



輔導服務中心組
香港路德會社會服務處

Counselling Service Centre Division
Hong Kong Lutheran Social Service, LC-HKS

Seeking Connection: Trauma-Informed Substance Abuse Integrative Treatment 「創傷治療導向」戒毒輔導治療模式

戒毒服務交流研討會2020

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講員：張明燕女士 中心主任
林安佑博士 臨床心理學家



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3 Counselling Centre for
Psychotropic Substance
Abusers

1 Counselling and Treatment
Centre for Gamblers with
Gambling Disorder

High comorbidity rate between Trauma and SA

- Working in CCPSAs has given us exposure to a large number of clients having experienced traumas in their life.
- Professionals working with substance misuse problems experienced compassion fatigue symptoms.



Trauma Exposure, PTSD and SA

- 25.3% - 49% of SA population met PTSD criteria; 89% - 95% SA population had trauma exposure. (Gielen, Havermans, Tekelenburg, & Jansen, 2012).
- Women substance abusers suffered significantly more relational trauma (e.g. sexual victimization; domestic violence) than men. (Najavits, 2009; Stewart et al., 2006).



Project C60



- Project C60 would be a pioneer project in Hong Kong adopting **Trauma-Informed Treatment** which is an emerging trend in the practice of psychotherapy, with strong evidence in its effectiveness.
- This therapy approach has a dual focus: **care for clients and care for the professionals.**



