

Treating the Patient with Addiction and Co-Mingling Psychiatric Disorders

by

Jeffrey Georgi, M.Div., MAH, LCAS, CGP, LPC

Consulting Associate

Department of Behavioral Science

Duke University Medical Center

Georgi Educational and Counseling Services

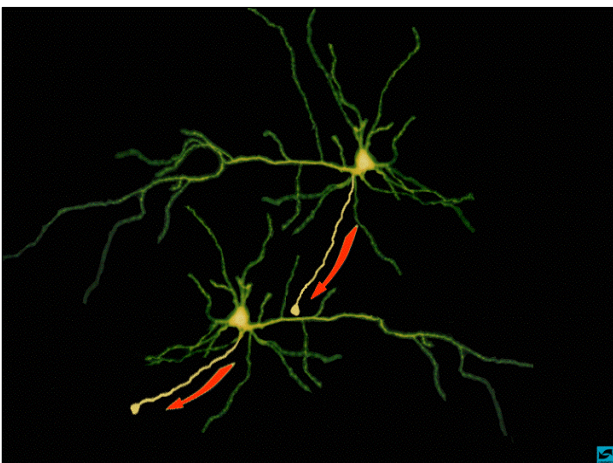
jeff@georgicounseling.com

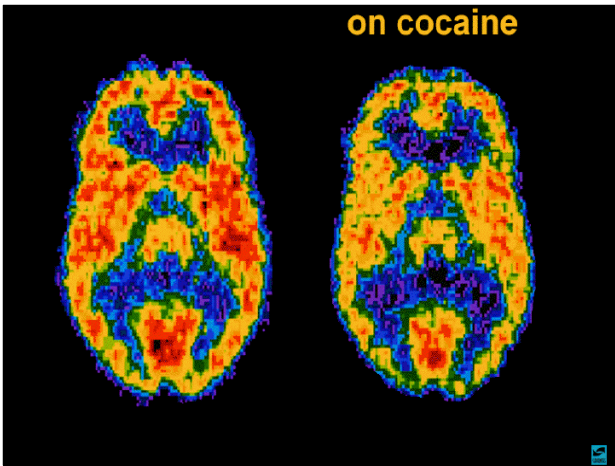
Biological+Psychological+Social+Spiritual
Vulnerability Liability Context Bankruptcy

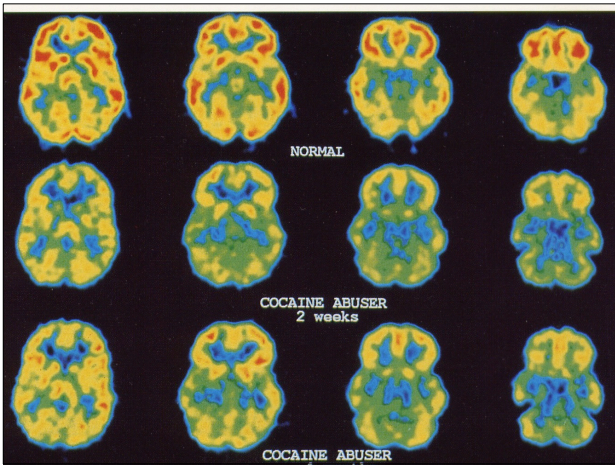
plus
experience

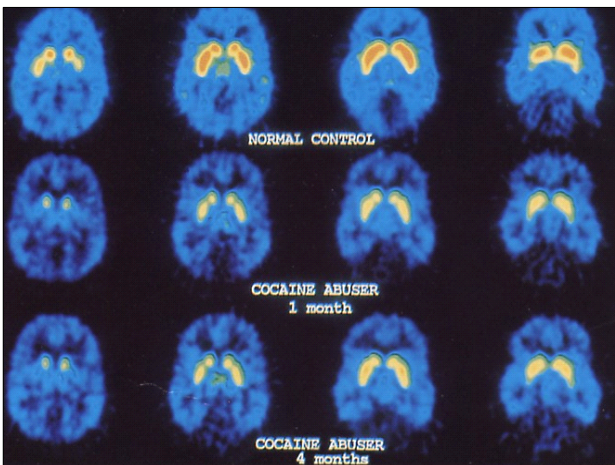
equals

Addiction









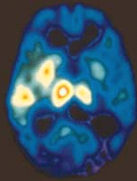
Biological+Psychological+Social+Spiritual
Vulnerability Liability Context Bankruptcy

