

Addressing Trauma & Addiction

with the 5-Actions Program™

6/5/21

John Fitzgerald, PhD, LPC, CAS
Developer of the 5-Actions Program™
Digital Therapeutics Group, LLC



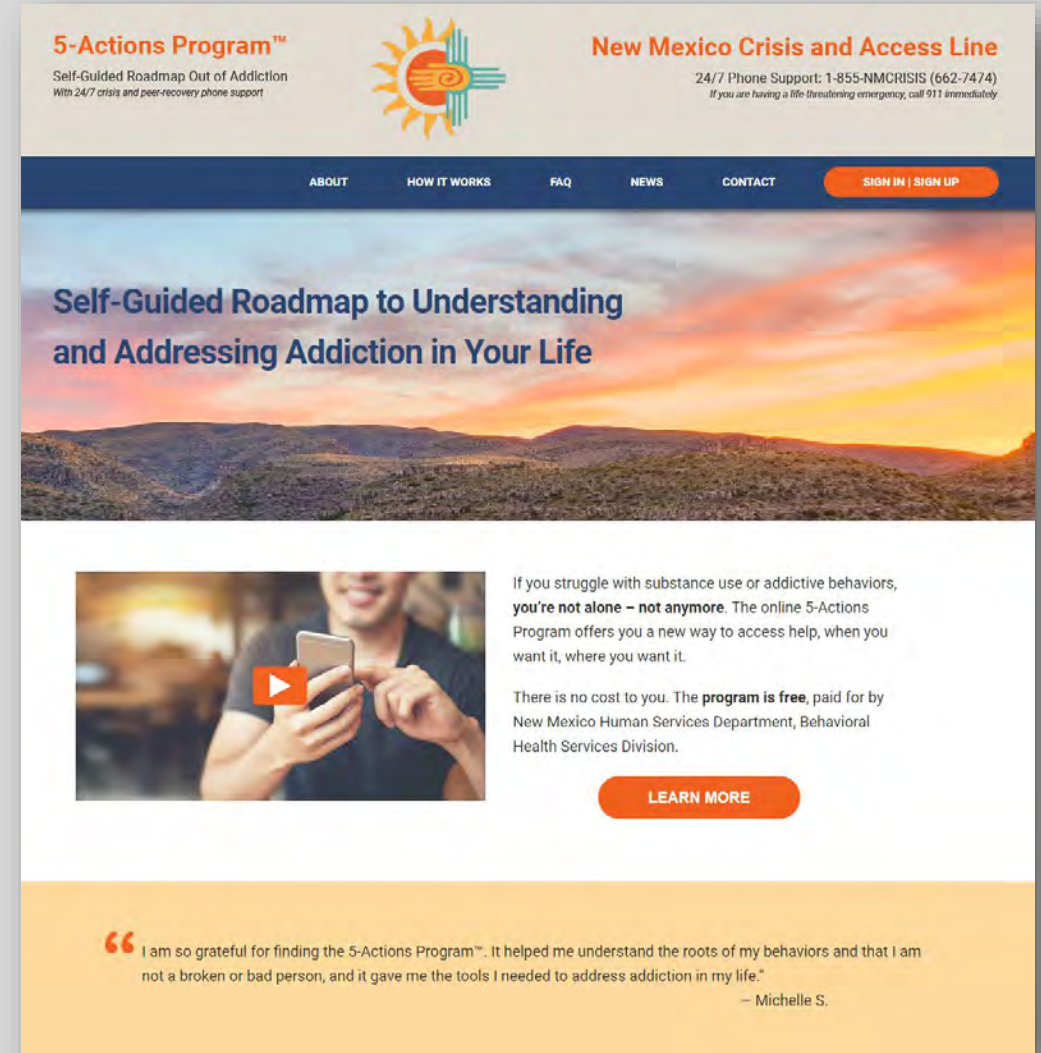
Agenda:

- Define trauma and its relationship to addiction
- Understand the consequences of trauma and challenges for healing
- Provide an overview of treatment and how the 5-Actions Program™ can help



What is the 5-Actions Program™?

- Launched **November 2020**
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Free to all citizens** in New Mexico, paid for the Behavioral Health Services Division
- **24/7 phone support** from the New Mexico Crisis and Access Line and Peer Recovery Support



The screenshot shows the homepage of the 5-Actions Program. The header includes the program name, a logo of a sun with a play button, and contact information for the New Mexico Crisis and Access Line. A navigation bar contains links for ABOUT, HOW IT WORKS, FAQ, NEWS, CONTACT, and a SIGN IN / SIGN UP button. The main content area features a large banner with a sunset over mountains and the title 'Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life'. Below this is a video player showing a person using a smartphone, followed by text explaining the program's purpose and availability. A 'LEARN MORE' button is positioned below the text. At the bottom, a testimonial from Michelle S. is displayed.

5-Actions Program™
Self-Guided Roadmap Out of Addiction
With 24/7 crisis and peer-recovery phone support

New Mexico Crisis and Access Line
24/7 Phone Support: 1-855-NMCRISIS (662-7474)
If you are having a life-threatening emergency, call 911 immediately

ABOUT HOW IT WORKS FAQ NEWS CONTACT SIGN IN | SIGN UP

Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life

If you struggle with substance use or addictive behaviors, **you're not alone – not anymore.** The online 5-Actions Program offers you a new way to access help, when you want it, where you want it.

