

# Trauma

WCAF

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**Advisory Board Member or Equivalent:** CSAM Policy Committee, Alberta Pain Strategy Co-Chair, Indivior (no payments accepted)

**Scientific Planning Committee/Presenter:** Queen's Canadian Addiction Summit Conference Chair, WCAF Conference Co-Chair, Master Clinician Alliance

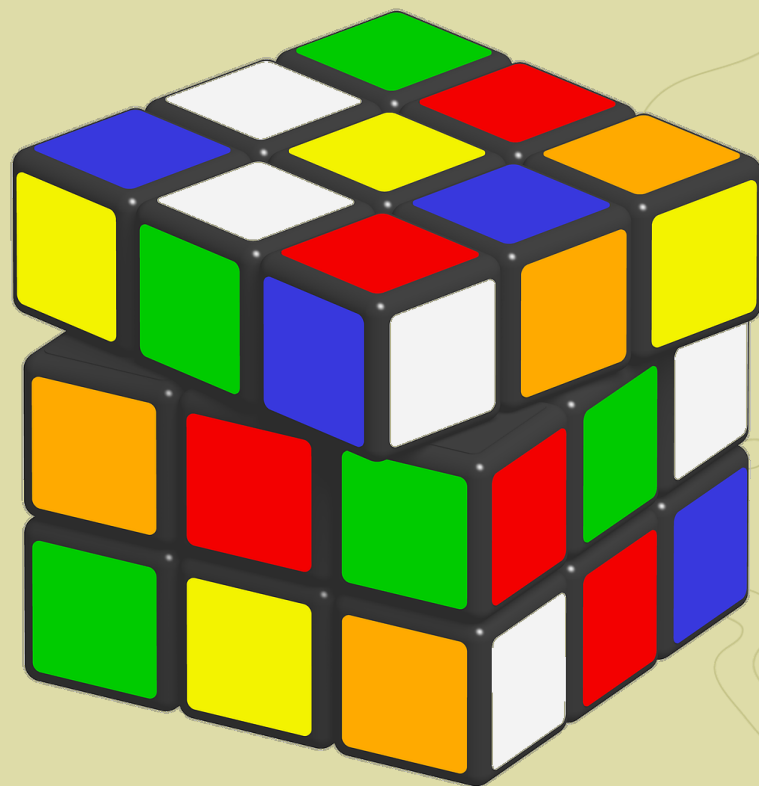
**Speakers Bureau/Honoraria/Grant:** Master Clinician Alliance

**Clinical Trials/Research Funding (within the past three years):** Health Canada SUAP, CAN Health Network, Alberta Innovates, CIHR

**Other (within the past two years):**

The Newly Institute Co-Founder & Chief Medical Officer, Alberta Psychedelic Legislative Committee, Alberta Safe Supply Legislative Committee, Alberta Recovery Expert Advisory Panel