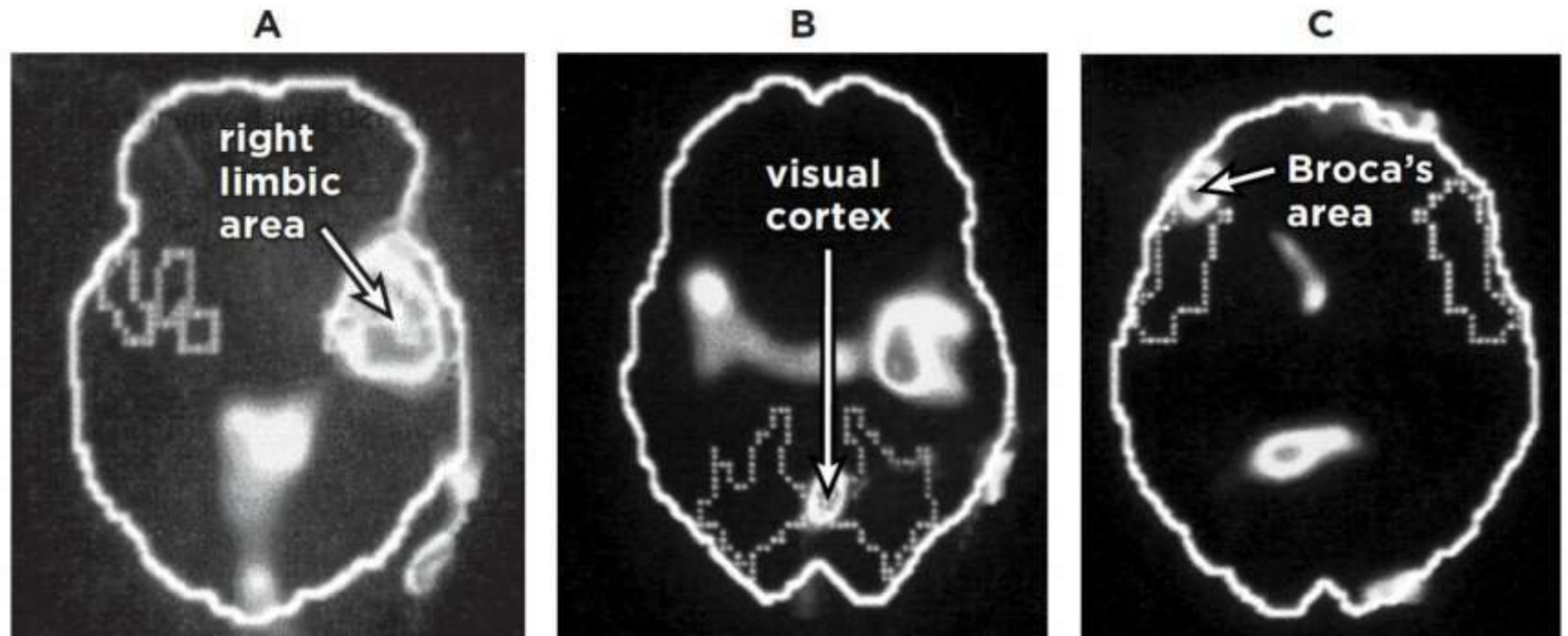
Why Trauma-Informed

- High Comorbidity
- Increased treatment efficacy
 - Improved outcome with both Trauma and SA intervention than SA only intervention (Ouimette & Read, 2014; Najavitis, 2013)
- Reduce stigma, encourage help seeking
- Reduce relapse
- Self care of professionals

Trauma

- Fear without Words

(Kolk, 2014)



Kolk, 2014, The body keeps the Score

Explicit Memory

(Siegel, 2010)

- Conscious, intentional recollection of past experience
- Examples: remembering appointments, memories of films, stories, or events some time ago.

Implicit Memory

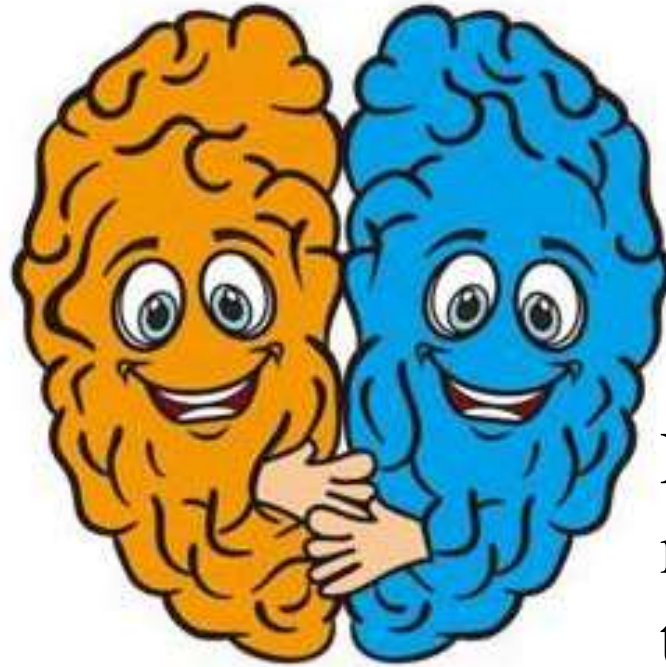
(Siegel, 2010)

- Only form of memory before language was formed (before 12 to 18 months of age)
- Creates anticipation of how life will unfold; below conscious awareness
- Guides our ongoing perceptions and actions; tends to reinforce past conclusions.

Left and Right Brain

(Barthel, 2019)

Left Brain:
more connected
to cortical brain
(cognitive);
explicit memory



Right Brain:
more connected
to subcortical brain
(instinctual);
implicit memory

Trauma Memory

(Siegel, 2010)

- During a traumatic experience, left brain (explicit memory) is inhibited; right brain (implicit memory) is activated.
- Highly emotional materials encoded in the right brain; lack of cognitive information in the left brain.
- Traumatic memories are primarily processed by implicit memory and are not available for cognitive interpretation or intervention;

