

# PRACTICAL APPROACHES TO MARIJUANA ADDICTION TREATMENT

A Presentation for  
**NEIAS** Fall 2016

Wm. L. Mock, Ph.D, LISW, LICDC, SAP  
Chief Training Officer, Professional Training Center  
9060 Stonegate Circle, North Ridgeville, OH 44039  
1 (216) 299-9506 drmock@gmail.com

---

---

---

---

---

---

---

---

---

---

## Axioms/Facts About Marijuana

◆ **Most commonly  
abused illicit drug  
in US**

---

---

---

---

---

---

---

---

---

---

## Axioms/Facts About Marijuana

◆ **Addictive with  
increased tolerance  
and withdrawal**

---

---

---

---

---

---

---

---

---

---

# Brain effects include:

---

---

---

---

---

---

---

---

## ◆ Distorted perceptions



---

---

---

---

---

---

---

---



## ◆ Impaired coordination

---

---

---

---

---

---

---

---



- Reduced problem solving
- Reduced learning and memory

---

---

---

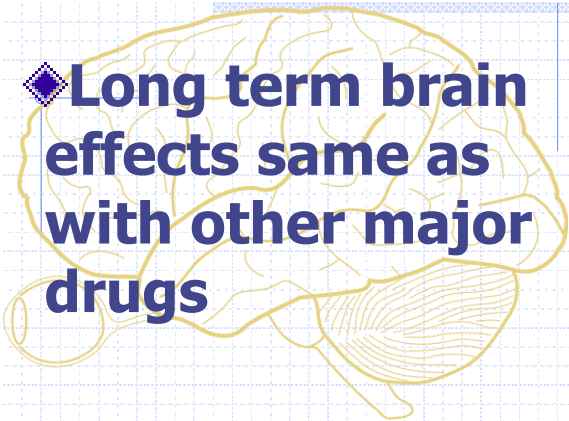
---

---

---

---

---



◆ Long term brain effects same as with other major drugs

---

---

---

---

---

---

---

---

### ◆ Mental Health and Marijuana

- ◆ Associative link with: anxiety, depression, and schizophrenia
- ◆ National Co-morbidity Study hypotheses
- ◆ In young person is a high marker of risk for MI including other addictions
- ◆ Acute psychotic reaction to high dose
- ◆ Use may trigger onset or relapse of schizophrenia

---

---

---

---

---

---

---

---

◆ **General Health Effects**

◆ **Up to a 4.8-fold increase in heart attack risk in first hour after smoking**

◆ **Heart rate up 20-100 percent up to 3 hours after smoking**



---

---

---

---

---

---

---

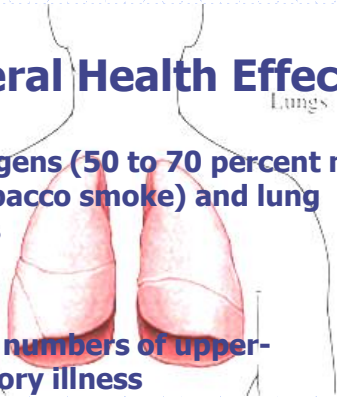
---

◆ **General Health Effects**

Lungs

◆ **Carcinogens (50 to 70 percent more than tobacco smoke) and lung irritants**

◆ **Greater numbers of upper-respiratory illness**



---

---

---

---

---

---

---

---

◆ **Marijuana is the most commonly used illicit drug and accounts for 16 percent of all admissions to treatment facilities in the United States**

---

---

---

---

---

---

---

---

### Types of Clients Presenting for Treatment

#### Type A

- ◆ Marijuana is not a problem
- ◆ Marijuana use is a solution
- ◆ Others are troubled by it
- ◆ Reason for referral is not the drug use but an accident of fate or obsession of others

#### Type B

- ◆ It is the problem and all other problems are caused by it
- ◆ Abstinence will fix everything
- ◆ Others are cut off
- ◆ Objective ownership of the addiction

---

---

---

---

---

---

---

---

◆ **A chief strategic error of counselors and other helpers when dealing with marijuana abuse/addiction is addressing one type in the same way you would address the other.**

◆ **Another even more common strategic error is not recognizing there are 2 types**

---

---

---

---

---

---

---

---

### Clinical Challenges

- ◆ Latency
- ◆ Addictive Rituals
- ◆ Contrast
- ◆ No A-Posteriori Comparisons
- ◆ Introspection Is Useless
- ◆ Low Impact Crises

---

---

---

---

---

---

---

---

# Therapeutic Tips

---

---

---

---

---

---

---

---

# Celebrations



---

---

---

---

---

---

---

---

# Screens



---

---

---

---

---

---

---

---

# Rituals



---

---

---

---

---

---

---

---

# Social Therapies



The Meeting

---

---

---

---

---

---

---

---

# Therapeutic Tips

◆ Careful Comparison

◆ Aha Reinforcement

---

---

---

---

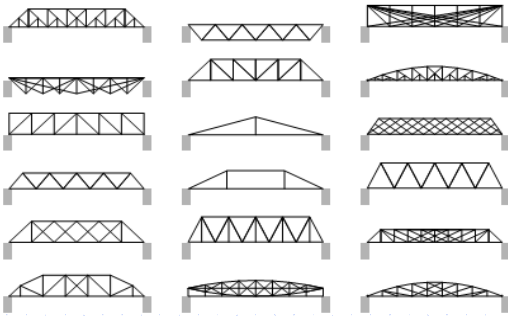
---

---

---

---

# Bridges



---

---

---

---

---

---

---

---

- ◆ Relevance
- ◆ Avoid Cues
- ◆ Relaxation
- ◆ Abstinence, Abstinence, Abstinence

---

---

---

---

---

---

---

---

## ◆ Buddy System



---

---

---

---

---

---

---

---



- ◆ Multiple Hits Treatment
- ◆ Motivate
- ◆ Long Haul Perspective
- ◆ Commitment

---

---

---

---

---

---

---

---