# PTSD



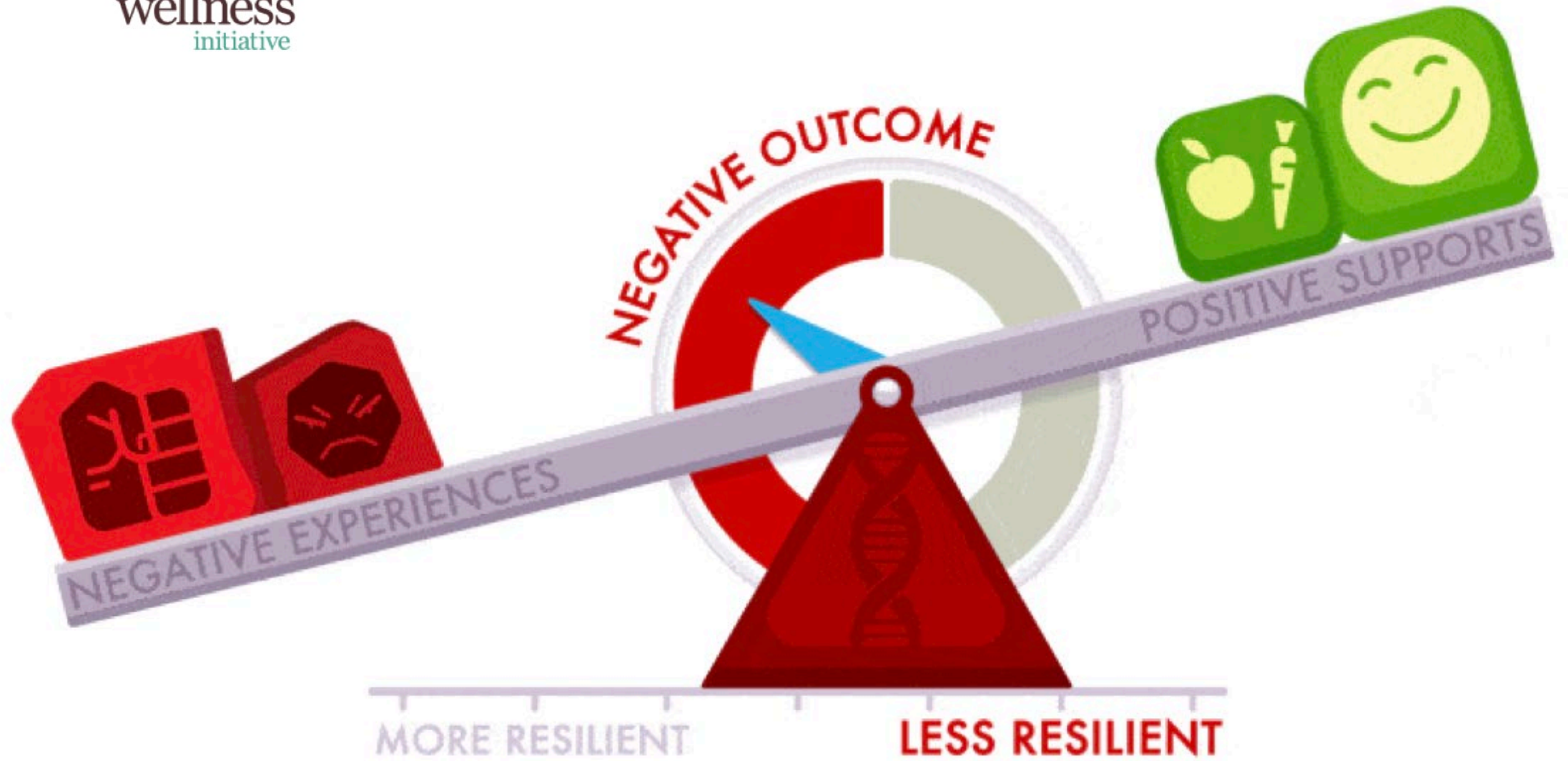
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**Addiction treatment is hard! Prescribing  
is easy!**





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ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