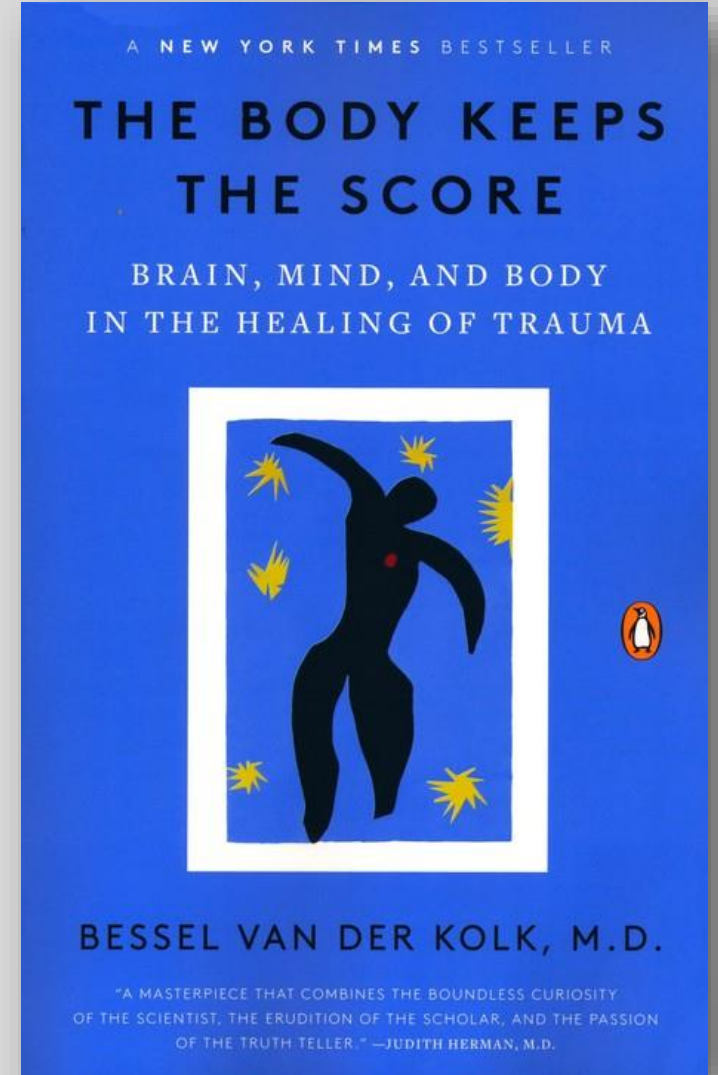
There is no cost to you. The **program is free**, paid for by New Mexico Human Services Department, Behavioral Health Services Division.

[LEARN MORE](#)

“I am so grateful for finding the 5-Actions Program™. It helped me understand the roots of my behaviors and that I am not a broken or bad person, and it gave me the tools I needed to address addiction in my life.”
— Michelle S.

Trauma, whether it is the result of something done to you or something you yourself have done, almost always makes it **difficult to engage in intimate relationships**. After you experience something so unspeakable, how do you learn to trust yourself or anyone else again? Or conversely, how can you surrender to an intimate relationship after you have been brutally violated?

Dr. Bessel Van der Kolk



TED Talk: What makes a good life?



**Good relationships
keep us happy and
healthier. Period.**

Dr. Robert Waldinger

Types of Traumatic Stress

- Community Violence
- Complex Trauma
- Domestic Violence
- Early Childhood Trauma
- Medical Trauma
- Natural Disasters
- Neglect
- Physical Abuse
- Refugee Abuse
- School Violence
- Sexual Abuse
- Terrorism
- Traumatic Grief

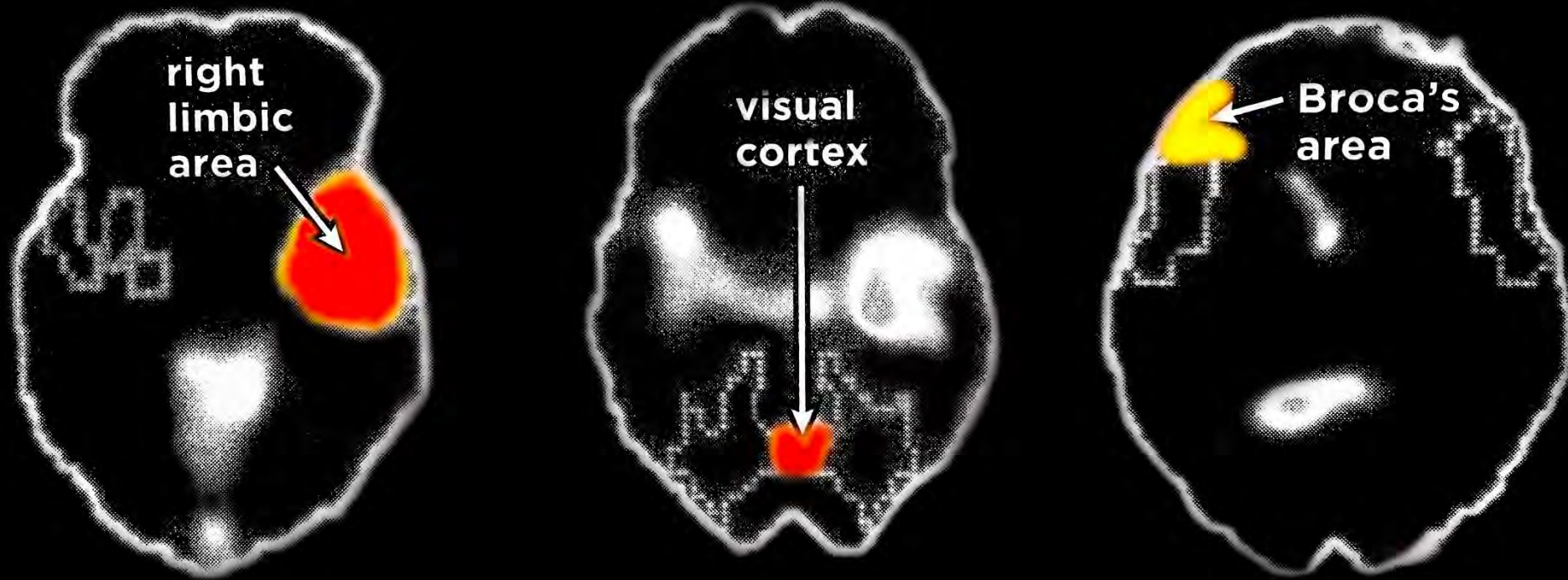
*Source: National Child Traumatic
Stress Network*

