

Addiction and Recovery: A Trauma-Focused View: Video Course

Dr Jamie Marich

Video Course
CPD/CE credits: 5

Price: £135



Online video access remains available for 1 year from the date you receive the video course.

Conceptually, *addiction* refers to a fixation on or a surrender to something outside of oneself; which may be manifest in a number of ways – from alcoholism and drug dependence, to compulsive porn consumption, behavioural repetitiveness and forms of acting out. Practically speaking, these addictions may co-exist, exhibit comorbidity with anxiety / depression and be deep rooted in a trauma landscape – presenting multiple challenges for psychotherapists, counsellors and psychologists. Often, practitioners may also find themselves in a great struggle when addressing addiction, feeling that their **existing methods and modalities are proving insufficient**.

At this practically-oriented workshop, Dr Jamie Marich – a renowned specialist in addictions, trauma and dissociation – seeks to bridge the conceptual and practical gap between traditional addiction therapy principles and approaches for trauma-focused care. She contends that many existing courses and programmes for treating addiction do not sufficiently **take the impact of unhealed trauma into account**. Through case-vignettes and examples, she explains how a trauma-focused view for addictions can inform our treatment strategies and allow us to **construct trauma-informed therapeutic action plans that incorporate multi-modal and inter-modal approaches**. The overall goal of the workshop is to equip practitioners with new strategies for addressing addictions meaningfully, regardless of their specific setting or modality.

Objectives of the workshop:

- To define addiction through at least three different existing models of understanding within the treatment field, and discuss relevant debates and criticisms of each
- To discuss and define addiction through a specific trauma-focused lens, which takes into account the new **Addiction as Dissociation** model



- To articulate the basic tenets of the *Addiction as Dissociation* model and ultimately discuss the link between unhealed complex trauma and dissociation and the development of substance use disorders and other addictive behaviours
- To develop a basic treatment plan for working with a clinical presentation that involves addiction or other issues of behavioural compulsivity, guided by models for trauma-focused treatment
- To practice and teach to clients at least **five mindfulness-informed strategies that can assist with affect regulation, distress tolerance and craving management**
- To evaluate one's personal needs for further training in the study of addiction, trauma and its interplay

About the speaker

Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-200, RMT travels internationally speaking on topics related to EMDR therapy, trauma, addiction, expressive arts and mindfulness while maintaining a private practice in her home base of Warren, OH. Dr Marich began her human services career as a civilian humanitarian aid worker in post-war Bosnia from 2000-2003. She is the developer of the *Dancing Mindfulness* approach to expressive arts therapy and co-creator of the *Yoga Unchained* approach to trauma-informed yoga. She delivered a TEDx talk on trauma in 2015. Jamie is the author of *EMDR Made Simple: 4 Approaches for Using EMDR with Every Client* (2011), *Trauma and the Twelve Steps: A Complete Guide for Recovery Enhancement* (2012), *Trauma Made Simple: Competencies in Assessment, Treatment, and Working with Survivors*, *Dancing Mindfulness: A Creative Path to Healing and Transformation* (2015). In collaboration with Dr. Stephen Dansiger she also wrote: *EMDR Therapy and Mindfulness for Trauma Focused Care* (Springer Publishing Company, November 2017). Her newest title, *Process Not Perfection: Expressive Arts Solutions for Trauma Recovery*, released in April 2019.

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