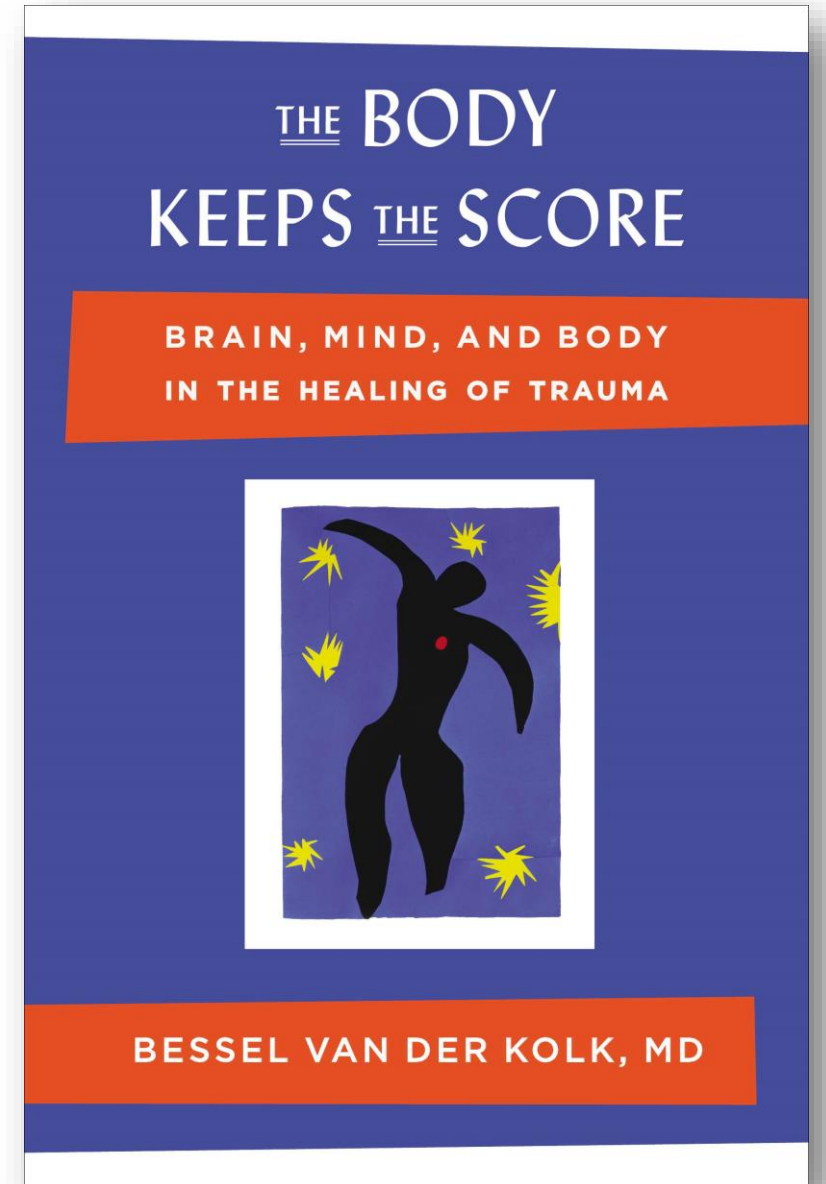
Behaviors



**Fight
or
Flight**

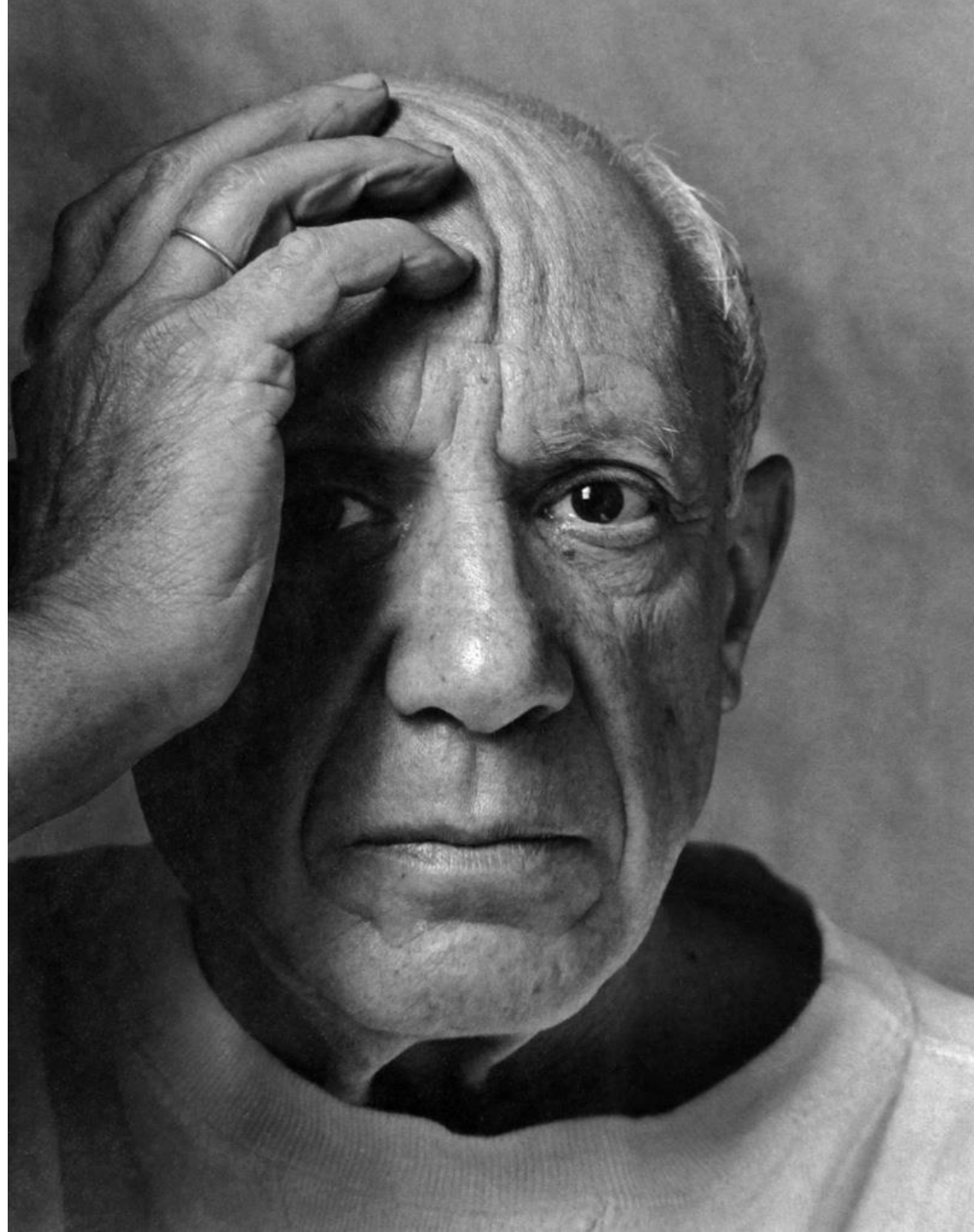


**Freeze
or
Collapse**



All children are artists.
The problem is how to
remain an artist once he
grows up.