Being traumatized means continuing to **organize your life as if the trauma were still going on** – unchanged and immutable – as every new encounter or event is contaminated by the past. After trauma, the world is experienced with a **different nervous system**. The survivor's energy now becomes focused on suppressing inner chaos, at the expense of spontaneous involvement in their lives.

*Dr. Bessel Van der Kolk
The Body Keeps the Score*

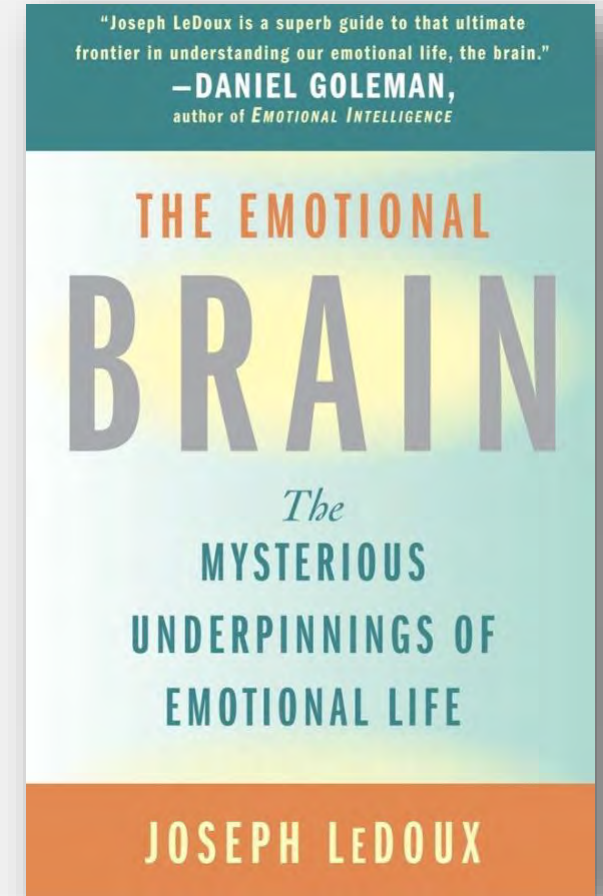
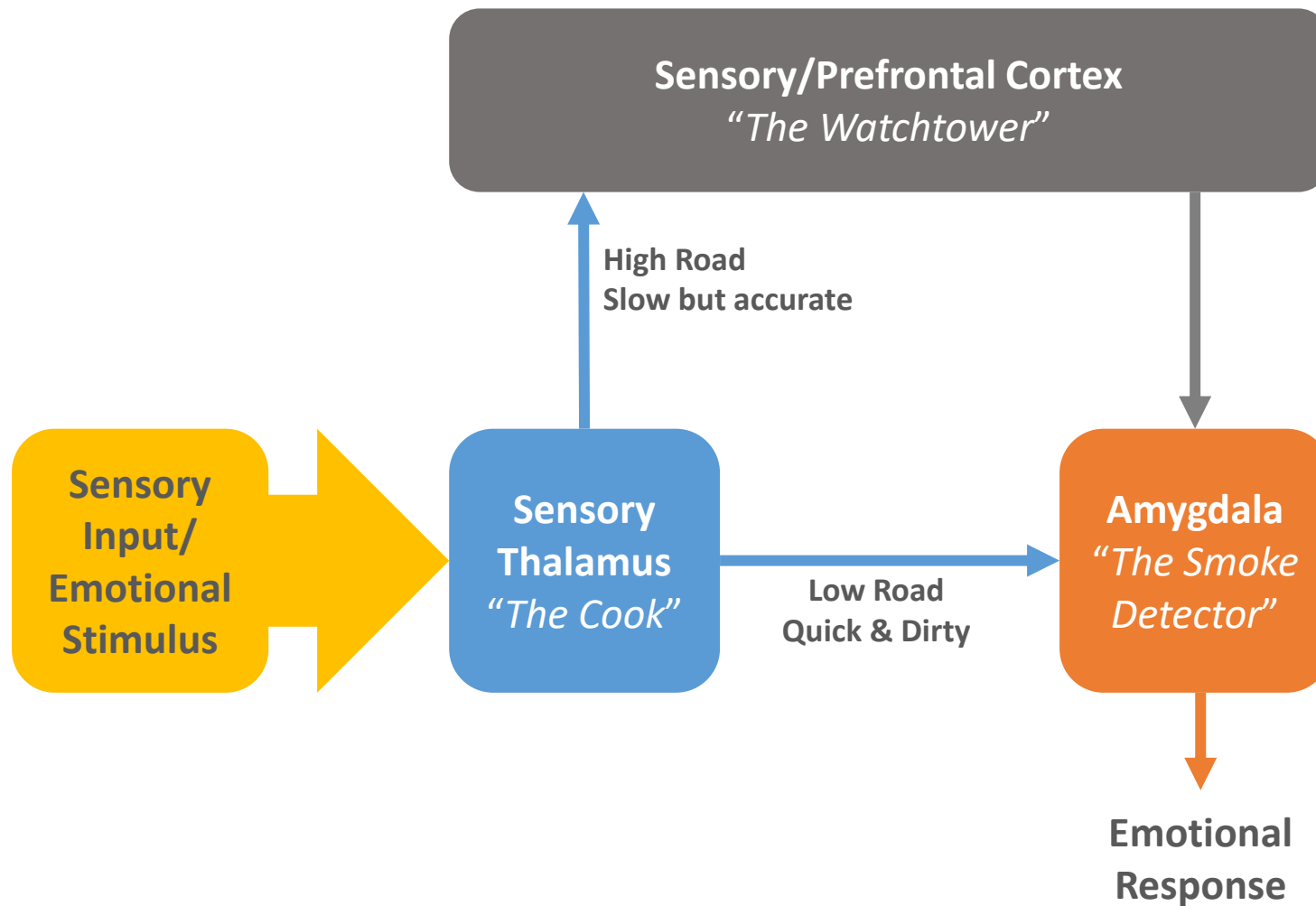


