

New England Summer School of Addiction Studies

Presents

When the Titanic Meets the Iceberg: Addressing the Trauma Beneath Addiction

Presenter
Mark Sanders, LCSW, CADC

Lessons from History:

The Alcoholic Republic

"Americans drank more alcohol per capita, the first 40 years after the signing of The Declaration of Independence than anytime in our nations history."

Rationale

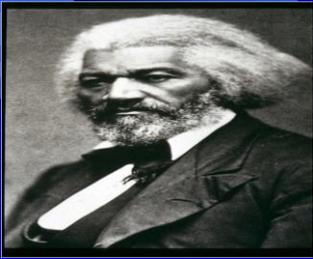
- The British had all the tea*
- Water was impure*
- Milk spoiled easily*





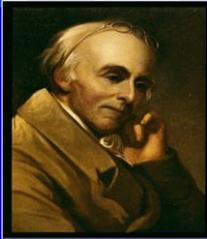


Martha Washington
Leader of the Temperance Movement



*"We can't stagger to freedom."
Frederick Douglass
Leader of the Black Temperance Movement*

Benjamin Rush, M. D.



First Surgeon General

*Every Helping Professional Needs to be
an Advocate for Trauma Informed Care
as a Part of their Ethical Responsibility*

A brief history

- *Freud*
- *World War I*
- *World War II*
- *Vietnam War*
- *Modern Addictions and Mental Health Treatment*
- *The Woman's Movement*
- *The Trauma of Unemployment*
- *The ACE Study*

Center for Disease Control and Prevention

The Adverse Childhood Study (ACE)

Research with Nearly 18,000 Adults

*Discovered A Strong Correlation Between
Early Childhood Trauma and
Physical and Mental Illness in Adulthood*

ACE Study

Directions – For each "yes" answer, give yourself one point. For each "no" answer, give yourself zero points.

When you were growing up in your household, before age 18, did you have any of the following experiences?

- 1. Often had a parent or someone else in the household who swore at you, yelled at you, and sometimes, or often, acted in a way that made you believe you might be physically hurt. _____*
- 2. Sometimes, often, or very often, were you pushed, grabbed, slapped, or had something thrown at you, or hit so hard that you had marks or were injured? _____*

ACE Study Continued

- 3. An adult or person at least five years older ever touched you or fondled you in a sexual way, had you touch their body in a sexual way, attempted oral, anal, or vaginal intercourse with you or actually had oral, anal, or vaginal intercourse with you. _____*
- 4. Were you ever mad to feel unloved, unprotected, and not special in your home? _____*
- 5. Were there times when you did not have food, clean clothes, and a place to live? If you were sick, were there times when an adult did not take care of you consistently? _____*

ACE Study Continued

- 6. *Did you ever witness your mother or stepmother get pushed, grabbed, slapped, hit, or have something thrown at her?* _____
- 7. *Was there anyone in your household who was a problem drinker, alcoholic, or who used street drugs?* _____
- 8. *Did you live with a household member who was depressed, mentally ill, or attempted suicide?* _____
- 9. *Were your parents ever separated or divorced?* _____
- 10. *Did you ever have a household member who went to prison?* _____

Ace Results

- *If a client answers yes to 3 out of 10 ACE Study questions they are at an increase of developing an addiction, process or chemical*
- *If a client answers yes to 3 out of 10 questions they are at risk of developing a mental illness*
- *Answering yes to 4 out of the 10 questions increases the risk of a Co-occurring Disorder (Mental Illness and Addiction)*

Secrets

Good Family Secrets

- *Santa Claus*
- *The tooth fairy*
- *Surprise birthday party*
- *How you feel about people as people*

Dark Secrets

Level I Dark Secrets

- *Phobias*
- *The intimate details of an affair*

Level II Dark Secrets

- *Your real ethnicity*
- *Adoption status*
- *Who your parents really are*



Secrets Theory

*Everyone in the family knows the secret.
They will repeat the secret across
generations until the secret is openly
dealt with.*

Source: Family Secrets

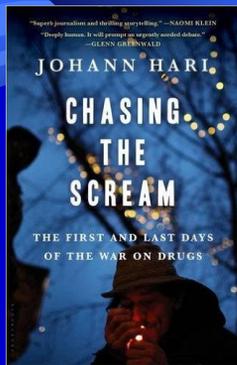
Level III Dark Secrets

- Addictions
- Living with addictions

Level IV Dark Secrets

These secrets cause the most damage if not discussed

- Incest
- Childhood sexual abuse
- Sexual assault
- Torture
- Witnessing extreme violence
- "The secret that you only tell once"



In the Realm of the Hungry Ghost
by
Gabor Mate, M.D.

- *Drugs don't cause addiction any more than a deck of cards causes compulsive gambling*
- *There needs to be a pre-existing vulnerability*
- *For some people, the seeds of addiction is planted years before they use*





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Seeds for his Addiction

- *Absence of a childhood*
- *Pressure to be perfect*
- *Low self concept*
- *Father wounds*

Diagnostic Categories and Treatment

PTSD

- *The person has been exposed to a traumatic event*
- *Recurrent and intensive distressing recollections of the event*
- *Efforts to avoid conversations, activities, places and people that bring up memories of the event*
- *Difficulty falling or staying asleep, nightmares, flashbacks*

Treatment

Cognitive Behavioral Therapy, Exposure Therapy, EMDR, Cognitive Processing Therapy

PTSD vs. Complex Trauma

With PTSD exposure to a specific traumatic event is required

Complex Trauma Includes Multiple Layers and Years of Traumatic Experiences

- *Neglect*
- *Abandonment*
- *Multiple placements*
- *Parental substance abuse*
- *Adult emotional unavailability*
- *Multiple losses*
- *Exposure to domestic violence*
- *Abuse*

