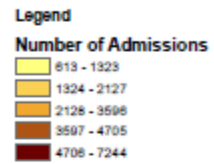




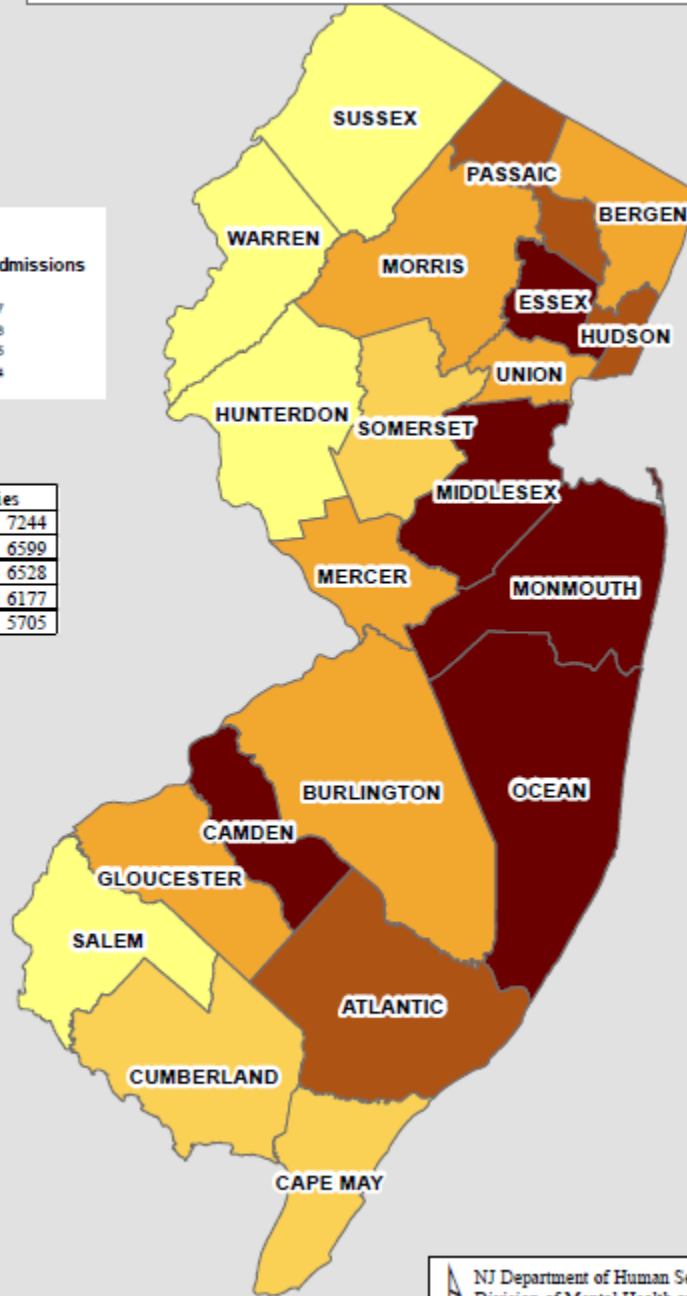
# Trauma and Addiction: A DBT Approach to Overcoming Stigma

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## 2016 Substance Abuse Admissions by County of Residence




Top Five Counties		
1	Ocean	7244
2	Camden	6599
3	Essex	6528
4	Monmouth	6177
5	Middlesex	5705



Data: NJSAMS 2017 May Download  
 Report Date: June, 2017

# What Is Trauma?



SAMHSA describes trauma as resulting from "an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being." Trauma is especially common in the lives of people with mental health and substance use disorders.

# Why Look at These Together?

- Can be difficult to tease apart clinically
- Are fused biologically
- Interact with one another socially/emotionally

At the end of the day, addictive behaviors can be looked at as compensatory strategies aimed at self-regulation.

# Stigma



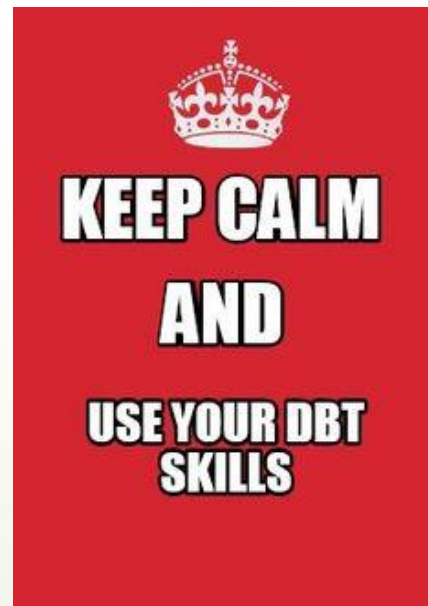
# Stigma Continued

Where does it come from?

- Self
- Environment
- Therapeutic Relationship

# DBT At a Glance

Dialectical Behavior Therapy is a cognitive behavioral treatment developed by Marsha Linehan. It is designed to help individuals learn and use new skills to decrease harmful behaviors and create a life worth living.



# Combatting Stigma

## DBT Skills for Self

Distress Tolerance- Crisis Survival Skills

TIPP

Self Soothe

Distress Tolerance- Reality Acceptance Skills

Mindfulness of Current Thoughts

Radical Acceptance/Turning the Mind



# Crisis Survival Skills

## TIPP

Temperature (with cold water)

Intense Exercise (to calm your body when it is revved up by emotion)

Paced Breathing (pace your breathing by slowing it down)

Paired Muscle Relaxation (let go of tension while breathing)

## Self Soothing

With Vision (star gazing, old photos, scenic hike, window shopping)

With Hearing (soothing music, sounds of nature, instruments)

With Smell (essential oils, candles, baked goods, fresh air)

With Taste (peppermint candy, gum, tea/hot chocolate)

With Touch (hot bath/shower, soothing lotion, warm blanket)

# Reality Acceptance Skills

## Mindfulness of Current Thoughts

Observe your thoughts

Adopt a curious mind

Remember: You are not your thoughts

Don't block or suppress thoughts

## Radical Acceptance/Turning the Mind

Reality is what it is- rejecting reality does not change it

Rejecting reality turns pain into suffering

Turn your mind towards acceptance over and over

# Combating Stigma

## DBT Skills for Environment

### Mindfulness Skills

#### WHAT (you do to be mindful)

Observe

Describe

Participate

#### How (you practice mindfulness)

Nonjudgmentally

One-Mindfully

Effectively

Let's Practice...



# Combating Stigma

## DBT Skills for Therapeutic Relationship



### Use of Behaviorally Specific Language

Language that describes an observable behavior

- Helps others understand what is happening and how to offer support
- Decreases therapist burnout by creating a nonjudgmental framework for viewing behaviors

# Being Behaviorally Specific

She's so manipulative

vs

Twice this week she has called her boyfriend and said that if he breaks up with her she will kill herself

She just wants attention

vs

Over the last month whenever she experiences conflict in her relationship with her parents she has engaged in self harm

He's splitting

vs

He has been approaching different treatment team members including the doctor, a therapist, and nurse and asking them questions while providing different clinical information to each of them



“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

– Carl Bard



Questions???