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;
6. Harm reduction goal setting;
7. 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, 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
<u>About Marijuana</u>
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 pscychotherapy 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
Exercice about Urge surfing
Embracing Ambivalence
Goal Setting
Ideal Use Plan
Questions from the public 6

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to

measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*