



with
Dr. Tina



DR. TINA

For every Turn around-There is a Turning Point! Let's Do IT!

Dr. Tina Parkman LPC, CAADC 7 points to Total
Recovery!

1-PLAN IT!

- ▶ I. Individualized Integrated Care and Services for Co-occurring Disorders
- ▶ II. The disease progression of Substance Abuse
- ▶ III. The disease model addiction describes an addiction a disease.
 - Biological
 - Neurological
 - Genetic
 - Environmental sources of origin
- ▶ IV. Diagnostic criteria and an overview of available treatment interventions that will improve competency levels for professional counselors
- ▶ V. Address addiction from every point:
 - Primary Prevention
 - Prevention
 - Intervention

2-IDENTIFY IT!

- ▶ *Physical Dependence* - to a state resulting from chronic use of a drug that has produced tolerance and where negative physical symptoms of withdrawal result from abrupt discontinuation or dosage reduction. Physical dependence can develop from low-dose therapeutic use of certain medications such as benzodiazepines, opioids, antiepileptics and antidepressants, as well as misuse of recreational drugs such as alcohol, opioids, and benzodiazepines. The higher the dose used, the greater the duration of use, and the earlier age use began are predictive of worsened physical dependence and thus more severe withdrawal syndromes.

2-IDENTIFY IT! Continued

- ▶ *Tolerance* - is commonly encountered in pharmacology, when a subject's reaction to a specific drug and concentration of the drug is progressively reduced, requiring an increase in concentration to achieve the desired effect. Drug tolerance can involve both psychological drug tolerance and physiological factors. The following are characteristics of drug tolerance: it is reversible, the rate depends on the particular drug, dosage and frequency of use, differential development occurs for different effects of the same drug. Physiological tolerance also occurs when an organism builds up a resistance to the effects of a substance after repeated exposure.

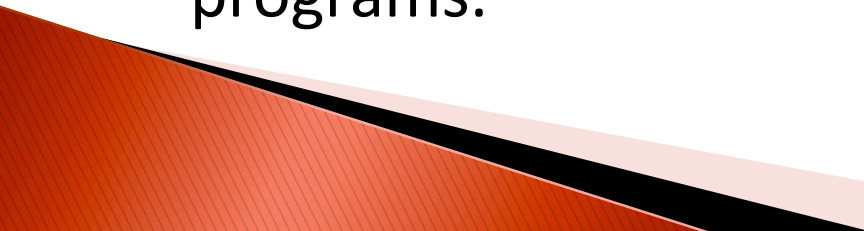
2-IDENTIFY IT! Continued

- ▶ *Substance Abuse* - a maladaptive pattern of substance use manifested by recurrent and significant adverse consequences related to the repeated use of substances. Individuals who abuse substances may experience such harmful consequences of substance use as repeated failure to fulfill roles for which they are responsible, legal difficulties, or social and interpersonal problems. It is important to note that the chronic use of an illicit drug still constitutes a significant issue for treatment even when it does not meet the criteria for substance abuse.

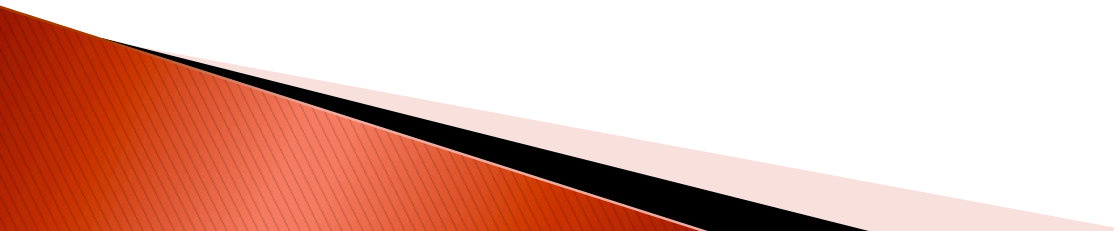
2-IDENTIFY IT! Continued

- ▶ *Substance Misuse* - the harmful use of substances (like drug & alcohol) for non medical purposes.
 - The term "Substance Misuse" often refers to illegal drugs. however, legal substances can also be misused such as alcohol, prescription drug medication, coffee, nicotine and volatile substances (e.g., petrol, glue, paint).
- ▶ *Active Addiction*

3-WORK IT!

