

# Addiction: Dynamics and Treatment

## Workshop Overview

Addiction is a major health problem in the United States. It is estimated that there are more than 12 million addicted people with between 48 million and 60 million significant others affected. Current research indicates that addicts typically have a physiological predisposition to this disease. In addition, to the physical consequences of addiction, there are innumerable psychological and social consequences. Despite the magnitude of the problem and our awareness of its origins, addiction receives relatively little attention in health care education. One reason is that historically the public has viewed addiction as a moral weakness, and many medical and mental health professionals have considered it to be untreatable. Through denial and/or lack of knowledge, professionals often misdiagnose and/or often mistreat the symptoms of addiction. For example, traditional psychodynamic methods are contraindicated in addiction treatment. Depth psychotherapy may increase drinking among alcoholics, because its intention is to increase the stress level as an antecedent for change. The resulting treatment failures cloud the therapeutic process and contribute to the belief that recovery is not a viable option. In fact, addiction can be treated when clinicians receive appropriate training in its diagnosis and in effective techniques for treatment.

Designed for clinicians, EAP providers, and other professionals, this workshop provides information on the diagnosis, treatment, and referral of alcoholics/addicts and their families and delineates gender differences both in the disease and in its treatment. Experiential exercises assist participants in identifying and interacting with the client in the therapeutic process.

## Workshop Topics

- History of addiction
- Holistic health model of addiction
- Family dynamics
- Diagnosis
- Intervention
- Treatment issues and modalities

## Workshop Objectives

- Discuss history of addiction treatment
- Demonstrate the process of addiction
- Present a holistic health model of addiction
- Illustrate the process of intervention

STEPHANIE S. COVINGTON, Ph.D., L.C.S.W.

7946 IVANHOE AVE., #201 B, LA JOLLA, CA 92037 TEL: 858-454-8528 FAX: 858-454-8598 [www.stephaniecovington.com](http://www.stephaniecovington.com)