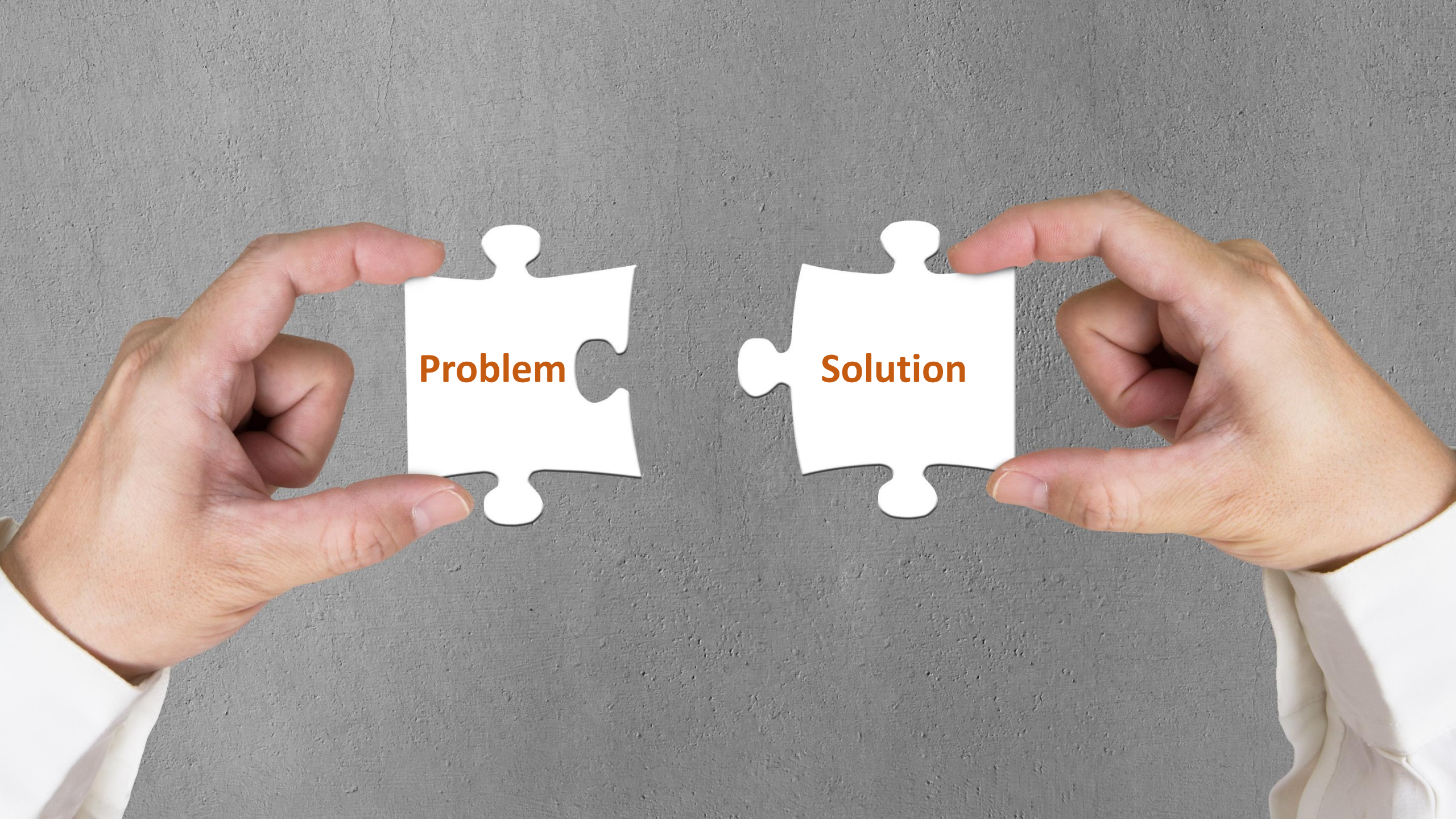
Picasso



Nature of the problem: Key Takeaways

- We are in the **same boat**
- We **fragment** problems and treatments
- The **body** keeps the score
- We overly focus on **pathology**





Problem

Solution

To **begin with the end in mind** means to start with a clear understanding of your destination. It means to know where you're going so that you better understand where you are now and so that the steps you take are always in the right direction.

Stephen Covey

What accounts for **positive treatment outcomes**?

The Contextual Model (Wampold & Imel, 2015)

Initial Therapeutic Bond



Three Change Pathways

1. Real Relationship
2. Expectations (problem-solution)
3. Intervention Actions (EBPs)

Good Outcomes

- Better Quality of Life**
- Symptom Reduction**



Real Relationship

Expectations
(problem-solution)

Intervention Actions (EBPs)

The real relationship accounts for at least **65%** of the variability in outcomes.

The real relationship is **13 times more important** than the model, technique, or evidence-based practice used in treatment.

- Age
- Gender
- Profession
- Theoretical orientation
- Adherence to treatment protocol
- Response to interview questions about clinical skills

Who are **Expert** Therapists?