Your Brain on Trauma

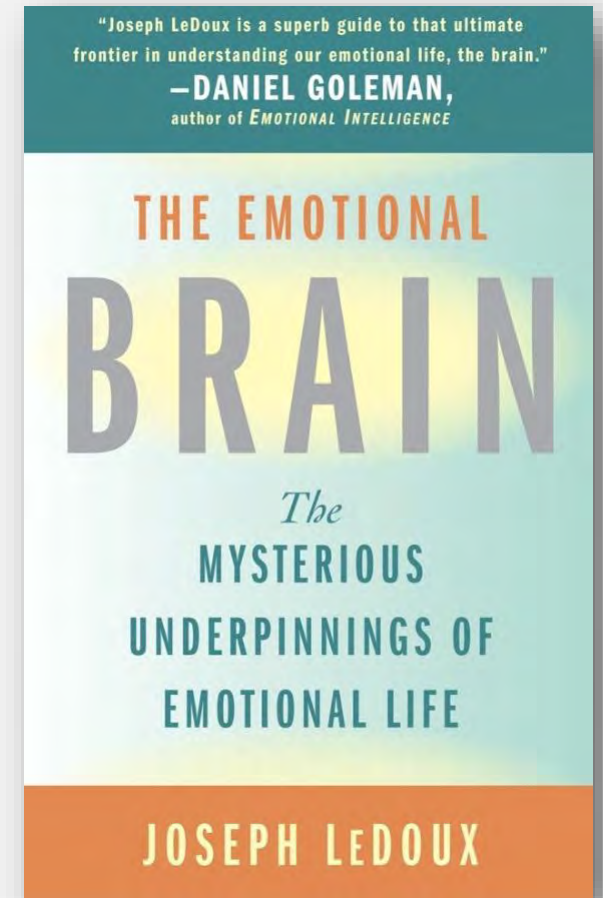
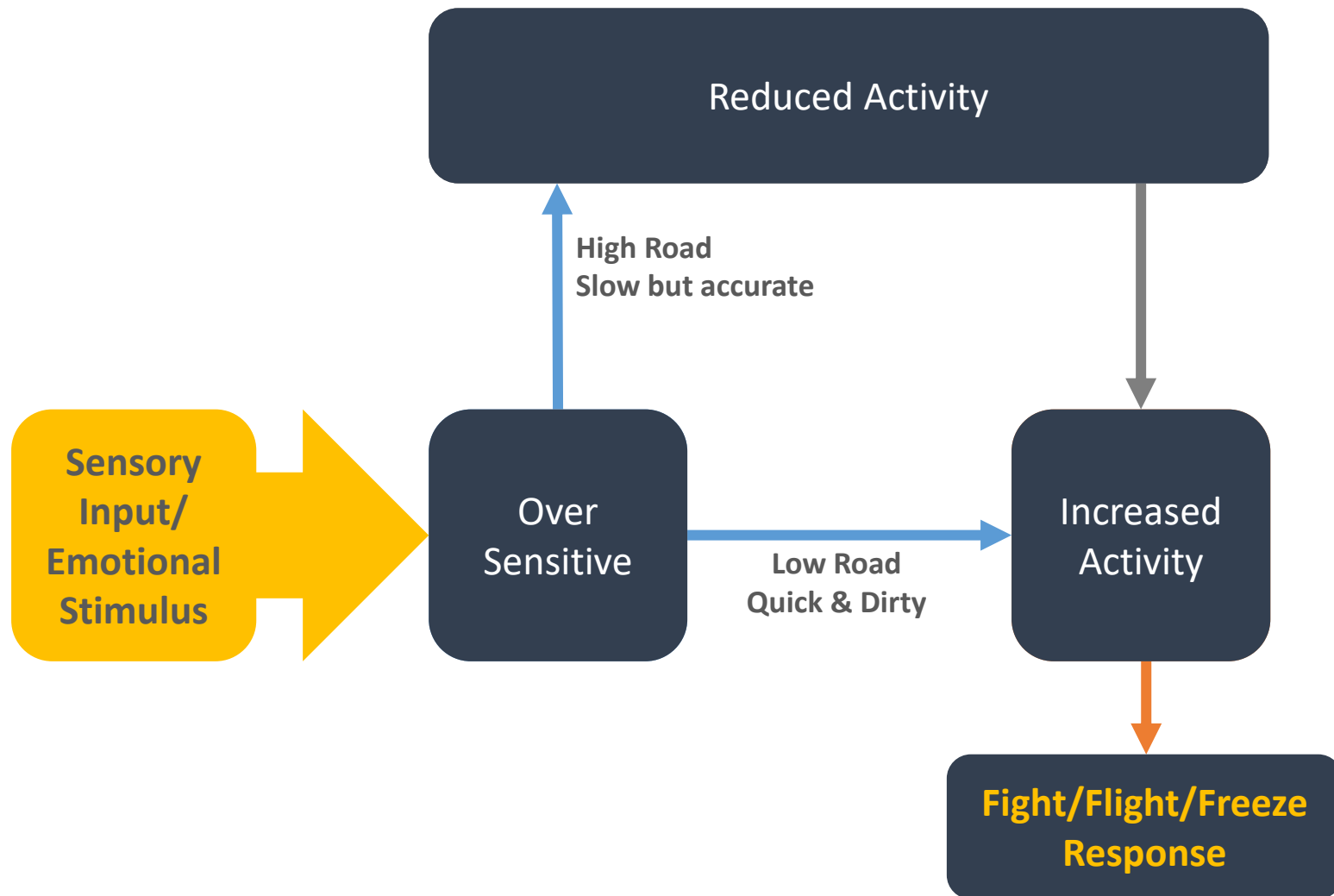