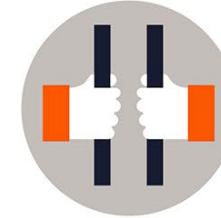
Mental Illness



Mother treated violently



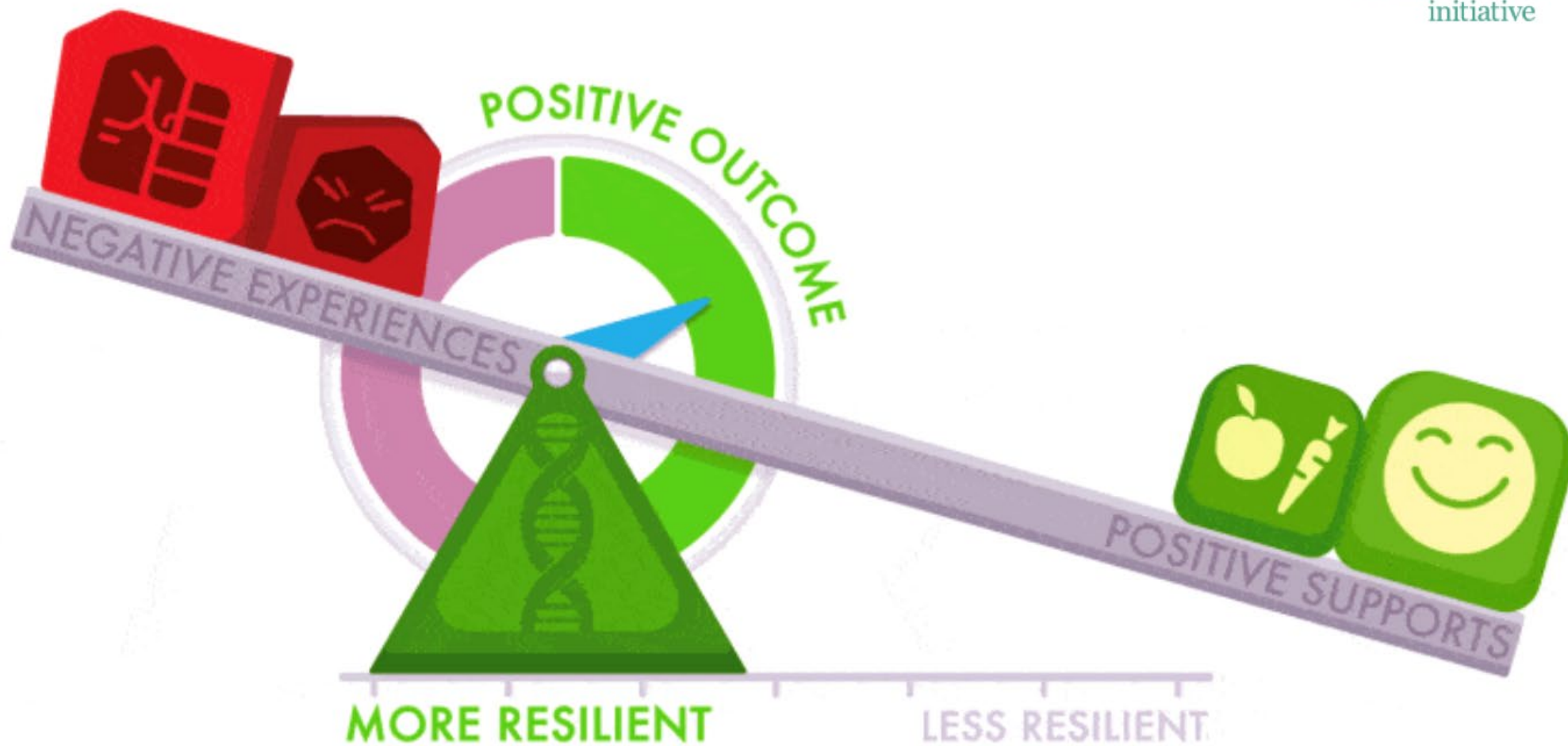
Divorce



Incarcerated Relative



Substance Abuse







# **Building Resilience**

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# N

## What is Resilience?

The capacity to **withstand loss**, the capacity to **prevent a loss** from occurring in the first place, and the capacity to **recover from a loss** if it occurs

- The magnitude of shock that **the system can absorb** and remain in a given state
- The degree to which the system is **capable of self-organization**
- The degree to which the system can **build capacity for learning and adaptation**

N

# Psychiatric Treatment



Cochrane [Database of Systematic Reviews](#)

# Psychosocial combined with agonist maintenance treatments versus agonist maintenance treatments alone for treatment of opioid dependence

Cochrane Systematic Review - Intervention | Version published: 05 October 2011 [see what's new](#)

[New search](#)



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“It should be noted that the control intervention used in the studies included in the review on maintenance treatments, is a program that routinely offers counselling sessions in addition to methadone; thus the review, actually, did not evaluate the question of whether any ancillary psychosocial intervention is needed when methadone maintenance is provided...”