- ▶ Contrast co-occurring treatment with traditional addiction treatment
 - ▶ Give a rationale for integrated treatment
 - ▶ List instruments helpful for screening
 - ▶ Describe evidence-based therapies helpful in treating co-occurring disorders; and the prevalence of co-occurring disorders in substance abuse treatment programs.
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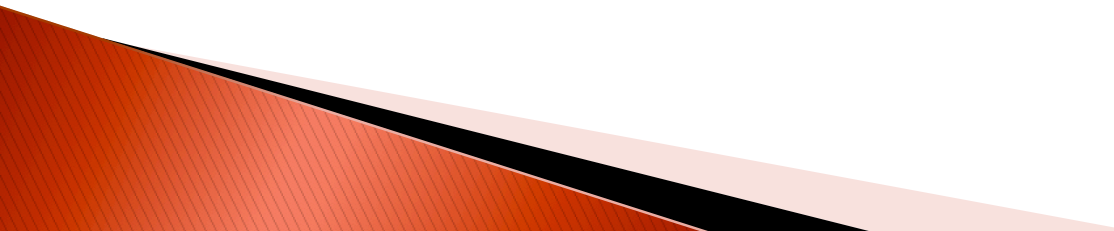
4-MASTER IT!

- ▶ Addiction professionals, employee assistance professionals, social workers, mental health counselors, professional counselors, psychologists and other helping professionals that are interested in learning about addiction-related matters, addiction as a disease and the prevalence of co-occurring disorders in substance abuse treatment programs.
 - ▶ Medication Management and coordinating Mental Health S/A Best Practices when working with this population.
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5-BRING IT!

- ▶ Recovering Addiction
- ▶ Co-Existing Disorder
- ▶ *X-IT*

6-BUILD IT!

- ▶ X- IT Skill building session using a highly effective model. The model is a mixture between Exposure Therapy and CBT.
 - ▶ X-IT was designed by Dr. Tina Parkman, Clinical Therapist and author. This one-of-a-kind experience has been created specifically for clinicians and those in the helping professions.
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7- X-IT!

- ▶ What to expect from the X- IT Model experience – getting deep into the presenting problem and moving the client forward – quicker, breakout sessions:
 - Intensive process group work.

The IT-Family Test and Stress Wheel Training Model

Expose-IT

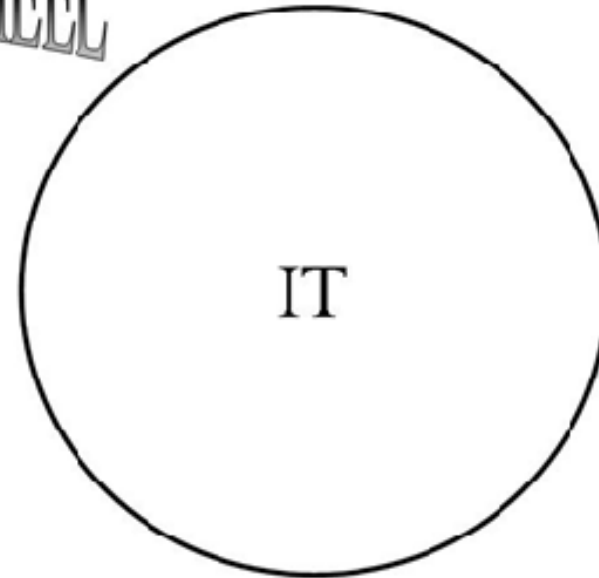
I= Impossible

T= Trauma -Test-Temptation-Trial-Trouble-Tribulation to Triumph!

Remember: If you won't deal with IT = IT will deal with you.

IT TEST & STRESS WHEEL

Divide this circle like a pie so that each slice represents an IT



NOTE Add any additional stressors that may not be from the list. Remember that stressors can be positive and negative, healthy and unhealthy.

Looking for Love-Youth (Singles, Dating, Courting)

Dying for Love (domestic Violence, STD's, Substance Abuse)

Victims of Love (Domestic Violence, Physical, Emotional, Sexually – Abused)

Transparency #3 Falling In & Out of Love (Backsliders, Spiritual Vacations & Egyptian Lovers)

Trapped by Love (Secret Love, Love Sick, Emotional Lover)

Dr. Tina Parkman

- ▶ Website:
 - Xitwithdrtina.com
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with
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