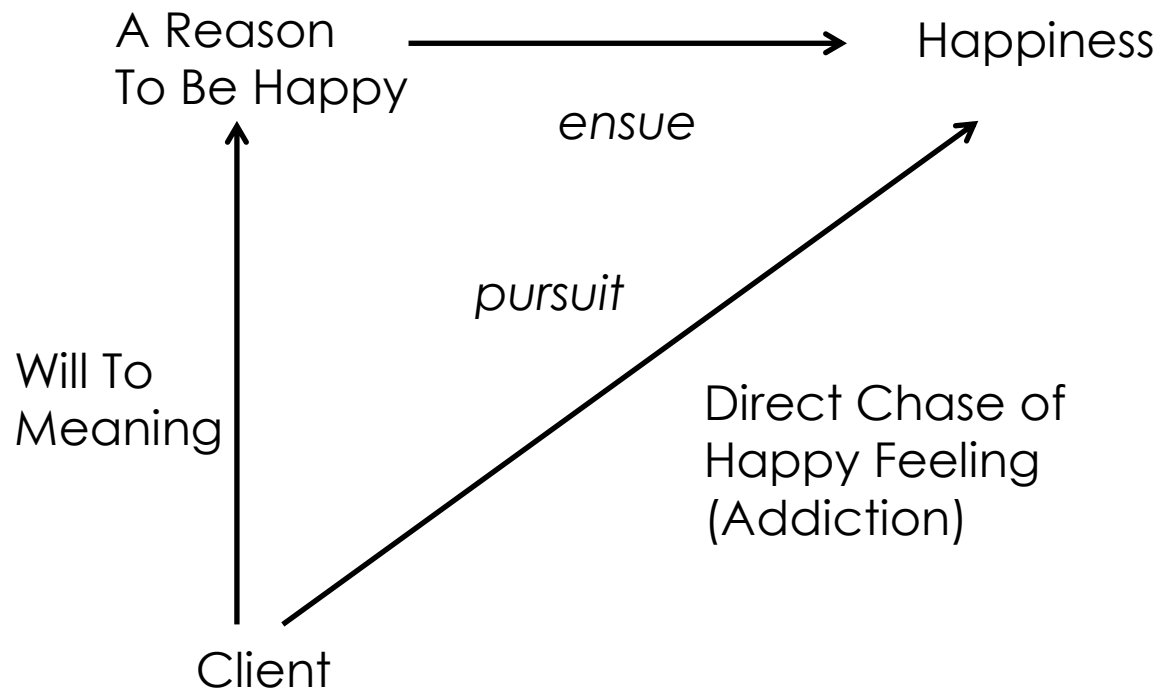
PTSD – Features

(DSM 5)

- Traumatic Event
 - Single or Repeating
 - Direct or Witness
- Re-Experiencing
- Hypervigilent
- Numbing – Avoidant
- Negative mood and cognition

Existential Analytical Model of Addiction

- Will to Meaning (Frankl, 1988)