Source: Bessel Van der Kolk, *The Body Keeps the Score*

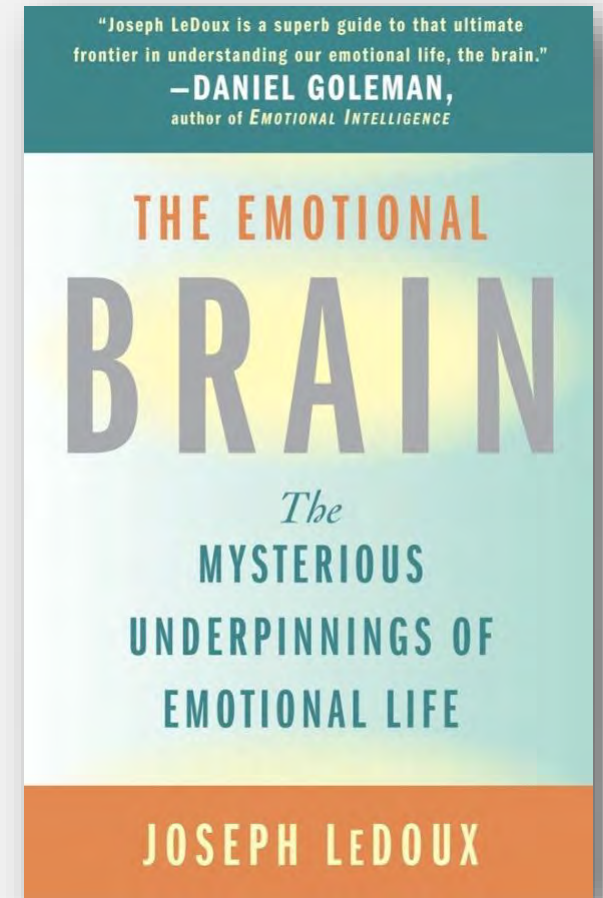
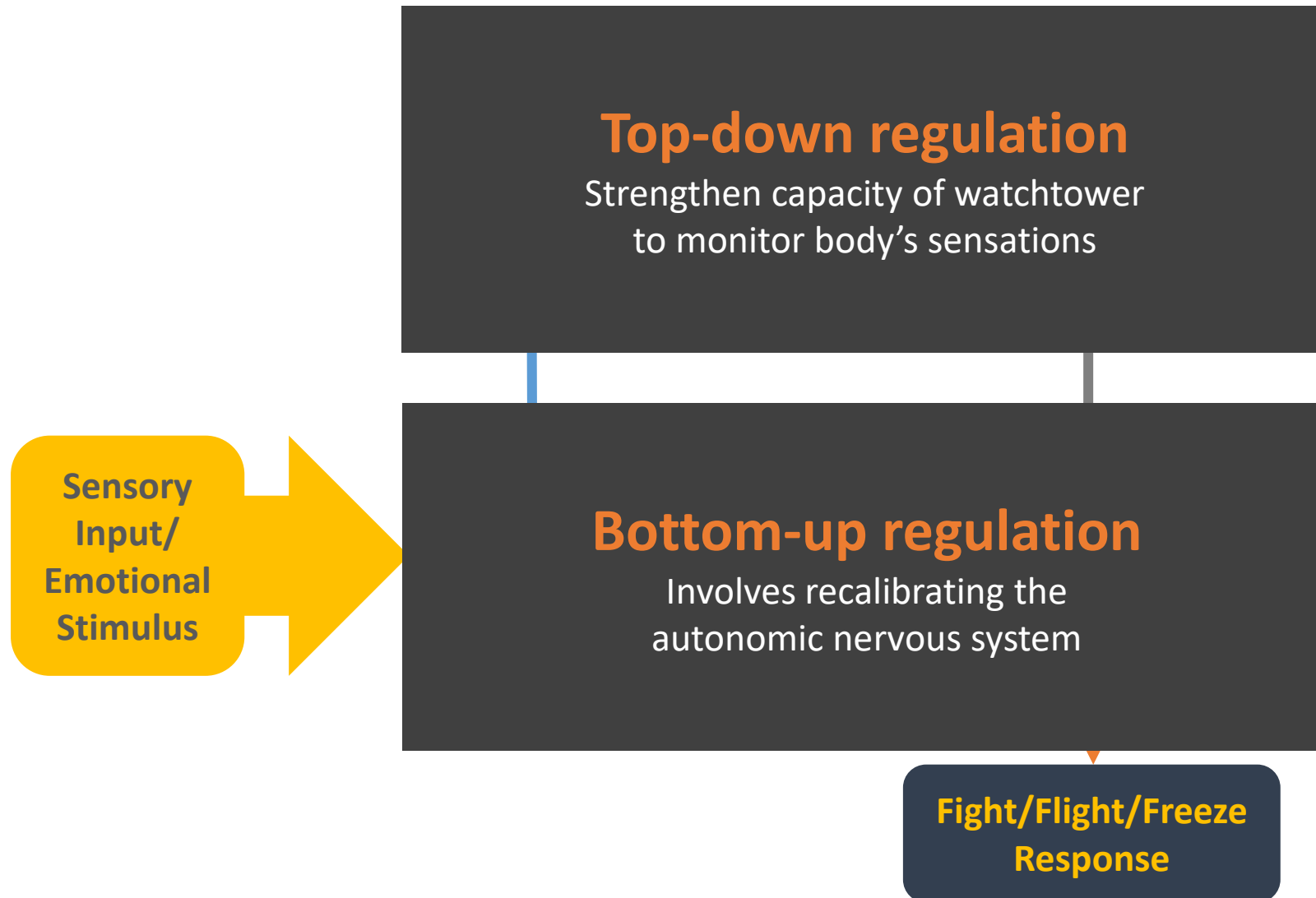
The low and high roads to fear