Path 1

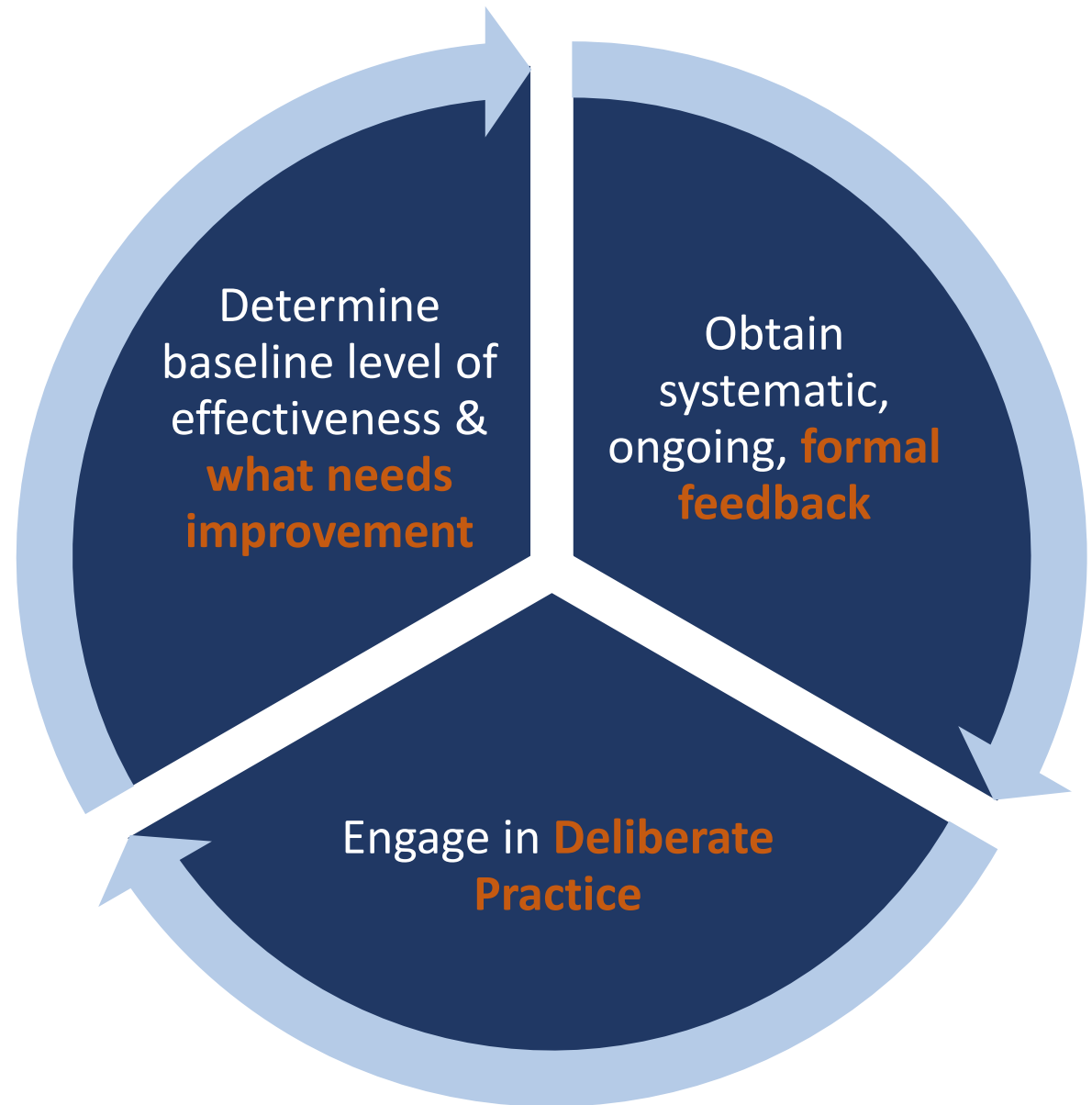
Hopefulness
Verbal Fluency
Persuasiveness
Emotional Expression
Warmth and Empathy

Path 2

Problem-Solution Focus
(Expectations)

Path 3

Delivery of Intervention
Actions (EBPs)



Comprehensive
Behavioral Health
Self-Evaluation

This evaluation is designed to help you understand your life challenges more clearly, and to help me better know how to help you. It is comprehensive in that it evaluates many domains of your life, and because of that, it may take you up to an hour (sometimes longer) to complete. There is **no need to do it all in one sitting**, so feel free to take breaks if you want.

When you see “instructions” please take the time to read them, and most important, pay attention to the **time frame** specific to the questions being asked (e.g., last 7 days, last two weeks, last 6 months).

And please answer all questions as accurately and honestly as possible. If you have a problem with a question, feel free to skip it and bring it up with me in session. Remember, all your answers are confidential and covered by our confidentiality agreement.

Thanks for taking the time to do this.