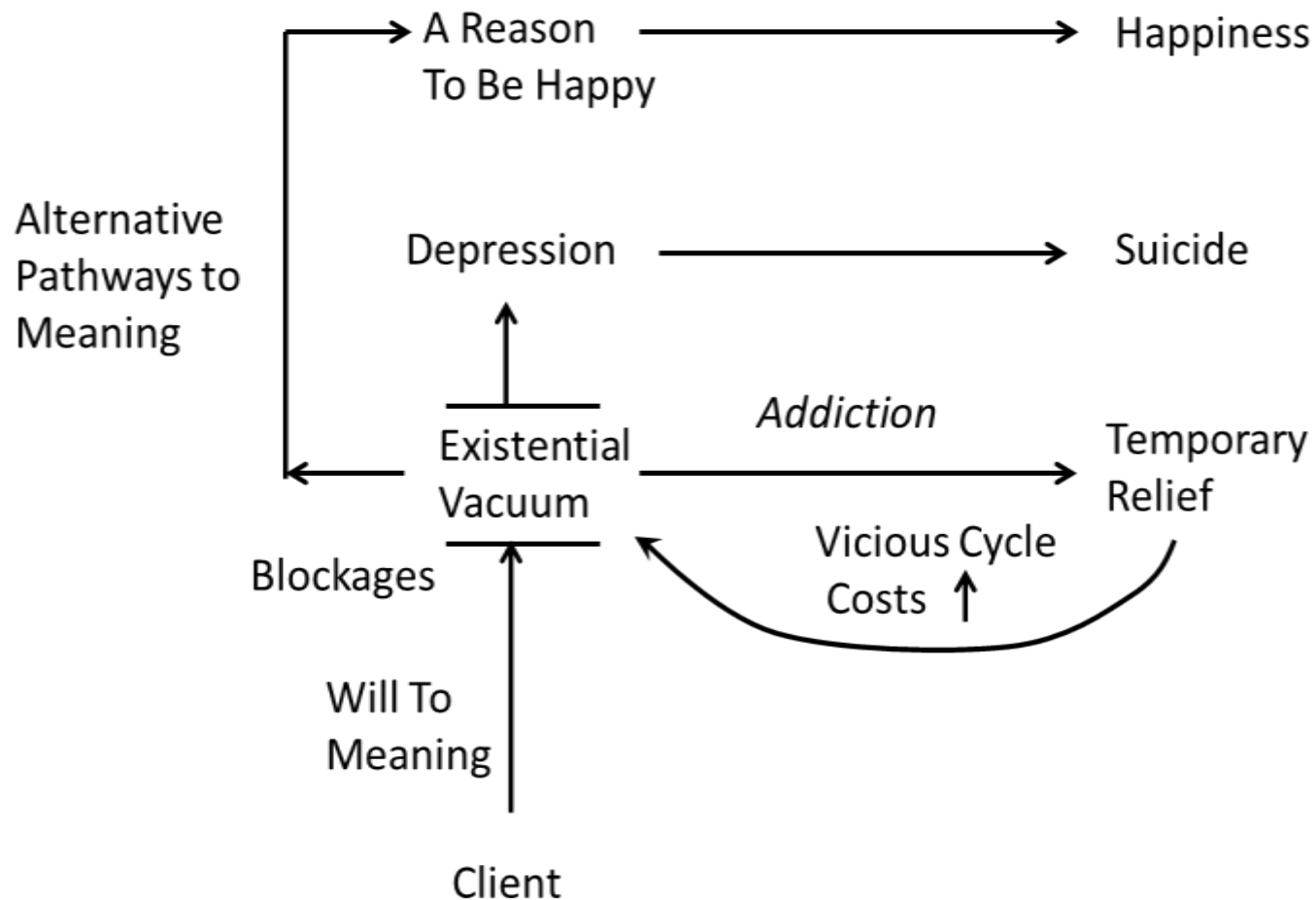


What is Addiction?

(Lewis, 2015)

- Habits learned through neuroplasticity
- Learning needs strong emotion
- Emotions are associated with survival needs
 - Positive emotion: things good for survival
 - Negative emotion: things harmful for survival
- Addicted Brain: less connection between Nucleus Accumben (NA) and preforntal cortex (PFC)

Existential Analytical Model of Addiction



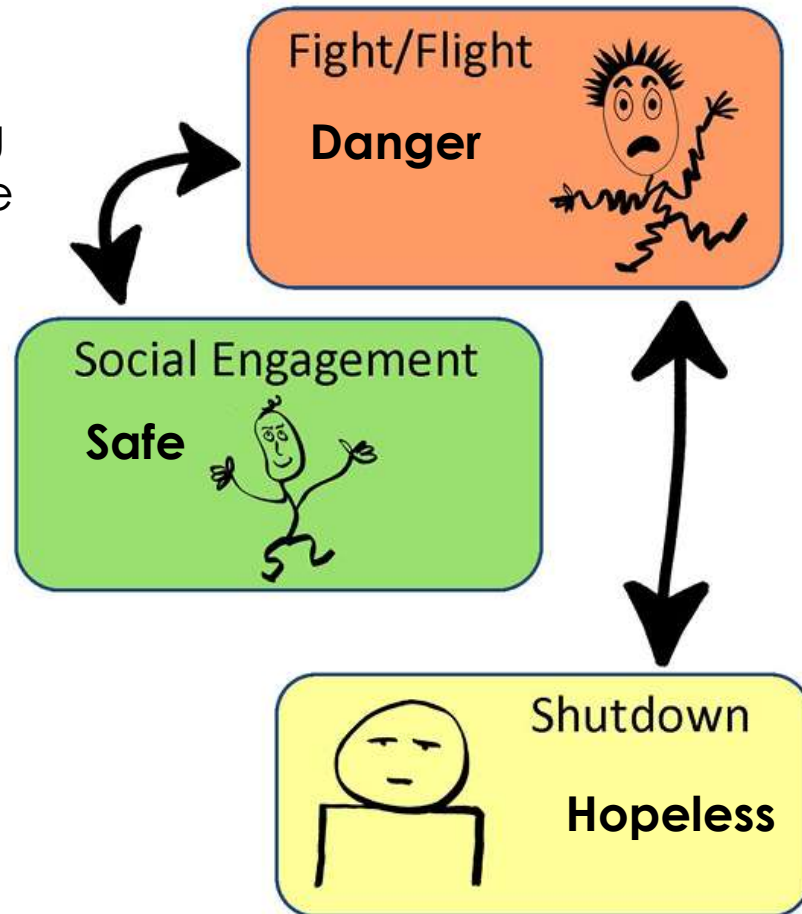
Polyvagal Theory-Neuroception

(Porges, 2006)