plus
experience

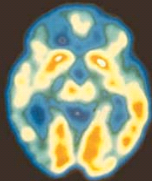
equals

Co-mingling Disease

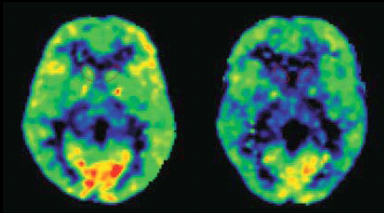
Depressed



Not depressed

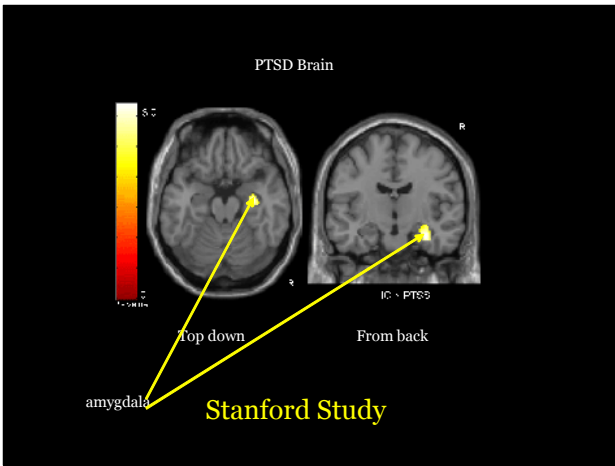


© Mayo Foundation for Medical Education and Research. All rights reserved.



Control

PTSD decreased serotonin





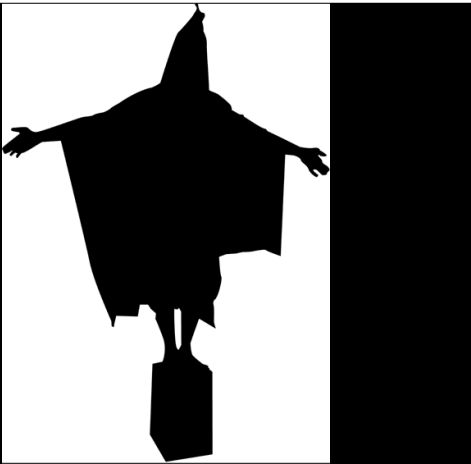
Biological+Psychological+Social+Spiritual
 Vulnerability Liability Context Bankruptcy

plus
 experience


equals

Psychological
 Variable

Shame



Biology of shame

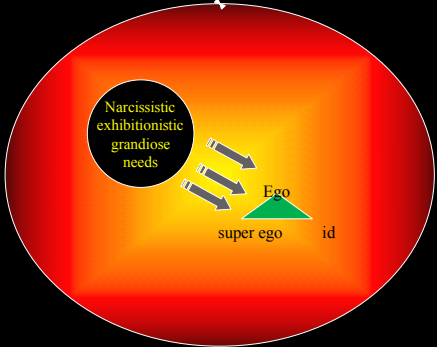
shame =  stress =
glucocorticoid storm

©GECS

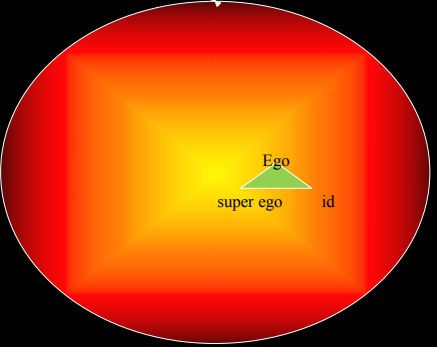
Glucocorticoid Storm

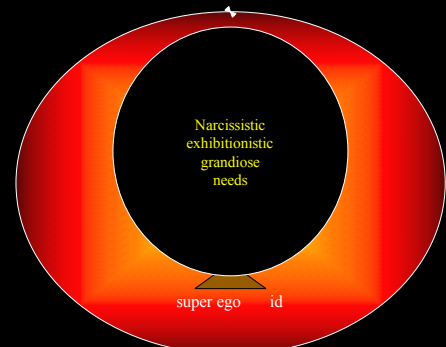
Memory is impaired (excitotoxicity in cells in hippocampus)
Prefrontal cortex slows
Amygdala takes over
Sub cortical structures increased activity
Global decrease in Serotonin
Growing evidence that these biological vulnerabilities can be transmitted to the next generation (Sapolsky, 2008)