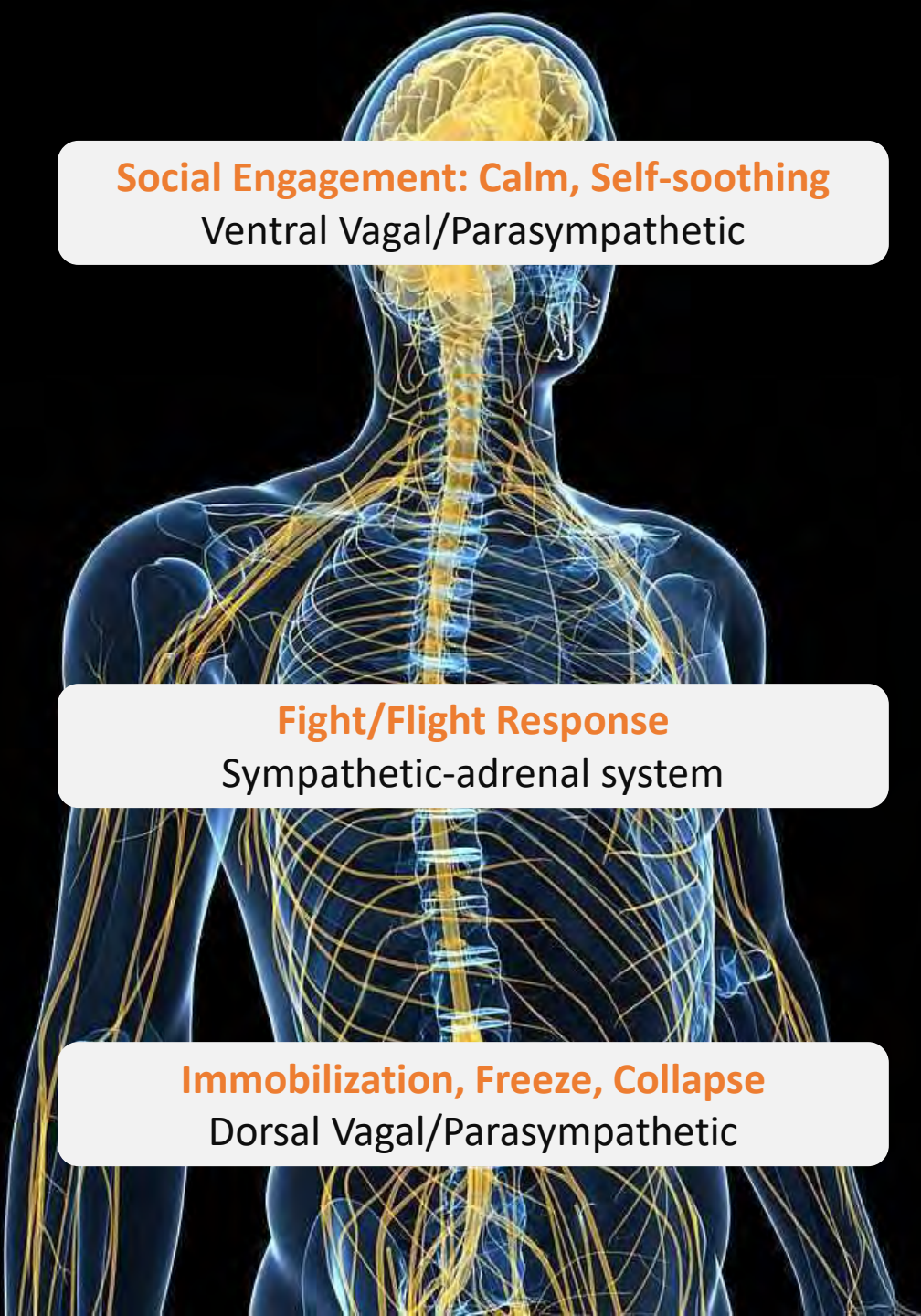


The low and high roads to fear



The low and high roads to fear





Social Engagement: Calm, Self-soothing
Ventral Vagal/Parasympathetic

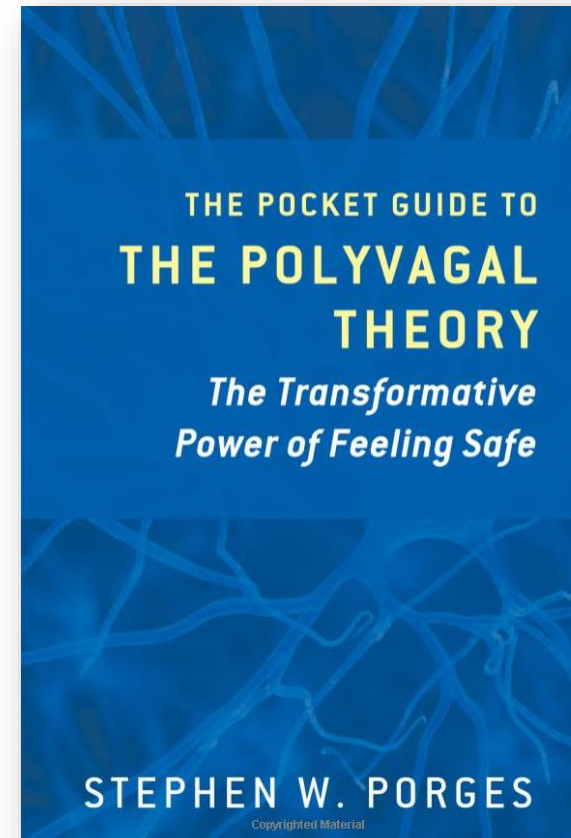
Fight/Flight Response
Sympathetic-adrenal system

Immobilization, Freeze, Collapse
Dorsal Vagal/Parasympathetic

The Polyvagal Theory

Biology of Safety & Danger

Dr. Stephen Porges



THE POCKET GUIDE TO
**THE POLYVAGAL
THEORY**

*The Transformative
Power of Feeling Safe*

STEPHEN W. PORGES

Copyrighted Material

Dr. Linda Meyer Williams

- Early 1970s
- Interviewed 206 girls
- Ages 10 to 12
- Admitted to hospital for sexual abuse
- Confirmed abuse by parents & lab tests