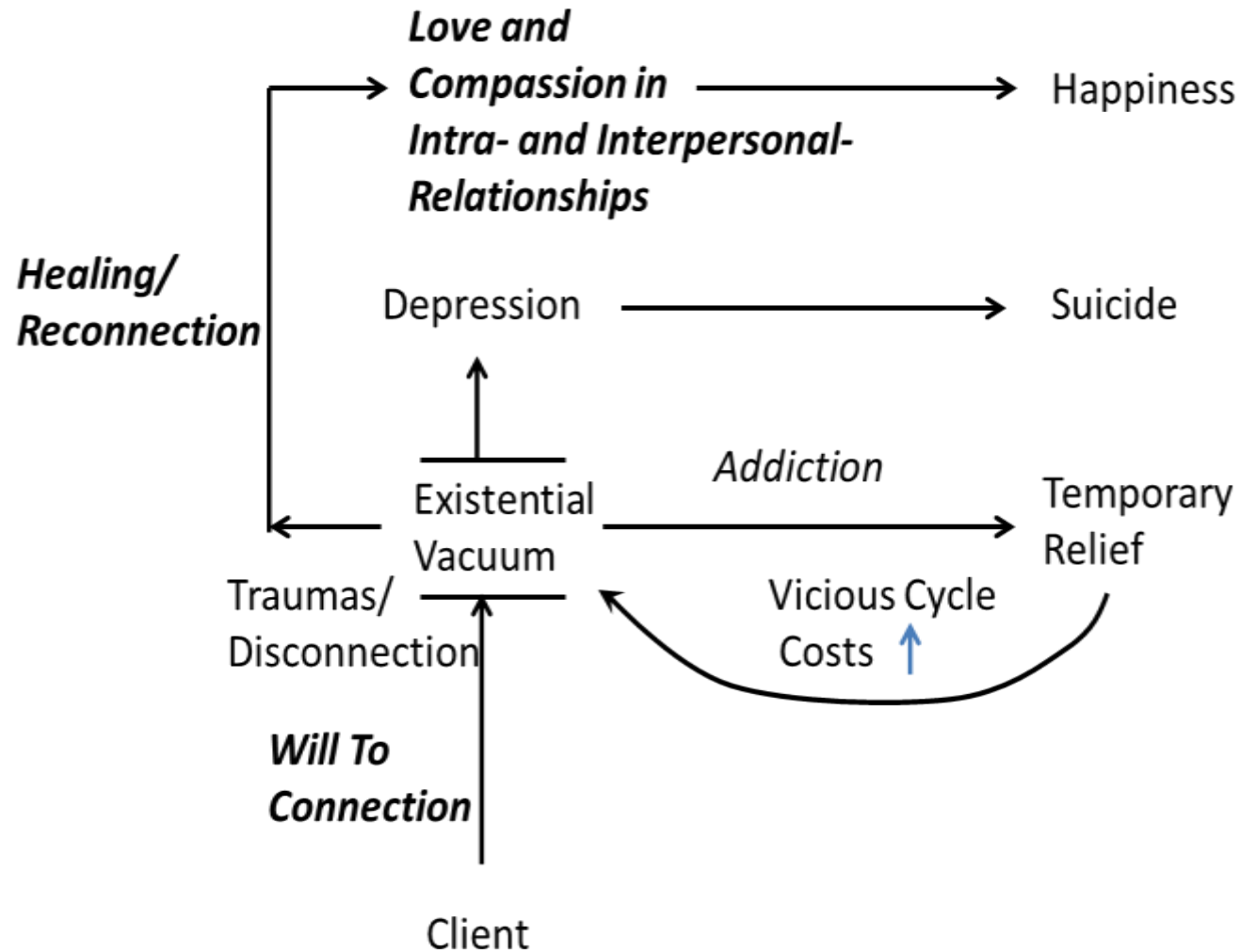
Hierarchy of Nervous System Response

- Automatic Response
- Bottom up – without thinking
- Triggered by Signals from the Nervous systems in the Body

