

Addiction Therapy-2014

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Sandra Rasmussen

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Integrating Innovations & Advanced Technologies in Prevention and Treatment of Reward
Deficiency Syndrome

LIVE WELL:

**A Recovery Model for Addiction and Other Reward Deficiency
Syndrome Disorders**

Sandra Rasmussen, PhD, RN, LMHC, CAS-F

Walden University
Williamsville Wellness

OBJECTIVES

Review concepts addiction and reward syndrome disorders.

Recognize recovery as an idea whose time has come.

Consider empowerment as a way to manage addiction and other RDS to realize recovery.

See how management strategies direct the recovery process.

See how self-efficacy actions drive recovery.

Live well: examine self and surroundings, embrace management and self-efficacy, evaluate recovery milestones and roadblocks.

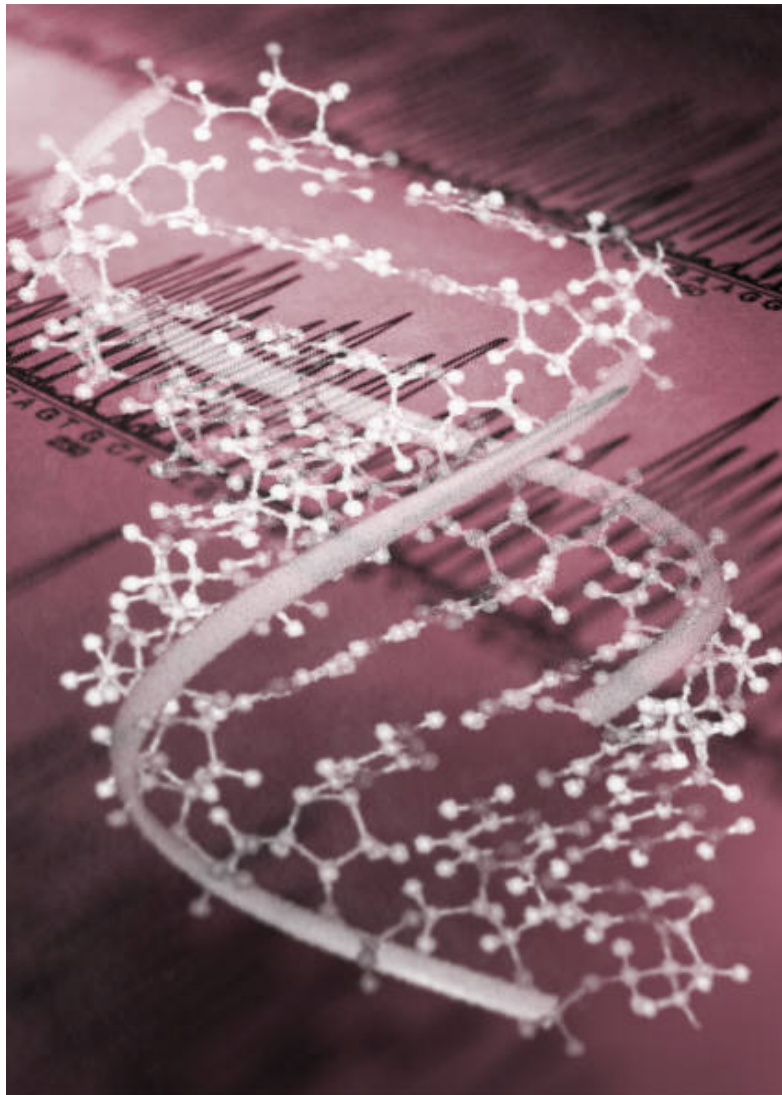
Realize recovery: a different, better way of life with purpose and meaning.

RDS & ADDICTION

REWARD DEFICIENCY SYNDROME (RDS) is a gene-related condition characterized by compulsive, addictive, and impulsive behaviors such as smoking/smokeless tobacco use, overeating, drug addiction, pathological gambling, excessive internet gaming, compulsive exercise, shopping, work or sex; possibly ADHD, teen and adult aggression and criminal behavior, and more.

ADDICTION is a primary, chronic disease of brain reward, motivation, memory and related circuitry, characterized by craving, loss of control, physical dependence, and tolerance. Genetics, together with bio-psycho-social-spiritual factors, account for the likelihood one will develop addiction or other RDS disorders.

RDS: a gene-related condition



ADDICTION: a primary, chronic disease of brain reward, motivation, memory and related circuitry



RECOVERY

A shift from the traditional medical psychiatric model of care toward the concept of recovery began with the federal New Freedom Commission on Mental Health in the early 2000s.

In 2011, the Substance Abuse and Mental Health Administration (SAMHSA) defined recovery as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Rasmussen defines recovery as a ***different, better way of life with purpose and meaning.***

RECOVERY



EMPOWERMENT

Empowerment means to invest with power.

Empowerment is the ability to manage self and situations with confidence and effectiveness.

Empowerment embraces intellectual, emotional, educational, and spiritual attributes together with social, political, economic, ethnic, and racial awareness.

Empowerment reflects an increase in personal and collective strength.

Management strategies direct empowerment process.

Self-efficacy actions drive empowerment.

Personal and social empowerment support addiction and RDS recovery.

EMPOWERMENT



Rosie, the Riveter, WWII



MANAGEMENT

Management is the ability to direct or handle something skillfully, effectively; to accomplish something; to achieve one's purpose.

Management strategies are tactics, actually action plans, that direct the empowerment process.

Management is a major recovery dynamic for addiction and RDS recovery.

