

Novel Treatments for Mental Health Aspects of Addiction

Category: Workshop

Abstract Body

The mind-body connection is allowing novel mental health interventions to have practical applications in addiction medicine. While evidence is still emerging, the neurobiological process behind these psychotherapeutic modalities is founded in evidence-based practices (such as EMDR).

In this practical, hands-on workshop, Dr. Gibson will discuss 3 novel interventions in addiction medicine that can be quickly learned and incorporated into practice: Brainspotting, Emotional Freedom Techniques (EFT), and Havening Touch. She will describe all 3 modalities and then lead participants in a demonstration of how each works.

Brainspotting was devised for the treatment of mental health conditions including traumatic stress symptoms. Psychiatrist Dr. Jane Evans (ON) leads Brainspotting Canada. There is a protocol for addictions and craving out of Australia, “The Crocodile Method” which will be described and demonstrated.

EFT is related to acupuncture, and also has specific protocols for cravings. It is a self-tapping method that can lower dysregulation and is evidence-based PTSD treatment. The craving protocol will be described and demonstrated.

Havening Techniques are a method that increases delta and theta wave production in the mind. While they do not have specific protocols for addiction, integrating the modality with interactive guided imagery is another way to modify past associations using the Event Havening Protocol. This will be described and demonstrated.

Participants will be encouraged to try alongside each demo.

In addition to these experiential components, there will be an opportunity for questions and answers as well as provision of resources.

Key Words

- Education
- Novel Therapeutics
- Psychological Interventions
- Virtual Care

Learning Objective # 1

At the end of this workshop, participants will be able to describe novel mind-body mental health interventions for addiction

Learning Objective # 2

At the end of this workshop, participants will have had an opportunity to practice multiple somatic techniques in the treatment of addiction

Reference # 1

The Modern Trauma Toolkit, Dr. Christine Gibson, Hachette Go NYC, 2023

Reference # 2

Healing in Your Hands, Dr. Kate Truitt, PESI Publishing, 2022

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