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# Efficacy and cost-effectiveness of an adjunctive personalised psychosocial intervention in treatment-resistant maintenance opioid agonist therapy: a pragmatic, open-label, randomised controlled trial



*John Marsden, Garry Stillwell, Kirsty James, James Shearer, Sarah Byford, Jennifer Hellier, Michael Kelleher, Joanna Kelly, Caroline Murphy, Luke Mitcheson*

**Lancet Psychiatry 2019;  
6: 391-402**

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April 2, 2019

[http://dx.doi.org/10.1016/  
S2215-0366\(19\)30097-5](http://dx.doi.org/10.1016/S2215-0366(19)30097-5)



JOURNAL OF DUAL DIAGNOSIS, 7(4), 194–206, 2011

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ISSN: 1550-4263 print / 1550-4271 online

DOI: 10.1080/15504263.2011.620421



# The Use of Exposure-Based Treatment Among Individuals With PTSD and Co-occurring Substance Use Disorders: Clinical Considerations

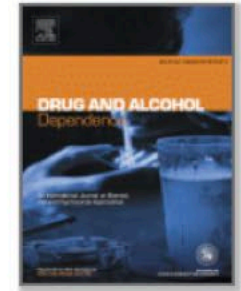
Therese K. Killeen, PhD, APRN, Sudie E. Back, PhD, and  
Kathleen T. Brady, MD, PhD

N



# Drug and Alcohol Dependence

Volume 90, Issue 1, 6 September 2007, Pages 89-96



## Do trauma history and PTSD symptoms influence addiction relapse context?

Sonya B. Norman, Susan R. Tate, Kristen G. Anderson, Sandra A. Brown  

Show more 

<https://doi.org/10.1016/j.drugalcdep.2007.03.002>

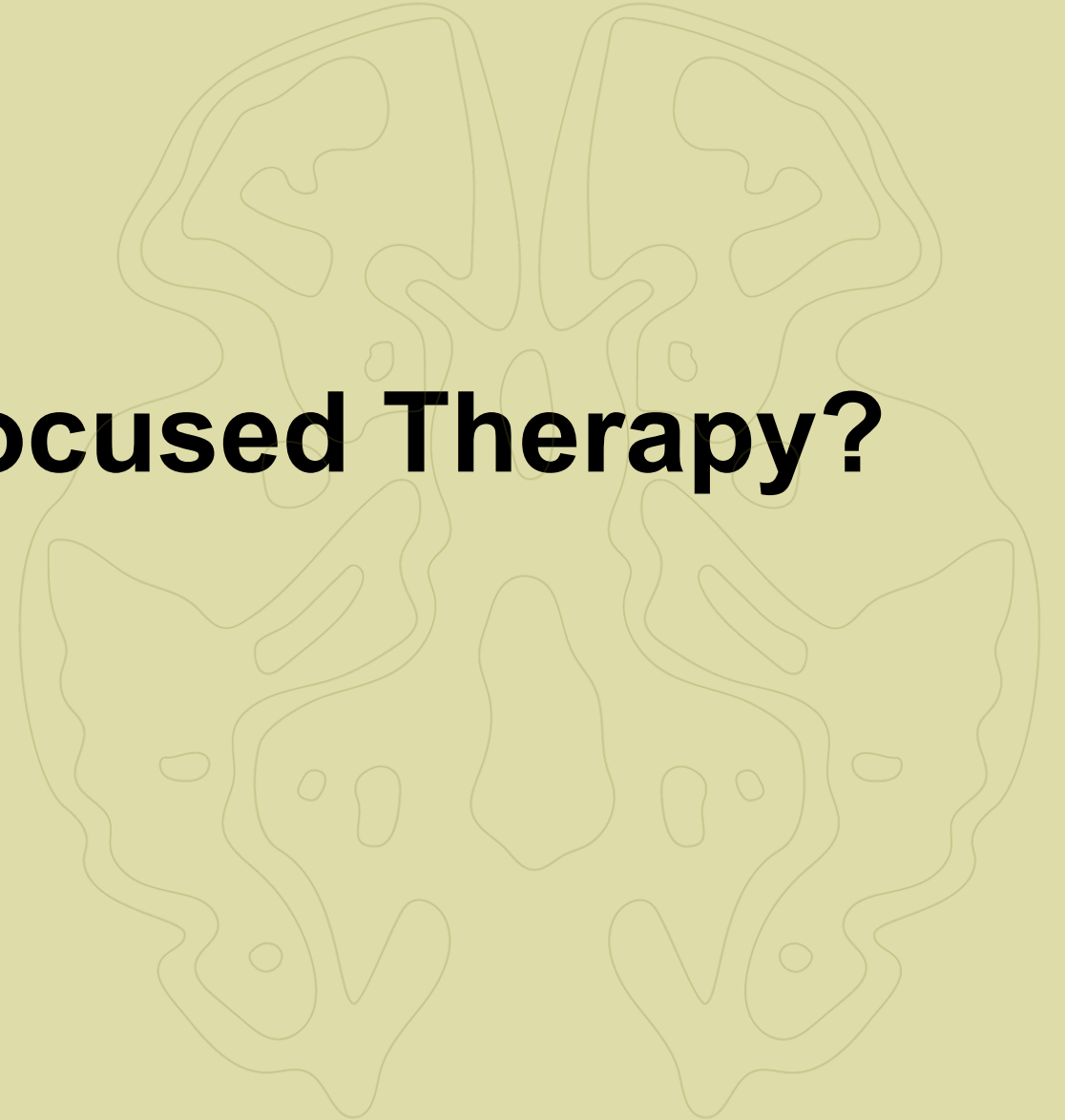
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# Prevalence of post-traumatic stress disorder among patients with substance use disorder: it is higher than clinicians think it is

