

The Rutgers DSW Program

Module Title: Through a Trauma-Informed Lens: Rethinking Addiction Treatment

Instructor:

Residency: November 2018

Time:

Module Description:

Based on outcomes research, addiction treatment has not demonstrated that it is highly effective in assisting individuals to abstain from abusing substances. Despite the advances in understanding the connection between trauma and addiction, current treatment often remains committed to traditional models that do not consider the impact of trauma on the development or maintenance of a substance use disorder. Understanding substance use through a trauma lens and creating trauma informed treatments has the potential to improve the outcomes of substance abuse treatment. This, however, requires a paradigm shift in how we treat individuals who struggle with addiction.

Module Objectives:

1. To explore the history of addiction treatment and its impact on current models of treatment
2. To understand the connection between trauma and addiction
3. To examine models of trauma-informed substance abuse treatment

Required Reading:

1. Felitti, V. J. (2003). The origins of addiction: Evidence from the adverse childhood experiences study. *Praxis der Kinderpsychologie und Kinderpsychiatrie*, 52(8), 547-559.
2. Khantzian, E. (1999). Trauma and addictive suffering: a self-medication perspective. In E. Khantzian's *Treating Addiction as a Human Process*, (p. 451-465). Lanham, MD: Jason Aronson.
3. Tatarsky, A. (2010). Integrative Harm Reduction Psychotherapy: a case of substance use, multiple trauma and suicidality. *Journal of Clinical Psychology: In Session*. Vol 66(2), p. 123-135.

Recommended Reading:

1. Kellogg, S. & Tatarsky, A. (2012). Re-envisioning addiction treatment: A six-point plan. *Alcoholism Treatment Quarterly*, 30:109-128.
2. van der Kolk, B. (2005). Developmental trauma disorder. *Psychiatric Annals*. 35(5), p. 401-408.