

# **The Addiction/Trauma Connection: Spirals of Recovery and Healing**

## **Workshop Overview**

Addiction and trauma are often addressed as separate issues. Yet, mental health professionals continue to report a clear and consistent association between the incidence of chemical dependency and all forms of interpersonal violence (physical, emotional, and sexual). The initial focus of the presentation will be the history of trauma, its connection to addiction, and the process of trauma. It will include the following: therapeutic environment, stages of recovery, dissociation, triggers, and secondary traumatization. However, the principal emphasis will be on healing - on learning ways to facilitate the healing process in the context of women's addiction treatment and recovery. The model used is part of the new *Beyond Trauma* curriculum and is based on theory, research, and clinical experience.

## **Workshop Topics**

- History of Trauma
- Process of Trauma
- Trauma and its Connection to Addiction
- Trauma Treatment

## **Workshop Objectives**

- Understand the historical background of trauma
- Explore the connection between addiction and abuse
- Examine the impact of trauma on addiction recovery
- Increase therapeutic skills in working with trauma survivors