**17 years later...
(136 tracked down)**

**38% did not
recall the abuse**



Roots of Addiction



Insecure
Attachment

18 Months



ACEs

Childhood



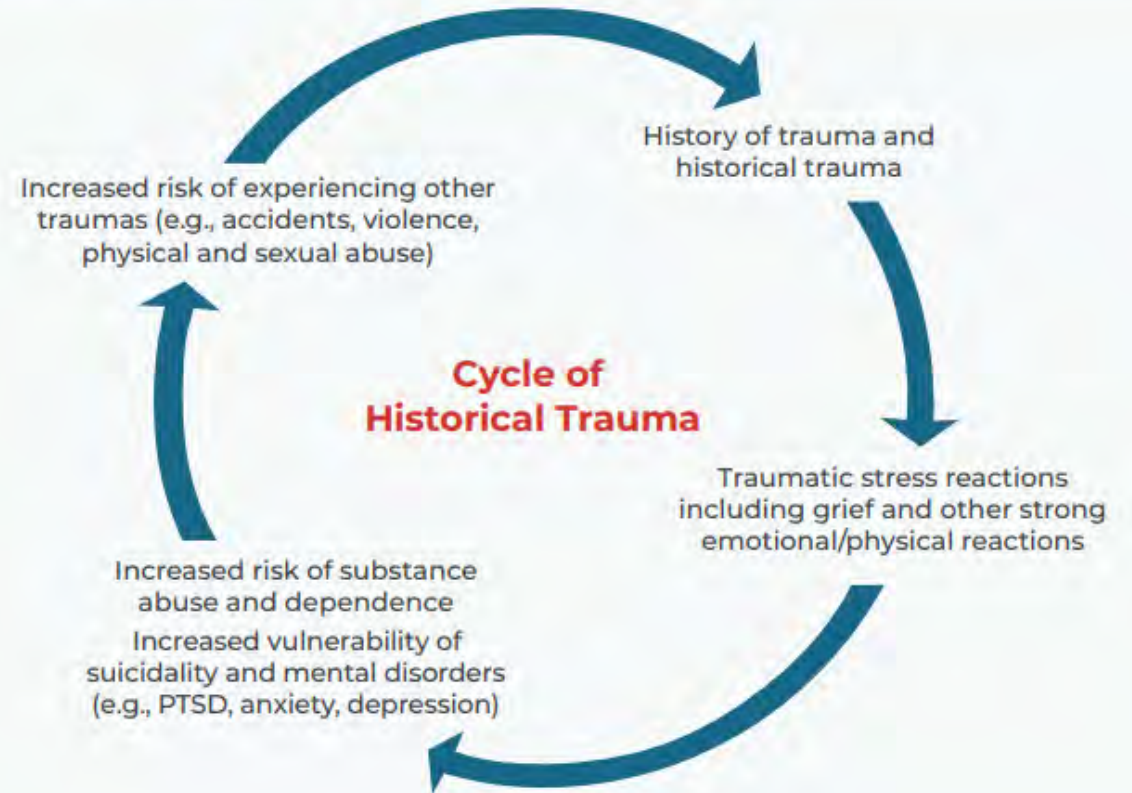
Trauma

Individualized Response

Intergenerational/Historical Trauma

Intergenerational trauma generally refers to the ways in which trauma experienced in one generation affects the health and well-being of descendants of future generations.

EXHIBIT 1.1-2. Cycle of Historical Trauma



Source: TIP 61, SAMHSA, Behavioral Health Services for American Indians and Alaska Natives For Behavioral Health Service Providers, Administrators, and Supervisors

