



## **Course: integrative harm reduction approach in treating substance misuse**

**Address:** <https://asadis.net/en/course/integrative-harm-reduction-approach-treating-substance-misuse/>

**Duration:** 6h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### **Overview:**

Accumulating evidence is moving us away from moral, criminal, and reductive disease models and instead toward understanding substance use as a psychobiosocial process with multiple dimensions and individual variations. This shift calls for a personalized, Integrative Harm Reduction Psychotherapy (IHRP) for problematic substance users.

In this comprehensive workshop, Dr. Tatarsky will discuss the limitations of the dominant disease model and abstinence-only recovery narrative and introduce the psychobiosocial model of addiction and IHRP based on it. IHRP integrates harm reduction principles into psychotherapy and substance use treatment.

This new model of treatment combines relational psychoanalytic, cognitive behavioral, and mindfulness techniques in a harm reduction frame to support positive change in substance use and related issues.

IHRP's seven therapeutic tasks will be described:

1. Managing the therapeutic alliance with harm reduction listening; 2. The therapeutic relationship heals; 3. Enhancing self-regulation and self-management skills; 4. Assessment as treatment; 5. Embracing ambivalence; 5. Harm reduction goal setting; 6. Strategizing for change: ideal use plan.

Specific skills and strategies that participants can begin using immediately will be demonstrated. The workshop will also give special attention to understanding the potential benefits and risks associated with Marijuana and the application of IHRP to develop ideal relationships with this substance.

**Learning objectives:**

1. Identify four of the seven therapeutic tasks of Integrative Harm Reduction Psychotherapy
2. Define the psychobiosocial process model of addiction
3. Learn the four core harm reduction engagement skills: empathic listening, collaborative inquiry with an alliance around compassionate curiosity, empathic reflection and checking in with therapeutic humility
4. Learn “urge-surfing”, a technique for interrupting addictive urges and action to facilitate healing, growth and positive behavior change. This brings mindfulness and breath to the urge enabling pause

**Learning material:**

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

**Audience:** This training is intended for mental health professionals.

**The expert, Dr. Andrew Tatarsky**

Dr. Andrew Tatarsky, psychologist, has developed integrative harm reduction psychotherapy (IHRP) for treating the spectrum of risky and addictive behavior. IHRP brings psychoanalysis, CBT, and mindfulness together in a harm reduction frame. The therapy has been described in his book, Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems, and in a series of papers. Dr. Tatarsky holds a PhD in clinical psychology from the City University of New York and is a graduate of New York University's Postdoctoral Program in Psychoanalysis and Psychotherapy. He is founder and director of the Center for Optimal Living in NYC, a treatment and training center; founding member and past-president of the Division on Addiction of New York State Psychological Association, and a member of the Medical and Clinical Advisory Boards of the New York State Office of Alcoholism and Substance Abuse Services. Dr. Tatarsky, psychologist, has trained professionals in harm reduction both nationally and internationally.

**Syllabus**

PowerPoint

Handouts

About Marijuana

Introduction

Scientific Revolution

Marijuana Accounts, Addiction and Medical

Define Marijuana

Medical Marijuana

Ten Perspectives on Marijuana

Questions from the public

The need for a new paradigm

Our Challenge- How can we make treatment more appealing for people

Harm Reduction Embodies Compassionate Pragmatism

Harm Reduction as Engagement Strategy

Questions from the public 2

Stages of Change

We need a new model for understanding substance misuse to inform more effective treatment

About addiction

Define Addiction

Moral modal, criminal modal, Many meanings

Trauma

Learning and Spirituality

Social context and Psychobiosocial Model

Valerie's case

Questions from the public 3

How harm reduction psychotherapy works and how to use it?

Harm Reduction Psychotherapy

Integrative Harm Reduction Psychotherapy Domains

Seven Therapeutic Tasks of IHRP

Managing the Therapeutic Alliance

Enhancing Self-regulation Skills

Question from the public 4

The Urge is the Axis of Change

Questions from the public 5

Urge Surfing Exercise

Assessment as Treatment

Exercise about Urge surfing

Embracing Ambivalence

Goal Setting

Ideal Use Plan

Questions from the public 6

Bibliography