Nele Gielen, RemcoC. Havermans, Mignon Tekelenburg & Anita Jansen

**To cite this article:** Nele Gielen, RemcoC. Havermans, Mignon Tekelenburg & Anita Jansen (2012) Prevalence of post-traumatic stress disorder among patients with substance use disorder: it is higher than clinicians think it is, *European Journal of Psychotraumatology*, 3:1, 17734, DOI: [10.3402/ejpt.v3i0.17734](https://doi.org/10.3402/ejpt.v3i0.17734)

# What is Trauma-Focused Therapy?





U.S. Department of Veterans Affairs

## PSYCHOTHERAPY

## MEDICATION

### Cognitive Processing Therapy

### Eye Movement Desensitization & Reprocessing

### Prolonged Exposure

### SSRI/SNRI

#### What type of treatment is this?

Psychotherapy (a type of trauma-focused CBT)

Psychotherapy

Psychotherapy (a type of trauma-focused CBT)

Antidepressant medications:  
• SSRI: Prozac, Paxil & Zoloft  
• SNRI: Effexor



#### How does it work?

Teaches you to reframe negative thoughts about the trauma

Helps you process and make sense of your trauma

Teaches you how to gain control by facing your fears

Restores the balance of naturally occurring chemicals in your brain



#### What will I do?

- Talk about your thoughts
- Writing assignments and worksheets

















Call the trauma to mind while focusing on an external motion or sound

- Talk about the trauma
- Start doing safe things you have been avoiding

Take a pill at regular time(s) each day



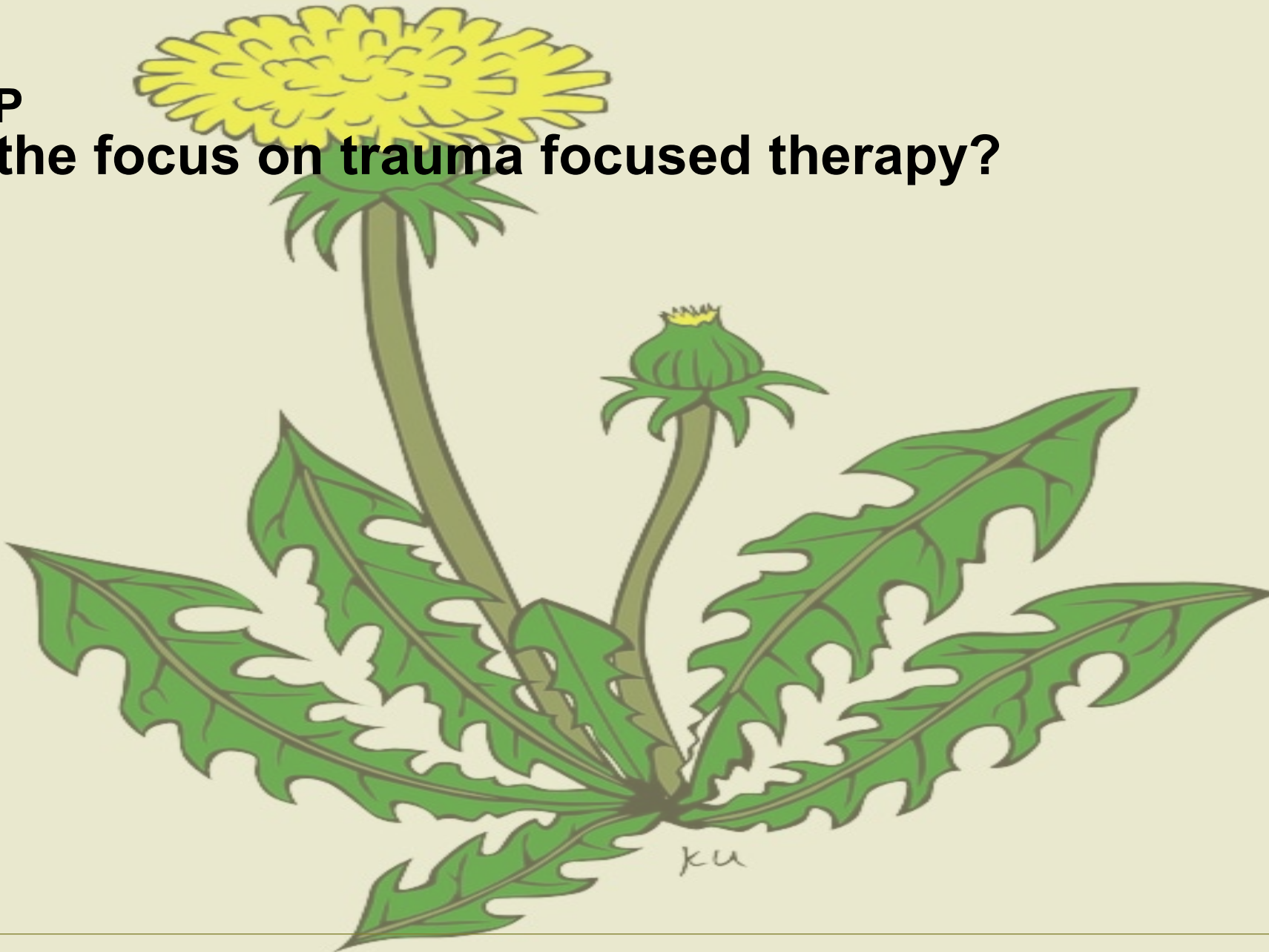


<p><b>Group or individual?</b></p>	<p>Group or individual</p> <p></p>	<p>Individual</p> <p></p>	<p>Individual</p> <p></p>	<p>Individual</p> <p></p>
<p><b>Will I need to talk about my trauma?</b></p>	<p>Depends on type of CPT</p> <p> </p>	<p>Optional</p> <p> </p>	<p>Yes</p> <p> </p>	<p>No</p> <p> </p>
<p><b>Will I have homework?</b></p>	<p>Writing assignments and worksheets</p> <p></p>	<p>No</p> <p></p>	<ul style="list-style-type: none"> <li>• Listen to session recordings</li> <li>• Do safe activities you have avoided</li> </ul> <p></p>	<p>No</p> <p></p>

