

# **The Addiction-Trauma Connection: Spirals of Recovery and Healing**

## **Overview**

Addiction and trauma are often addressed as separate issues. Yet, mental health professionals continue to report a clear and consistent association between the incidence of addictive disorders and all forms of interpersonal violence (physical, emotional, and sexual). The initial focus of the presentation will be the history of trauma, its connection to addiction, the process of trauma, and the core values of trauma-informed services. It will include the following: therapeutic environment, stages of recovery, dissociation, triggers, and secondary traumatization. However, the principal emphasis will be on healing – on learning ways to facilitate the healing process in the context of addiction treatment and recovery. The model used is part of the *Beyond Trauma, Healing Trauma*, and *Exploring Trauma* curricula and is based on theory, research, and clinical experience.

## **Topics**

- History of trauma
- Process of trauma
- ACE study
- Becoming trauma-informed
- Trauma and its connection to addiction
- Trauma-specific services

## **Objectives**

- Understand the historical background of trauma
- Explore the connection between addiction and abuse
- Describe the core values of trauma-informed services
- Examine the impact of trauma on addiction recovery
- Increase therapeutic skills in working with trauma survivors

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