Public health protocols for chronic disease management, the Stanford Chronic Disease Self-Management Program, Recovery Oriented Systems of Care, twelve-step philosophy, and SMART Recovery® support addiction/RDS management.

Management Tactics





Remember the children's book *The Little Engine That Could*. When other engines refuse to rescue the stranded train full of toys and food for good boys and girls, Little Blue Engine responds: "*I think I can, I think I can, I think I can.*" The engine overcomes surmountable odds and pulls the train up the towering mountain on the other side. **Addiction and RDS often paralyze or distort thoughts, feelings, and beliefs that "I can."** Self-efficacy is the belief one can act effectively here and now.

SELF-EFFICACY

Self-efficacy is an important part of the social-cognitive theory of personality developed by Albert Bandura.

Self-efficacy is the belief one can act effectively here and now.

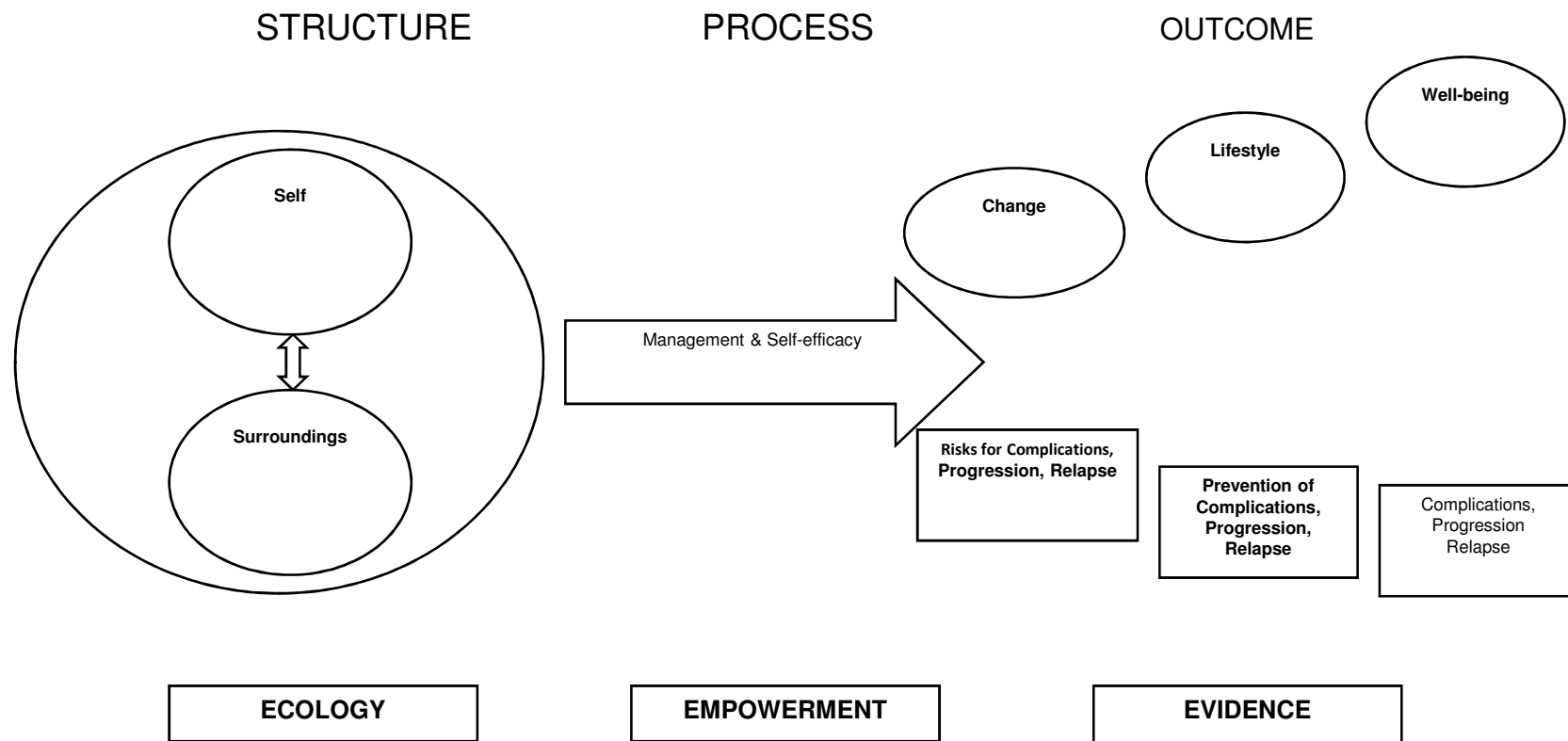
People develop self-efficacy through mastery experiences, social modeling, social persuasion, and psychological responses.

People with a weak sense of self-efficacy experience and exhibit powerlessness.

People with a strong sense of self-efficacy embody and express empowerment.

Self-efficacy actions drive the addiction/RDS recovery process.

Empowerment: A Way to Manage Addiction & Other RDS



EXAMINE self and surroundings.

Focus on the whole person.

Consider age, gender, race and ethnicity

Pay attention to immediate surroundings: people, places, and things.

EMBRACE management and self-efficacy.

Mobilize management strategies.

Execute self-efficacy actions.

EVALUATE recovery milestones and roadblocks.

Realize recovery: a different, better way of life with purpose and meaning.

Prevent complications, progression, or relapse from addiction and other RDS.

LIVE WELL!

Consider empowerment as a way to manage addiction and other RDS.



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