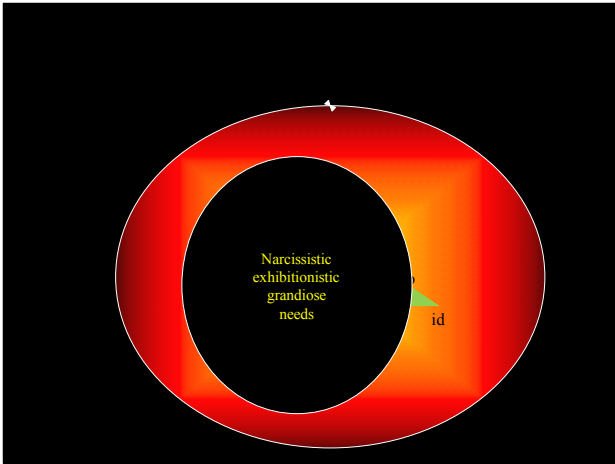
Psychology of Addiction

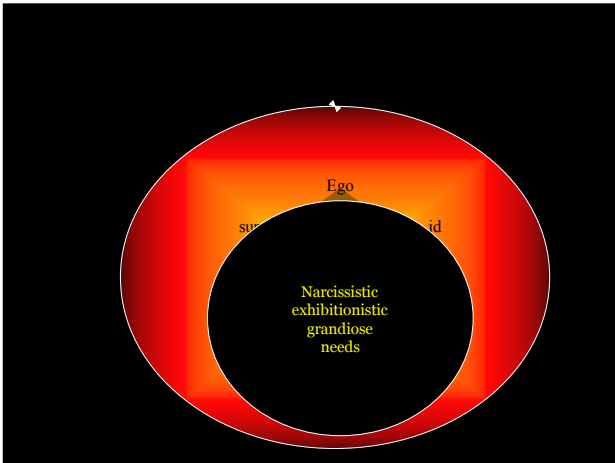


Psychology of Addiction



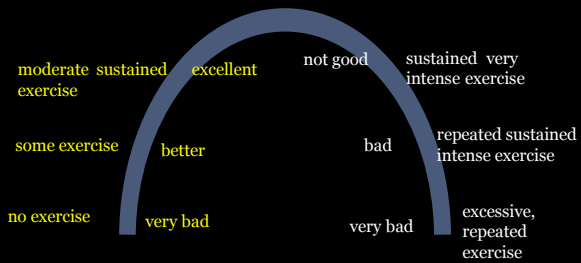




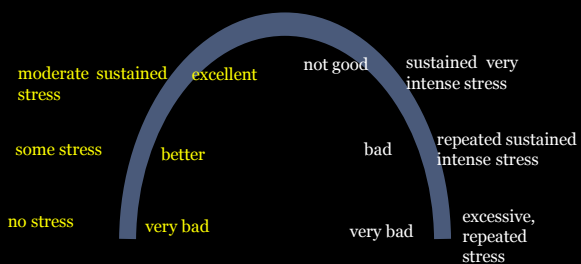


Biological+Psychological+Social+Spiritual
 Vulnerability Liability Context Bankruptcy
 plus
 experience
 equals
Social Context

The Exercise and the Brain the Inverse "U"



The Stress and Learning the Inverse "U"



Social Context

We are thrust into our culture and defined by it.

We can not separate ourselves or our identity from our social context.

When we think we are "speaking" for ourselves, our personal truth is but an extension of context.

Social Context

Conformity is adaptive.
Shared values are the norm.
Perception is altered by social context not just values.
Culture determines how we see ourselves.
We are intrinsically SOCIAL CREATURES.
We cannot define ourselves outside of social context and relationships.

Social Context

Aspects of our Culture that Support Addiction

Our culture is shame-based.
We live in a society that worships the material.
We profess to “family values” but we embrace the values of greed and excess.
Our culture rewards left hemispheric activity over the “more spiritual” right hemisphere.
Patients internalized the message that they are “not good enough.”

Biological+Psychological+Social+Spiritual
Vulnerability Liability Context Bankruptcy

plus
experience

equals

Spirituality

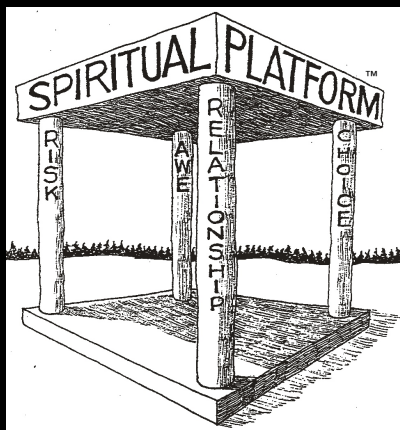
Spirituality vs. Religion

Religion

Religio - obligation or rule.
Tells us how to lives.
What constitutes the righteous life.
Ten commandments, not the ten suggestions

Spirituality

Spiritus - breathing.
The essence of life.
What gives life meaning.
What gives human life its unique meaning.