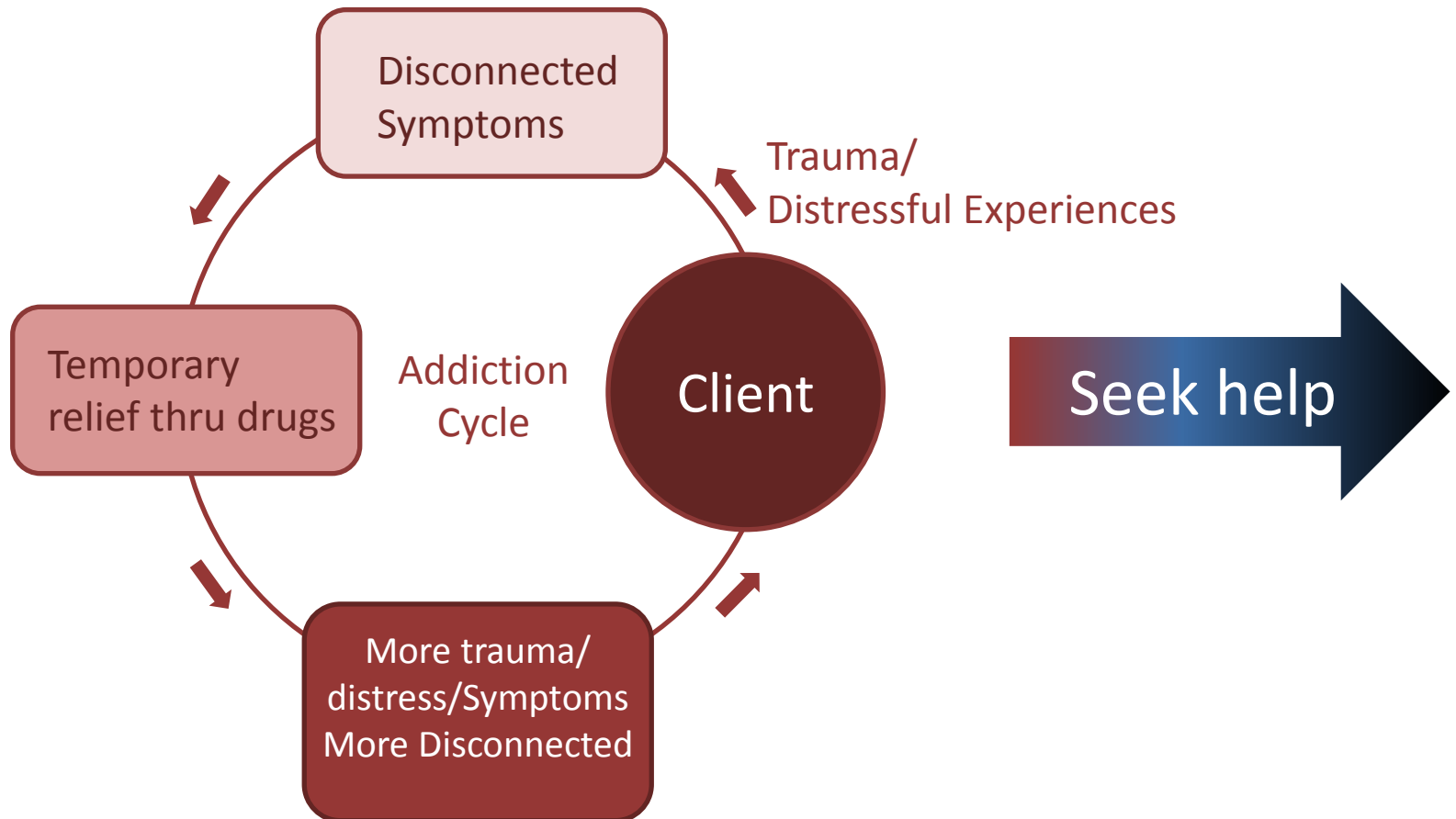
People seek
**Relational
Connection**
when feeling
Safe



