



A whirlwind tour which will focus upon:

- Providing a description/definition of addiction that is fit for our purpose.
- The consequences of addiction.
- Addiction – Its Power & Potential
- Addiction - Signs & Indicators.
- A brief overview of some theory and practice.
- Turning theory into a practical line of enquiry.



addiction
One entry found.

ad·dic·tion

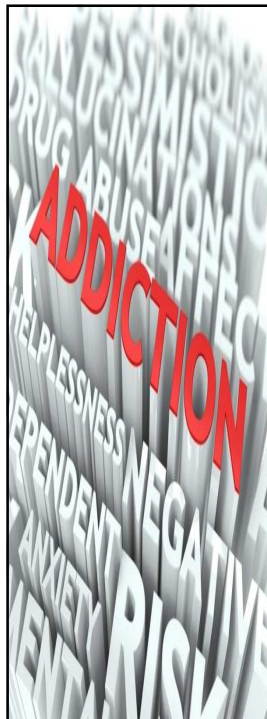
plural ad·dic·tions

1 : a strong and

(such as gamb

to playing the lotto

(...war) : an



Why do some people who use substances/alcohol get addicted and some who use do not?

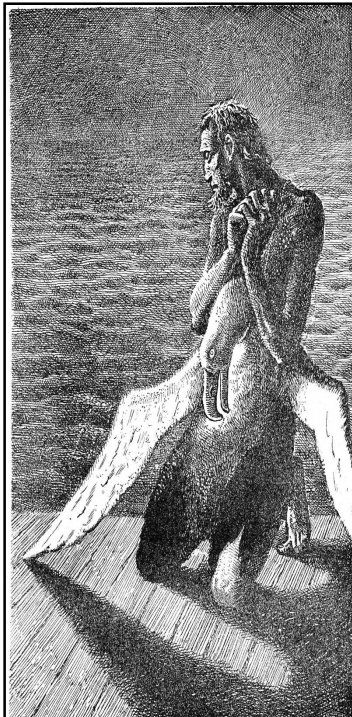
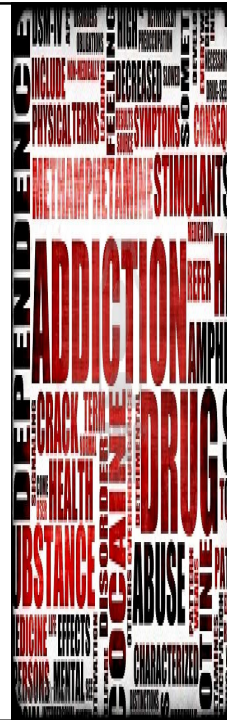
Is addiction a disease?

What is the difference between use, misuse, abuse and addiction?



Addiction – A Definition

The loss of **CONTROL** over the **COMPULSION** to use, irrespective of the **CONSEQUENCES**



And for our purposes...

The perils and consequences of addiction specifically characterised by:

- Recurrent unsafe sex while under the influence of one or more substances and/or addictions.
- Recurrent inability to perform sexually unless substance use occurs
- Drug use that leads to medicine noncompliance
- Drug use that results in a negative change in life status i.e. work, relationships, finances etc.



Addiction – The Smiling Assassin Believing The Lie

- Confidence & Self-esteem
- Invincibility
- Intimacy
- Great sex, greater sex ad infinitum.
- A sense of belonging, kinship and connection
- Spiritual enlightenment



Addiction – The Primary Relationship

“...the vulnerable individuals attachment to chemicals serves both as an obstacle and as a substitute for interpersonal relationships.”

Philip J.Flores





The Challenge of Relationship

- **Struggle with affect regulation**
- **Intimacy challenges**
- **Boundary transgression**
- **The consequence of trauma and the potential for re-enactment**
- **Homophobia & Heterosexism**



Key Signs of 'Active' Addiction What to look & listen out for



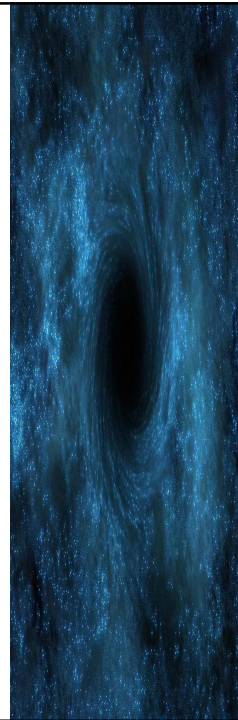
- **Impact on personal health/hygiene/nutrition/time-keeping**
- **Compromised boundaries**
- **Distorted sense of reality**
- **Defensiveness**
- **Denial**
- **Depression and/or mood swings**
- **Non-adherence to meds regimen**
- **Stress & Anxiety Management issues.**
- **Disproportionate expressions of 'boredom', lethargy and/or inertia**



Life. I just don't get it. Meaning & Purpose

"It is a lack of purpose and meaning in people's life. When they lack that sense of purpose, addiction seems like a really good proposition. It gives them a sense of meaning, of purpose, of identity - although not one that is positive or sustainable. The challenge of recovery is to find meaning"

John Crepsac – Recovery Counsellor NYC
(quoted in Psychology Today Online)



Substance Use, Misuse, Abuse or Addiction How will we know?

