

## **INTEGRATED ADDICTION AND TRAUMA BASED RECOVERY TREATMENT**

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**Introduction / Issues:** As treatment providers we need to adopt a broad clinical perspective that blends both mental health and substance dependence modalities. Awareness of where the two treatments converge helps to build a bridge for the client into recovery from complex developmental trauma, attachment injuries and addiction. This presentation will suggest that clients living with co-occurring diagnoses require a treatment plan that focuses on recovery from both in order to reduce incidences of relapse and achieve integration.

**Method/Approach:** Sensorimotor Psychotherapy is combined with other conventional therapeutic modalities to offer the client a pathway to safety and containment. By using psycho-education and somatic resources the client is introduced to ideas taken from neuroscience and the relationship between substance and process addictions and traumatic reactions. Therapy assists clients to identify triggers that may have been masked by the false window of tolerance provided by substances.

**Results:** Adopting this approach has shown to be effective in assisting clients to achieve the skills and education required to build a more solid platform to address addiction issues, reducing the 'revolving door' syndrome in treatment which ultimately leads to a loss of hope that the therapy will work

**Discussions and Conclusions:** Understanding the relationship between Complex Developmental Trauma and Addiction enhances treatment outcomes for clients living with co-occurring disorders and will enhance all areas of their, their family's and the community's well-being.

**Implications for Practice or Policy:** Unresolved trauma costs the Australian community \$9 billion per annum. Trauma Informed Care and Practice (TICP) principles are recommended as essential policy for all mental health organisations and clinicians.

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