Most Common Symptoms of Complex Trauma

- *Difficulty regulating emotions* 65%
- *Difficulty with impulse control* 63%
- *Negative self-image* 62%
- *Difficulty concentrating (ADD)* 60%
- *Aggression (Conduct Disorder)* 56%
- *PTSD* 12%
- *Substance Abuse* 10%

Treatment

Cognitive Behavioral Treatment, Anger Management, Mindfulness Meditation, ARC Model etc.,

Historical Trauma

A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma

- Brave Hart, 2000

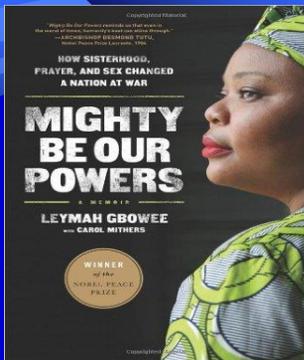


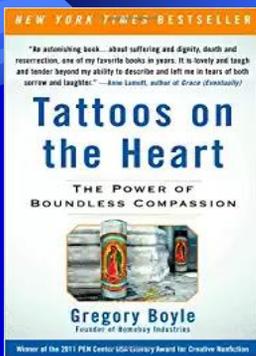
Historical Trauma Features

- *Loss of culture*
- *Survivor guilt*
- *Depression*
- *Traumatic stress symptoms*
- *Numbing*
- *Low self esteem*

Historical Trauma Features Continued

- Historical unresolved grief
- Substance use
- Suicidal ideations
- Traumatizing others at the micro and macro levels





The Healing of Historical Trauma

- *Awakening and Collective Commitment*
- *Mass Mobilization*
- *Personal and Collective Mourning*
- *Forgiving the Unforgivable*
- *Return to culture*
- *Achieving a new harmony*
- *Cultural revitalization and celebration*

White and Coyhis

24 -7 – 365 Terror

An Existential Concern

How long do African American and Latino males live?

Dispelling the Myth

- *500 – 700 murders annually*
- *40,000 annual births in Chicago*
- *2.7 million residents*

Dispelling the Myth Continued

- *9 million residents of Cook County*
- *112 murders in Englewood over last 20 years*
- *73 thousand residents of Englewood*
- *Life expectancy of African American men in Chicago is age 70. Hispanic Latino males age 73*

3 Waves of Trauma Informed Treatment

First Wave

- *Psychodynamic Approaches*
Judith Hermann
- *Safety*
- *Remembering and mourning*
- *Reconnection*
 - *Finding a survivor mission*
 - *Striving to reach your potential*

Second Wave

- *Cognitive Behavioral Therapies*

Third Wave

- *Experiential Approaches*



September 11th survivors were asked what helped them most with their trauma

- *Acupuncture*
- *Massage*
- *Yoga*
- *Movement*





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Agency's Have an Ethical Responsibility to Create Trauma Informed System of Care

A trauma informed system of care recognizes and therapeutically responds to the impact of traumatic stress on those who have contact with the system from the initial phone call, through termination and follow-up. In a trauma informed system of care every member of the service team has an awareness of their role in reducing the impact of trauma on those seeking services.

The First 5 Minutes of Contact

- *A warm greeting*
- *Pictures on the wall*
- *Magazines in the waiting room*
- *A short wait*
- *An inviting waiting room*
- *Positive service energy*

Principles of Trauma Informed Care Continued

- *Parallel Process- How we treat each other impacts how we treat clients*
- *Do no harm*

Do No Harm

- *Avoid heavy confrontation*
- *Use person first language*
- *Avoid stigmatizing language*
 - *Addict*
 - *Dopefiend*
 - *Dirty drop*
 - *Clean*
- *Natural consequences rather than punishment*

Do No Harm Continued

- *Client is in charge of disclosure*
- *Missing details are ok*
- *One experience can stand for many*
- *Healthy boundaries*

Types of Family Boundaries

- *Loose- everyone is doing their own thing, no one is aware of what's going on with other family members*
- *Enmeshed- family members are too close*
- *Healthy- everyone is allowed the 5 freedoms*

The Five Freedoms

- *To think what you think rather than what you should think*
- *To feel what you feel rather than what you should feel*
- *To want what you want rather than what you should want*
- *To see what you see rather than what you should see*
- *To imagine your own self actualization*

The Goal is: Differentiation of Self

The ability to establish healthy boundaries when the system is pushing you towards enmeshment. This involves:

- *Assertiveness*
- *The ability to say no*
- *Emotional preparation*
- *The ability to observe rather than react*
- *A healthy family of choice*

Emotional Cut Offs

How individuals distance themselves from enmeshment without doing the work of differentiation of self.

- *Drug use*
- *Homelessness*
- *Discontinuation of medication*
- *Prison*
- *Caller ID*
- *Go to war*

Emotional Cut Offs Continued

How individuals distance themselves from enmeshment without doing the work of differentiation of self.

- *Joining a gang or a cult*
- *An addictive relationship*
 - *Smothering*
- *Suicide*

Do No Harm Continued

- *Paternalism*
- *Discharge for confirming the diagnosis*
- *Keeping clients in therapy too long*
- *Treating aftercare as an afterthought*
- *Dual relationships*
- *Sexual exploitation*
- *Professional desertion*
- *Guard against burnout and compassion fatigue*

Sign of Compassion Fatigue

- *Loss of energy*
- *Loss of hope*
- *Loss of idealism*
- *Spiritual distress*
- *Shift in your world view*
- *Depersonalization*

Depersonalization

Compassion Fatigue Protective Factors

- *Laughter*
- *Feelings of appreciation*
- *Team cohesion*
- *Outlets to discuss traumatic experiences*