1

- Experimental, recreational users
- Often heavy periods of use
- Choice not addiction
- Addiction was not the consequence

2

- Those who realised that they could not regulate
- Often 'rock bottomers'
- Motivated and self-caring enough to seek help



Substance Use, Misuse, Abuse or Addiction How will we know?

3

- Extensive history of crash and burn before 'moment of truth'
- Know they need to stop but cannot
- Recovery erratic and plagued by relapse
- Significant level of a wide variety of interventions before they control.

4

- Robust sobriety cannot be maintained despite support.
- Often fatal/catastrophic consequences.



The Integrated Care Pathway

**"Professionals must accept that they cannot treat patients alone - the addiction is too deeply entrenched, the patient too alienated"
(Kemker (1993), quoted by Flores 2012)**

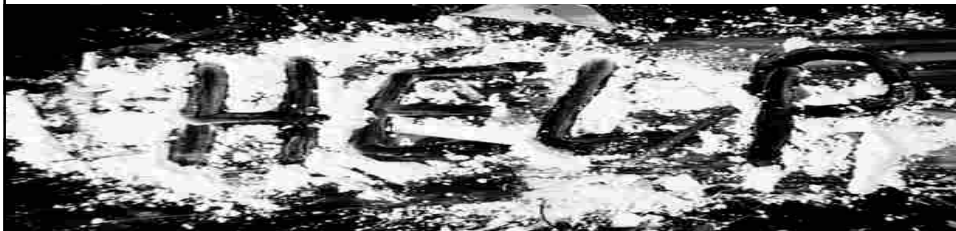


Indicators 1 Getting Curious: The Drugs

Are the drugs pleasure-giving, pain-relieving or both?

If both, which is your primary consideration?

What can you do/feel when using that you currently feel you
would not be able to otherwise?



Indicators 2 Responsibility & Choice

List some of the reasons you have chosen the
specific substances you use?

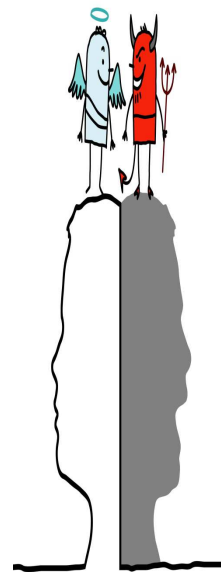
Are there any drugs you believe you would never use?

Do you feel in control of your drug use?

How do you feel you would know if you lost or were
in danger of losing control of your use?

Have you ever felt that you were losing control?

If so, what did you do to regain it?





Indicators 3

The Bigger Picture: Meaning & Purpose

Do you ever get bored?

**When you feel bored, does this trigger thoughts
and feelings
about drugs you use?**

**Do you feel that you are more likely to use or plan
use when you
are bored?**

What are the things that matter to you in your life?

Indicators 3 (cont.)

The Bigger Picture: Meaning & Purpose

**Do you or did you ever have goals that you set for
yourself?**

Did you achieve these?

**What makes you feel excited, fulfilled, satisfied and/or
content?**

Do you have a sense of belonging?

**If you woke up tomorrow and your life was as you wished
it were, how would it look?**

Indicators 4

The Bigger Picture: Current Relationships

How would you describe your current relationships?
(friends, family, partner)

To what extent do you feel your relationship with drugs
has impacted upon your relationships with people?

To what extent do you feel that your relationship with others is
dependent upon your drug use?

Do you tend to use drugs in isolation, with people you know
or with strangers?

To what extent do you feel you use drugs in order
to relate to others sexually and/or socially?



KEEP
COMING BACK



IT WORKS
IF YOU WORK IT

The 12 Step Philosophy 1

The Relational Core of AA & Its Derivatives

The given of 'we know why you're here'

Silence acceptance.

Calls members on their 'narcissistic defences'.

Sustained and sustainable relationships

Maintained contact with others which challenges
interpersonal patterns

Regular attendance offers esteeming though
not collusive group relationship.



The 12 Step Philosophy 2

The Relational Core of AA & Its Derivatives

Correcting the Damage

It provides an intimate group relationship experience that is not exploitive, destructive or shameful

Meetings are regular, reliable and consistent.

Shatters the myth of isolation and aloneness.

Empathic & emotional attunement.

The power of the group dynamic.



In CONCLUSION...

Further reading/links that may be of interest...

Neuroscience & Neurophysiology of Addiction

Chapter: Neurophysiology & Attachment

(Source: Addiction as an Attachment Disorder by Philip Flores)

Neuroscience of Need: Understanding the Addicted Mind

(B.Goldman/Online)

Examining Challenges of Addictions & Mental Health in HIV Care

The recent webinar, delivered by the BC Centre for Excellence in HIV/AIDS can be found at <http://education.cfenet.ubc.ca/webinars/>



Questions

Why do some people who use substances/alcohol get addicted and some who use do not?

<http://www.addictscience.com/why-some-get-addicted/>

What is the difference between use, misuse, abuse and addiction?

http://samples.sainsburysebooks.co.uk/9781135122195_sample_1022132.pdf

Is addiction a disease?

<https://www.psychologytoday.com/blog/the-heart-addiction/201112/is-addiction-really-disease>



**Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**

**A Provider's Introduction to Substance Abuse Treatment
for
Lesbian, Gay, Bisexual and Transgender Individuals**

<https://www.nalgap.org/PDF/Resources/ProvidersGuide-SAMSHA.pdf>