Spirituality: What is it?

It is what makes us human and separates us from all other creatures by degree.
Existential expression.
Spirituality is a doing thing.
If we stop “doing” spirituality we lose our humanity.

Spirituality

The **choosing** is more important than the of the choice.

The **risking** is more growth producing than the "outcome" of risk.

The **relating** is more connecting than the relationship.

The **wondering** is more expansive than the object of awe.

MATERIALISM ↔ SPIRITUALITY

LEFT BRAIN

RIGHT BRAIN

content.....	process
particulars.....	gestalt
ends.....	means
outcome.....	flow
individual notes.....	symphony
results.....	context
fingerings.....	music
technique.....	art.
black/white thinking.....	options
trees.....	forest
concrete.....	abstract

Treatment Implications

We can change what we know by appealing to our reason and intellect.

We can change how we behave – some of the time – by learning new skills.

We can change who we are and how we respond only by allowing ourselves to be loved and to love unconditionally over time.

Treatment Implications

Find the pain.
Identify the shame.
Honor the strength.
Celebrate the successes.
Call attention to desire.
Pay attention to the **Therapeutic Relationship**.
Get feedback!

Treatment Implications

Content is important, particularly in early recovery. However, process interventions should not be overlooked.
Issues of relational connection; mother to child, husband to wife, sister to sister, brother to brother, father to child, friend to friend, must be supported.
Don't forget family.

Treatment Implications

You cannot out talk the limbic system.
Craving management is different than relapse prevention.
Behavior changes the brain more effectively than words.
Pain is too potent a motivator for words to undo. **Medications are often necessary**.
Harm reduction is an appropriate strategy.

Treatment Implications

The therapeutic relationship is of primary importance.

Issues of “play” and fun in addition to spontaneity need to be addressed in treatment.

Group interventions need to be safe and needs to bring the patients into the “here and now.”

Sources and further reading

Andreasen, Nancy C., *Brave New Brain : Conquering Mental Illness in the Era of the Genome*, Oxford Press, New York, 2003.

Behrens, Alan and Satterfield, Kristin: "Report of Findings from a Multi-Center Study of Youth Outcomes in Private Residential Treatment", presented At the 114th Annual Convention of the American Psychological Association, New Orleans, Louisiana, August 12, 2006.

Brizendine, Louann, *The Female Brain*, Random House, Inc., New York, New York, 2006.

Damasio, Antonio, *Descartes' Error: Emotion, Reason, and the Human Brain*, Penguin Books, London, 2004.

Goleman, Daniel, *Emotional Intelligence, why it can matter more than IQ*, Bantam Books, New York, NY, 1998.

Goleman, Daniel, *Social Intelligence: the revolutionary new science of human relationships*, Bantam Books 2006.

Kohut, Heinz, *The Analysis of the Self*, International Universities Press, New York, New York, 1971.

Kohut, Heinz, *The Restoration of the Self*, International Universities Press, New York, New York 1977.

Kou, Francis E., and Taylor, Andrea Faber, "A Potential Natural Treatment for Attention Deficit/Hyperactivity Disorder: Evidence from a National Study", *American Journal of Public Health*, September 2004; 94: 1580 – 1586.

LeDoux, Joseph, *The Synaptic Self: How Our Brains Become Who We Are*, Viking Penguin, New York, NY, 2002.

LeDoux, Joseph, *The Emotional Brain: the Mysterious Underpinnings of Emotional Life*, Viking Penguin, New York, NY, 1999.

Lewis, Thomas, *A General Theory of Love*, Vintage Press, New York, NY 2001

Pert, Candace B., *Molecules of Emotions: the Science behind Mind-Body Medicine*, Scribner, New York, NY, 1997.

Nathanson, Donald L., *Shame and Pride: affect, sex, and the birth of the self*, WW Norton & Co., New York, New York, 1992.

White, Aaron, *Keeping Adolescence Healthy*, BookSurge Publishing, Charleston, SC, 2008