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MMIOP

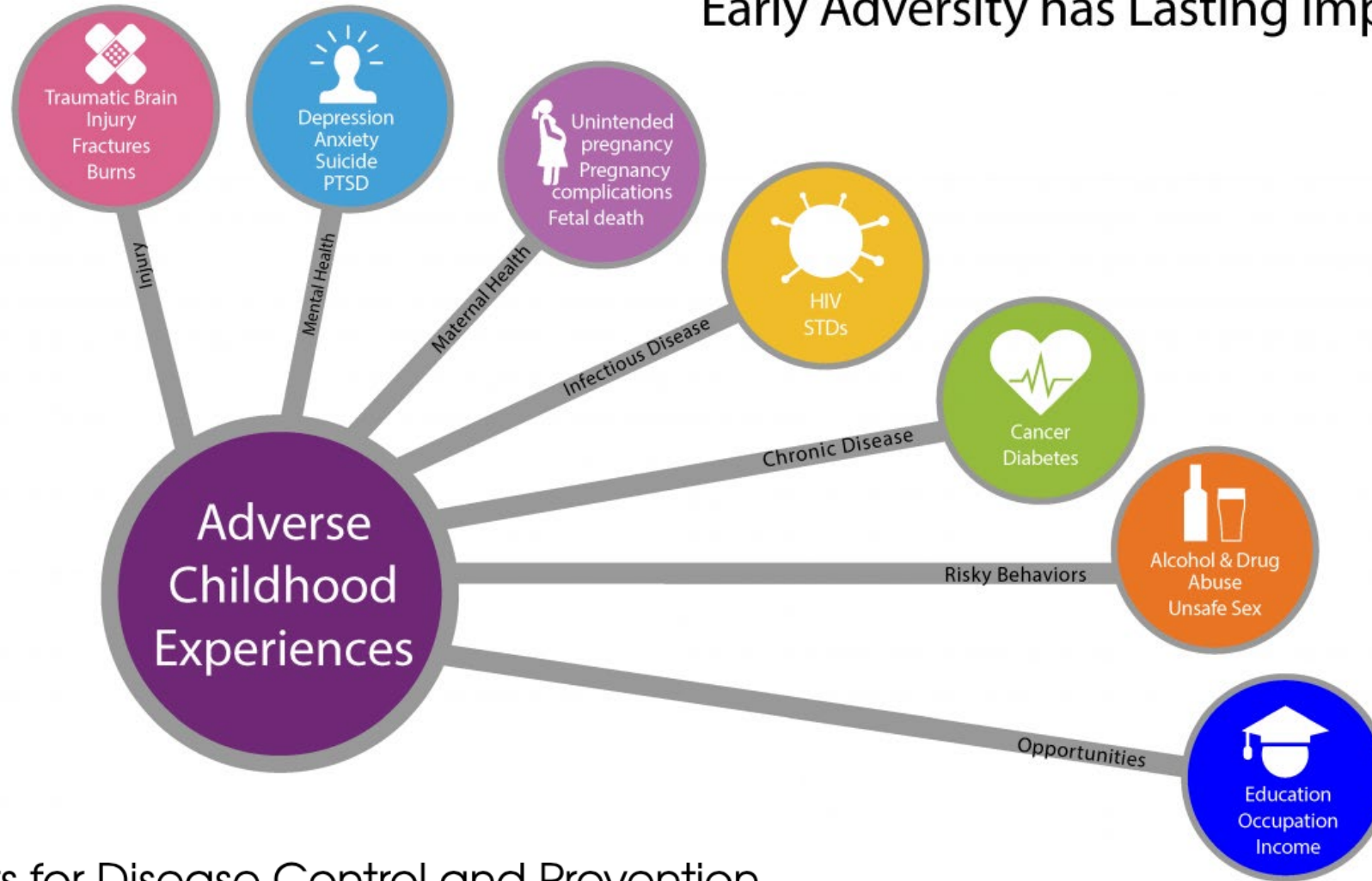
Why the focus on trauma focused therapy?





