

## **Coping with Trauma and Addictions: A Treatment Approach**

Over the last few years, research has clearly demonstrated that Trauma and Substance Abuse are frequently linked together. It would seem that abusing substances is often the primary, unhealthy way people use to cope with the aftermath of the trauma event. In the past, all too often, therapists have tried to treat this co-occurring disorder separately, or sequentially. Often they might have ignored one disorder to treat the other. This has not been very helpful to the person being treated. Both issues must be acknowledged and treated at the same time.

This workshop focuses on helping to identify Trauma (PTSD) and Substance Abuse as a frequent Co-occurring Disorder, and describes an overview on a treatment approach utilizing Trauma Informed Services techniques. The workshop will be helpful for people working with clients who have experienced significant trauma in their lives.

### **Participants will learn:**

- To identify a working definition of trauma
- To be able to list 2 common reactions of trauma in each of 5 life domains
- To list 4 standards for Trauma Informed services for your organization
- To describe the 3 Stages of Healing
- To list the 4 steps in every session

### **Daily Agenda:**

Day 1: (8:30 a.m. – 4:30 p.m.)

- Understanding the impact of Trauma
- Common Losses after Trauma
- Turning to Addiction
- Principles of Trauma Informed Services
- Stages of Healing
- Building Coping Skills
- Strength Based Strategies
- Focus on Ideals
- Therapist Strategies
- Treatment Process
- Structure of the Session
- Problem Issues

### **Learning Materials:**

The instructor will supply handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the extensive use of small group activities. A short post-test will also be used to measure learning.

### **Assignments:**

Participants are expected to actively engage in dialogue with the instructor and other participants during interactive segments of the course.

**Evaluation:**

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.