

# PTSD, Trauma, and Addiction: A Cognitive Approach

The relationship between trauma and addiction is becoming increasingly well established in the literature. This is no surprise, as clinicians working “in the trenches” know all too well that people with unresolved trauma and emotional wounds often turn to substances as a way to “numb out,” forget, or otherwise self-medicate to regulate their emotions. Conversely, people with addictive behavior disorders may drive while impaired, gravitate towards toxic relationships, go to dangerous places to get their substance of choice, or engage in many other behaviours that increase their risk of being traumatized and their vulnerability factors for developing PTSD or other trauma and stress related disorders. It is also known that when co-occurrence is involved, this presents clinicians with a more complicated course of treatment and less favorable treatment outcomes that when clients present with only one or the other.

The good news is, there is hope! While neuroscience has taught us much about this phenomenon in recent years, evidence-based Cognitively based treatments are still being shown to be at least as effective as many “newer” approaches, and in some circles seem to have almost gotten lost in the shuffle.

Recent protocols have attempted to incorporate PE (prolonged exposure) and other cognitive behavioral treatments with substance use disorder treatments. While further research is needed in this area, the mandate for integration of treatments when dealing with this population seems integral to obtain more favorable outcomes for individuals with these complex conceptualizations.

Leave this full-day online training led by international CBT expert Jeff Riggensbach, PhD, with an improved understanding of the neuroscience of trauma, a integrated approach to treating PTSD and addictions, and armed with a plethora of evidence-based, yet practical new tools to equip and empower this group to find levels of recovery that have previously been eluding them!

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists          Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the role of early maladaptive schemas in maintaining behavioural styles that keep these clients stuck in shame
2. Conduct complex chain analysis to facilitate development of client impulse control
3. Describe the three types of avoidance and explain to clients how they perpetuate their PTSD symptoms
4. Utilize silver lining technique to facilitate acceptance, reclaim aspects of former self, and contribute to society in unique and new ways
5. Write out trauma narratives to confront cognitive content necessary for recovery

## Seminar Schedule

Begin 10AM EST and end 5:15 PM, with 15 minute breaks at 11:30 and 3:30, and a 45 minute lunch break at 1:15 PM

## Outline

The Relationship Between Trauma and Addiction (10-10:30 AM ET)

- The role of defectiveness schemas and and shame
- Reciprocal nature of the relationship and co-occurrence

Trauma and PTSD (10:30 - 11:30)

- Neurobiology of trauma
- DSM 5 Current symptom clusters
- C-PTSD?

Addictive Behaviour Disorders (11:45 - 12:15)

- Biological and Environmental Risk Factors
- Motivation for Usage
- DSM 5 Current and Proposed Disorders

Integrated Cognitive Model (12:15 - 1:15)

- Dialectical Behavior Therapy
- Standard CT
- Schemas driving Shame and Addiction

LUNCH - 1:15 - 2:15

Types of Interventions (2:15 - 3:00)

- Environmental Interventions
- Behavioral Interventions
- Mindfulness - Based Interventions
- Distraction techniques and indications for use
- Restructuring cognitions related to impulse control and safety

Cognitive Model of Addiction (3:00 - 3:45)

- Breaking destructive behavioural cycles
  - Behavioural coping cards

Trauma and PTSD (4:00 - 4:45)

- 3 Stages of Treatment
- Psychoeducation and obtaining Informed Consent
- Grounding Exercises and Distraction Techniques
- Trauma Narrative Work
- Restructuring Cognitions Related to Guilt and Shame
- Moral Injury and facilitating post-traumatic growth

Relapse Prevention, Q&A, and Dismissal (4:45 - 5:00)

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## The Presenter

Jeff Riggensbach, PhD is a best-selling and award winning author who has earned a reputation as an international expert in cognitive approaches to treating personality disorders. Over the past 20 years he has developed and overseen CBT-based treatment programs for Mood disorders, anxiety disorders, addictive behavior disorders and Personality Disorders at two different psychiatric hospitals and clinics serving over 3,000 clients at multiple levels of care. Dr. Riggensbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomate of the Academy of Cognitive Therapy, and is a certified cognitive therapist. He has trained over 20,000 professionals worldwide including audiences in all 50 United States, The UK, Canada, Mexico, South Africa, Australia and New Zealand.

Dr. Riggensbach is the author of seven publications including his award winning *The BPD Toolbox: A Practical Evidence-Based Guide to Regulating Emotions* and his newly released self help book *Disarming High Conflict Personalities: Dealing with the 8 Most Difficult People in Your Life Before You Burnout*.

Jeff is known for bridging the gap between academia, research findings, and day-to-day clinical practice, and his work has earned him the reputation for being “the practical tools guy.” His seminars on CBT, DBT, and Schema-Focused Cognitive Therapy routinely receive the highest evaluations from conference participants in terms of clinical utility as well as entertainment value.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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