

## Introduction to Understanding Addiction:

How Hypnotherapy can help people overcome addiction and regain control of their lives  
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In order to effectively help people overcome addiction, we must first be knowledgeable of the current research and treatment programs in both their findings and their flaws.

### Common Terms

- Substance Use
  - Using the substance (alcohol, nicotine, cocaine, etc.)
- Substance Abuse
  - Unhealthy quantities or frequency of use
- Chemical Dependency
  - Body's adjustment of homeostasis resulting in a biochemical need for the substance to feel 'normal.'
  - Tolerance increasing- ever raising dosage required for the same effect.
- Addiction
  - Abuse and dependency regardless of negative consequences
  - Powerful emotional component

So which of these categories do you fall into? Here in lies the problem:

*There is currently no objective test to differentiate between substance abuse, chemical dependency, and addiction.*

Great information can be found here: <http://www.AddictionDoctor.com/>

### **Assuming it is a disease, how should it be handled?**

- Can you be fired for having a disease?
- Consequences and being held responsible for actions
- All the rights afforded to any other medical or mental health case

Go back to the components that differentiate dependency and addiction:

Addiction can be understood as a compulsive need for the substance or behavior, in increasing dosages, *in spite of negative consequences*.

If negative consequences aren't a deterrent or effective in helping a person stop using, why is it our primary method of dealing with the addicted?

### **Two Types of Motivational Strategies**

- Away From things we consider to be 'bad.'
- Towards things we see as 'good.'

Substance abuse is an "Away From" strategy.

- Guilt
- Shame
- Fears
- Physical Pain
- Withdrawals
- Loneliness
- Etc.

Addiction feeds on this motivation away from strategy, so adding another flawed and vague plan doesn't help the person connect with what they really want:

- Acceptance (from self and others)
- Happiness
- Peace
- Healthy production within society
- Love
- Confidence
- Etc.

## **The 12 Steps as Published by Alcoholics Anonymous**

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His Will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

## **Classic Relapse Triggers: HALT**

- Hungry
- Angry
- Lonely
- Tired

## **Understanding The Current Process**

- Very similar to a religion
  - Able to bypass logic
  - Inject faith into any gesture
  -
- Mob mentality
  - Utilizing the mental state that created the problem
  - Is often abused
- 90 meetings in 90 days
  - Limits likelihood of loneliness
  - Creates a sense of community
- Alcoholic for life, must stay active
  - Create and maintain momentum, feed the cycle
- The role of the sponsor
  - No specific training required
  - Impose their strategies and understandings on others
- Address feelings of guilt and shame
  - Catharsis is good, dwelling is bad
- No goal setting, success and failure is all about alcohol
  - It becomes the only logical focus

## **Rethinking the Process**

### **Why Alcoholics are like Polar Bears**

-Mental boundaries hold us back from enjoying our surroundings

### **Sobriety isn't your life; it's the foundation upon which you build your life**

-Why stay sober? Is it the past or the future that motivates you?

### **Why is this important to you?**

-What do you want?

### **Do You Deserve to be Successful?**

-How do you define success?

### **Are You Able to be Successful?**

-You are designed to get better

## **Needs of an Addict**

- Balance
- Values
- Acceptance
- Belief
- Identity
- Self Esteem
- Repetition
- Understanding of Consequences

## **Working With an Addict**

- Poker Face
  - They already get sympathy and support, you have a different job.
- Remember the goal
  - You don't have to agree on everything
  - Keep pointing at the outcome and it's emotional component
- Don't chase symptoms
  - Flexibility is good, keep to the plan within reason
- Show them respect no matter what
  - Reinforce the concept of consequences with successes and setbacks
- They may be a better hypnotist than you
  - Justify, utilize, rationalize, and make excuses any behavior
- Help them find structure
  - A job, a schedule, a charity, school, etc.
- Do something they feel good about
  - Help them to take pride in something
  - "Make yourself useful"
- Keep eliciting their motivations
  - The important question: Why?