

Addiction, substance use & associated behaviours.

An 8-hour workshop for people working with clients with problematic use of alcohol, drugs, gambling, and/or other compulsive behaviours.

Addiction, substance use, gambling, and associated behaviours such as sexual compulsiveness are highly complex challenges facing all communities in the 21st Century.

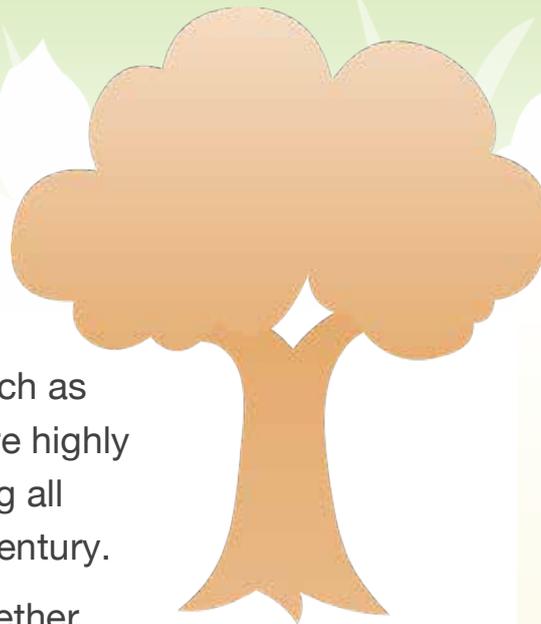
This workshop draws together key learning from psychology, medicine, systems theory, peer supports, and others into a truly integrated approach.

This workshop is for support workers, nurses, counselors and psychologists from all disciplines who work with populations affected by substance use, addiction and associated compulsive behaviours.

Venue - OASI Centre, St. Michael's Hall, 5, Wied Sara Street, Victoria, Gozo

Registration €50 for the eight hours including lunch and certification (*limited spaces*)

Call 21563333 for more information.



Learning Outcomes

Understand similarities and differences with substance and behavioural addictions

1

Integrate neurological, medical, humanistic, attachment, systemic, behavioural, and peer theory into one single framework.

2

Understand the neurological factors in addiction, & differentiate psychological & physiological dependence.

3

Understand DSM V criteria.

4

Identify seven types of trigger and treatment match.

5

Integrate the seven most effective moderating factors.

6

Refer for the five common medical interventions

7

Recognise key principles for working with dual diagnosis.

8

Understand mechanisms of mutual aid programs

9

Prepare, plan and deliver effective treatment.

10

Part 1: 26th July 9–3pm Part 2: 27th July 9–1pm

This 8 hour workshop provides participants with a framework through which they can understand most substance and addiction presentations, and identify unique treatment needs.

Topic 1 – “The 7 most common drivers of these behaviours”

1. Reward motivators
2. Relief/Coping - simple vs. complex trauma / personality based
Lifeskill deficits
Addressing coping triggers
Dual Diagnosis
3. Habit/Association triggers
Seven type of habit trigger
Treating with habitual triggers
4. Discontentment (drive theory and attachment) triggers
Attachment and substance use
Rebuilding a person's four pillars
5. Confused/Biofeedback triggers
Addressing biofeedback triggers

6. Withdrawal inc. Physiological Dependence & Tolerance
Detox & pharmacotherapy
7. Substance induced triggers
DSM-V diagnosis

Topic 2 – Brain Factors

Neurology of craving & addiction

Topic 3 - Seven Key Moderating factors for urges and cravings

1. Tools for managing cravings
2. Factors that impact willpower
3. Medications that help cravings
4. Access and opportunity
5. Social System and Peer Supports
6. Motivation and Attitude

About the presenter

Dr Matthew Berry MAPS DPpsych

Matthew is a clinical psychologist in private practice with a background in alcohol and other drug treatment. He has provided consultancy to the Victorian Government and other organisations around the development of treatment responses to addiction.

He provides workshop internationally focusing upon supervision, addiction, challenging behaviours, happiness, and motivational interviewing and solution-focussed counselling, and provides addiction training for both the Australia & New Zealand Psychological Societies.

