



May 2018 Addictions Symposium

Day 3 - Saturday, May 5, 2018



The Presenter:

Lance Dodes, M.D. is a Training and Supervising Analysts Emeritus with the Boston Psychoanalytic Society and Institute and was assistant clinical professor of psychiatry at Harvard Medical School (retired). He has served as the Director of the substance abuse treatment unit of Harvard's McLean Hospital, Director of the Alcoholism Treatment Unit at Spaulding Rehabilitation Hospital, and Director of the Boston Center for Problem Gambling. He annually chairs the discussion group The Psychology of Addiction at the fall meeting for the American Psychoanalytic Association. He is the author or co-author of a number of journal articles and book chapters about addictions. His books, *The Heart of Addiction*, *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction*, and *The Sober Truth* have been described as revolutionary advances in understanding how addictions work. Dr. Dodes has been honored by the Division on Addictions at Harvard Medical School for "Distinguished Contribution" to the study and treatment of addictive behavior and has been elected a Distinguished Fellow of the American Academy of Addiction Psychiatry.

Workshop Schedule:

8:30 a.m. - 9:00 a.m. Registration & Continental Breakfast (included)

9:00 a.m. - 4:00 p.m. Workshop

12:10 p.m. - 12:50 p.m. Lunch (on site and included) and Vendor Expo

Workshop Description:

Addiction has long been deeply misunderstood in both our culture and clinical practice. Rather than being a reflection of impulsivity or self-destructiveness, or a result of genetic factors, addiction can be shown to be a psychological mechanism that is a subset of psychological compulsion in general. This workshop will describe and illustrate a new way to understand and treat addictions. Attendees will also examine the effectiveness of 12-step programs, the rehabilitation industry, myths of addiction, how to distinguish true addictions from simple abuse, and other topics in order to arrive at a comprehensive modern appreciation of the nature of addiction and its treatment.

This workshop is designed for providers across multiple disciplines, including nurses, mental health nurses, psychologists, psychiatrists, therapists, addiction counselors, social workers, occupational therapists, and mental health staff.

Learning Objectives:

This workshop is designed to help participants:

1. List and discuss early psychoanalytic views of addiction
2. Describe and apply the relationship of addictions to compulsions
3. Describe the relative roles of physical and psychological factors in addiction
4. Explain and critique non-psychological adjunctive treatments for addiction
5. Summarize common myths of addiction.

6. Recognize, define and apply differences between true addictions and non-addiction behaviors