# ACEs

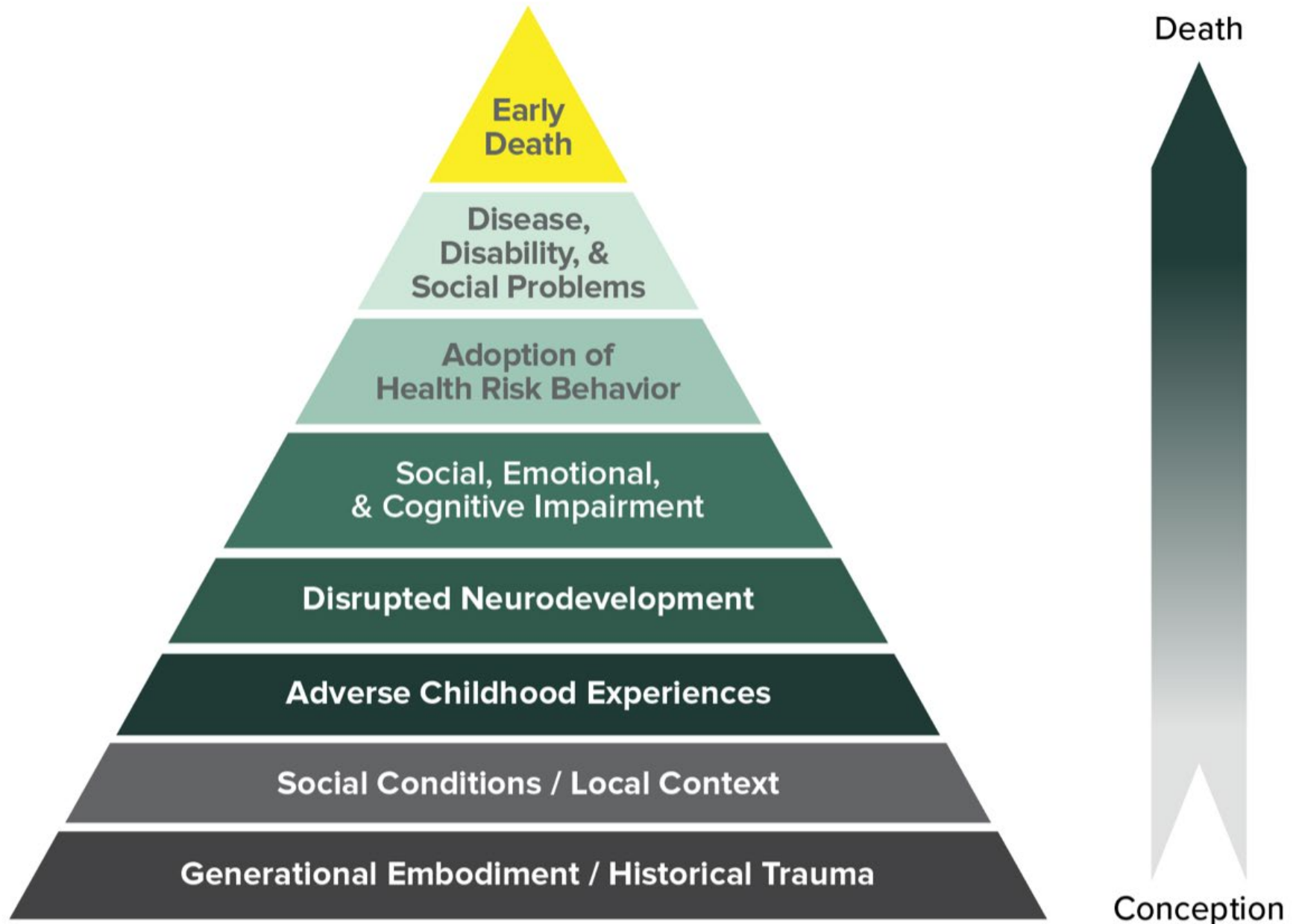
## Early Adversity has Lasting Impacts



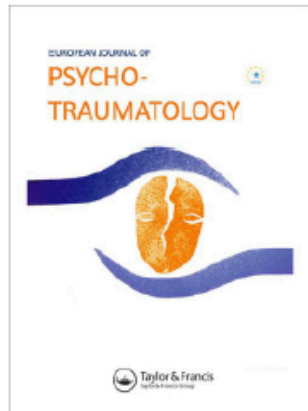
Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™





Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



## European Journal of Psychotraumatology



ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/zept20>

## Complex PTSD: assessment and treatment

Marylene Cloitre

To cite this article: Marylene Cloitre (2021) Complex PTSD: assessment and treatment, European Journal of Psychotraumatology, 12:sup1, 1866423, DOI: [10.1080/20008198.2020.1866423](https://doi.org/10.1080/20008198.2020.1866423)