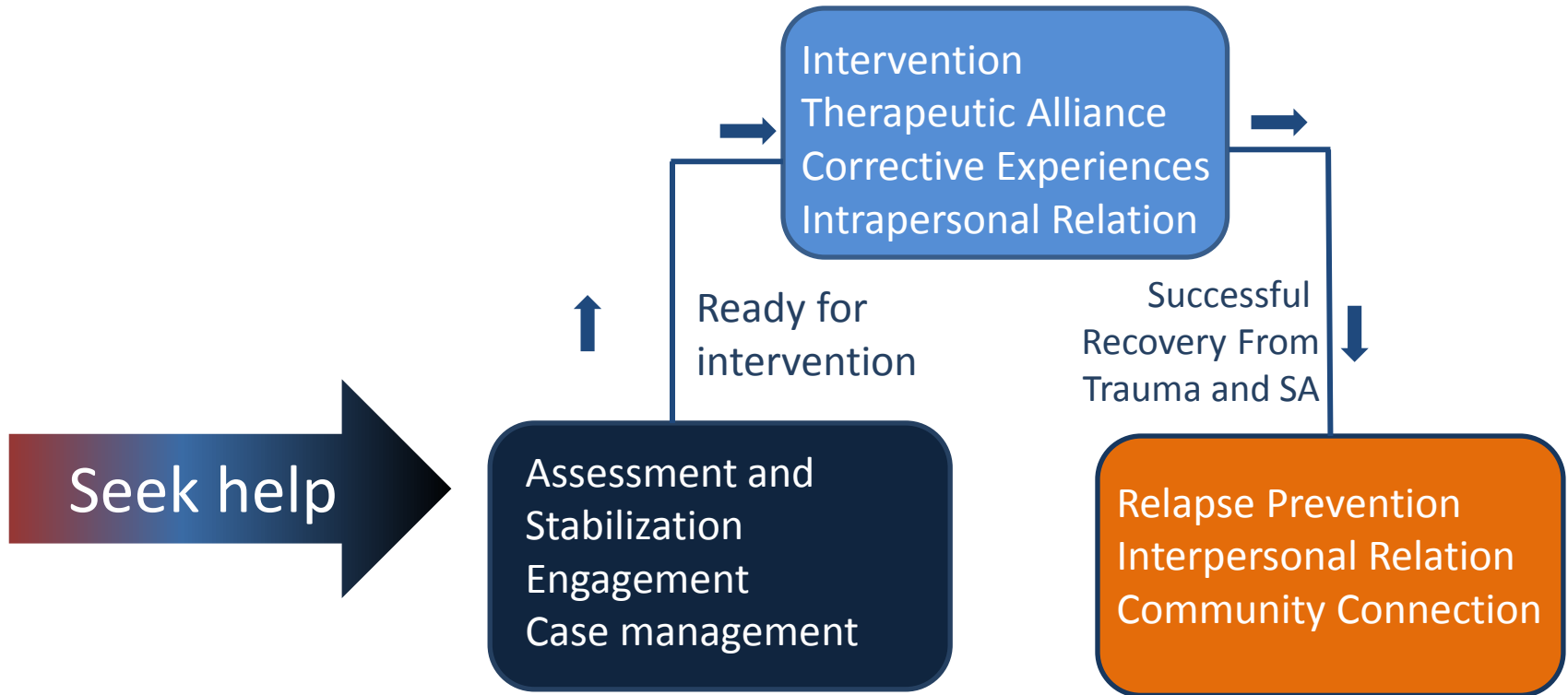
Relational Model of Addiction



Overview – Addiction Cycle



Overview – Therapy Model



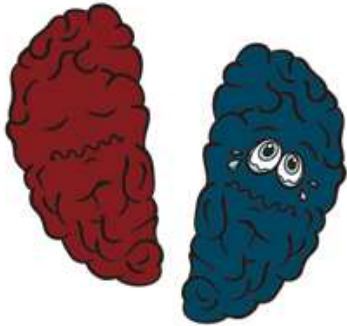
Stages of Therapy

- Stage 1. Engagement and Assessment
 - Client feel safe about therapist and therapy
 - Engaging client with acceptance and understanding (assessment)
 - Case management if needed
- Stage 2. Intervention
 - Conceptualization and therapeutic alliance
 - Corrective experiences
 - Processing of trauma memory
- Stage 3. Relapse Prevention
 - Psychoeducation for mood management
 - Mastering of coping skills
 - Support for independence