Name: _____

Date of Birth: _____ Age: _____

Date: _____

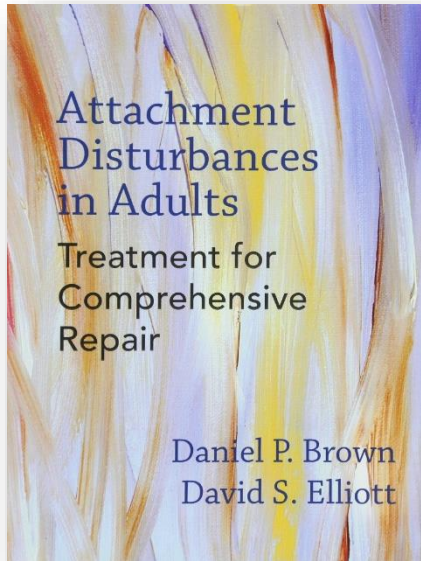
Enhancing Positive Expectations

Problem – Solution Link

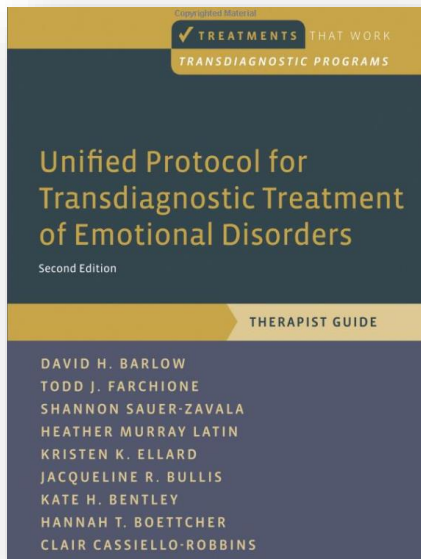
Addiction Medications

Alcohol	Naltrexone, Vivitrol, Acamprosate, Disulfiram
Opiates	Methadone, Buprenorphine, Suboxone, Naltrexone, Vivitrol
Nicotine	Bupropion, Replacement Products
Stimulants	None to date





- **5 ingredients:** safety, attunement, self-soothing, gleam in eye, self-development
- **Three Pillars Model** of Comprehensive Attachment Repair
- www.attachmentproject.com



- **Integrated treatment:** PTSD, OCD, Panic Disorder, GAD, Social Anxiety Disorder, Depression (Major and Persistent), BPD, Eating Disorders
- **Adults and adolescents**, individual and group
- www.unifiedprotocol.com

It Takes a Village

Individual Counseling

Couples Counseling

Group Counseling

Medical Professionals

Self-Help Groups

Community Support



Nature of the solution: Key Takeaways

- We are in the **same boat**
- Help clients **integrate**
- Focus on both pathology and **strengths**
- Practice **Self-care**



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Upcoming Events

Join us for our next webinar!

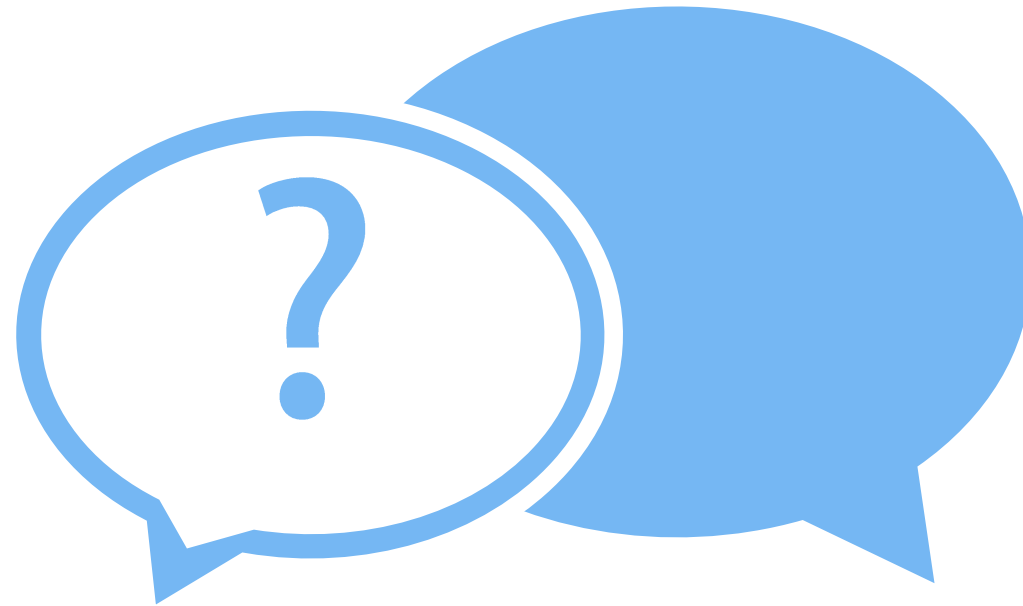
Teens R'Us and the SBIRT Model

Ken Winters, PhD

March 27, 2019, 12-1pm



Questions? Please type them in
the chat box!



gracias cảm ơn bạn धन्यवाद 고맙습니다
شكرا جزيلًا salamat благодарю вас 谢谢
Dziękuję Ci **Thank** ευχαριστώ
quyana tack **you!** አመሰግናለሁ
धन्यवाद danke asante grazie
hík'wu? merci הודת obrigado ขอบคุณ
ありがとうございました спасиби mahalo