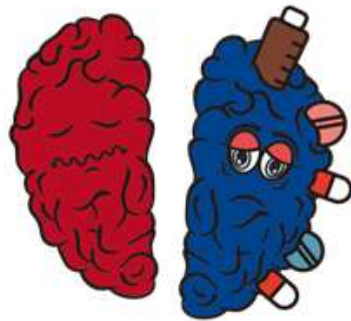
Stage 1

- Stage 1. Engagement and Assessment
 - Client **feel safe** about therapist and therapy
 - Engaging client with acceptance and understanding (assessment)
 - Case management if needed

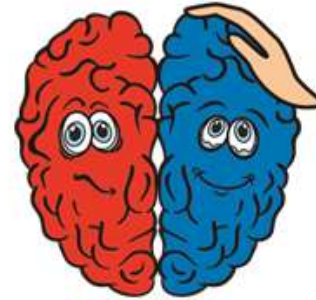
Stage 2: The Intervention Process



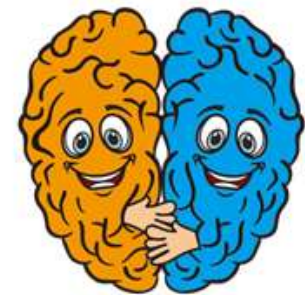
**Trauma,
Fear without
words,
Implicit Memory
only**



**Drug Abuse,
Self-
Medicates the
Painful Right
Brain**



**Therapeutic
Relationship,
Right Brain starts
to feel safe,
Left Brain opens
up,
Memory
Reconsolidation**

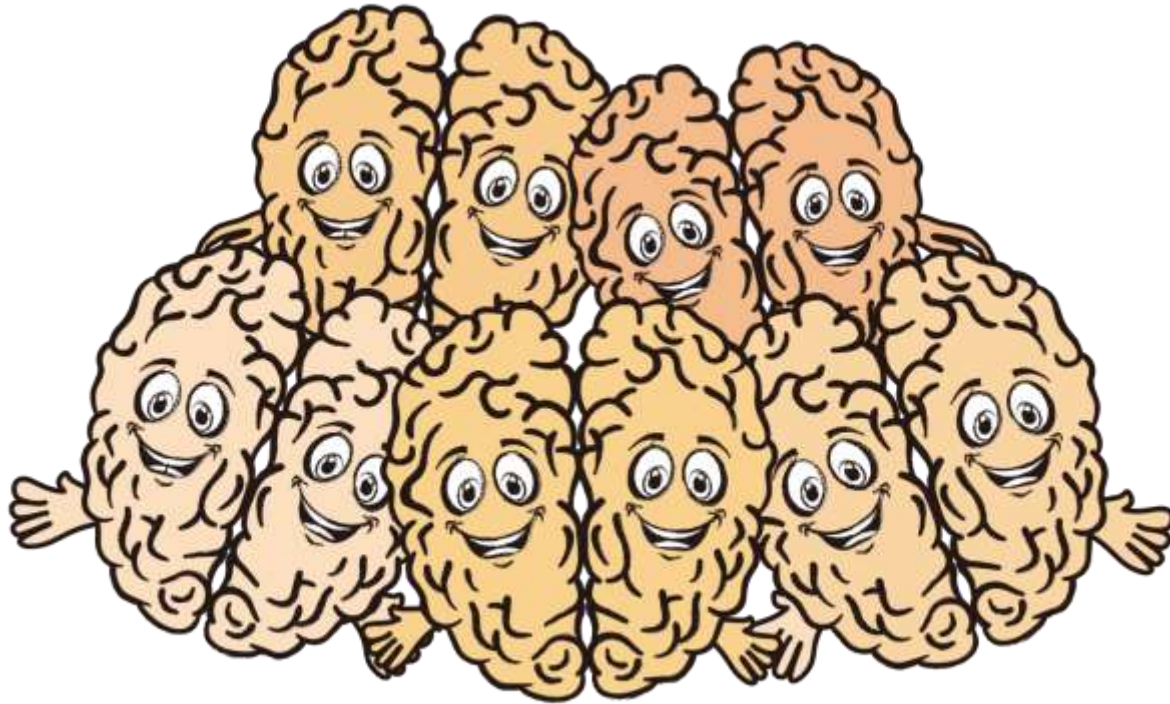


**Integrated
Left and Right
Brain,
Self-
compassion,
Self
Connections
Intrapersonal
Relational
Connection**

Stage 3: Relapse Prevention

**Reconnect to
Community**

**Interpersonal
Reconnection**



Thank
you

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