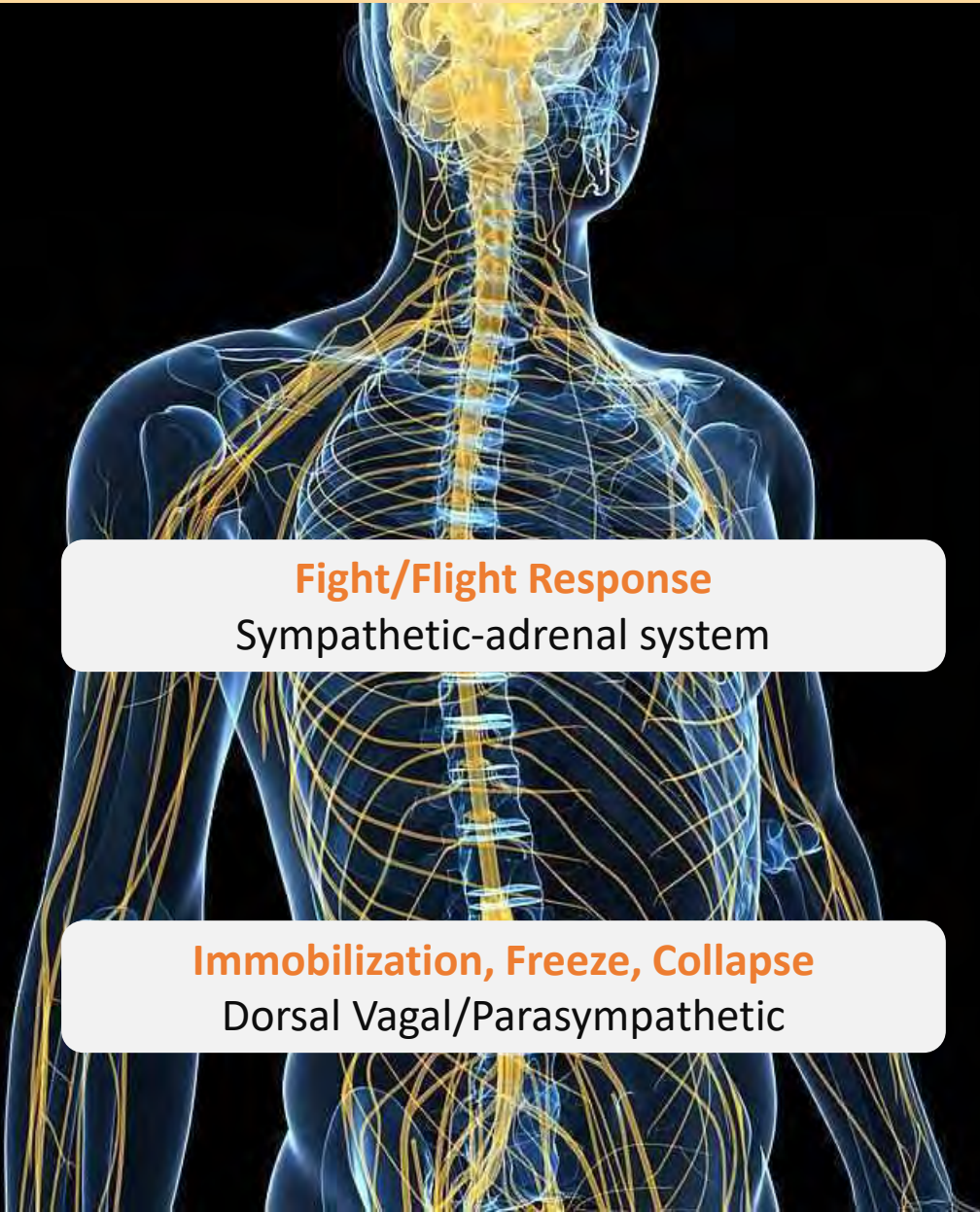
You know, I was **shameful**, and you do stuff that causes disgust, and that's hard to recover from. You can say, 'I forgive you' and all that stuff, but it's not the same as recovering from it. It's not coming back.

Robin Williams

Interview with The Guardian, 2010



Addiction is Adaptive to a Dysregulated Nervous System



Fight/Flight Response
Sympathetic-adrenal system

Immobilization, Freeze, Collapse
Dorsal Vagal/Parasympathetic



Uppers

Tobacco
Methamphetamine
Cocaine

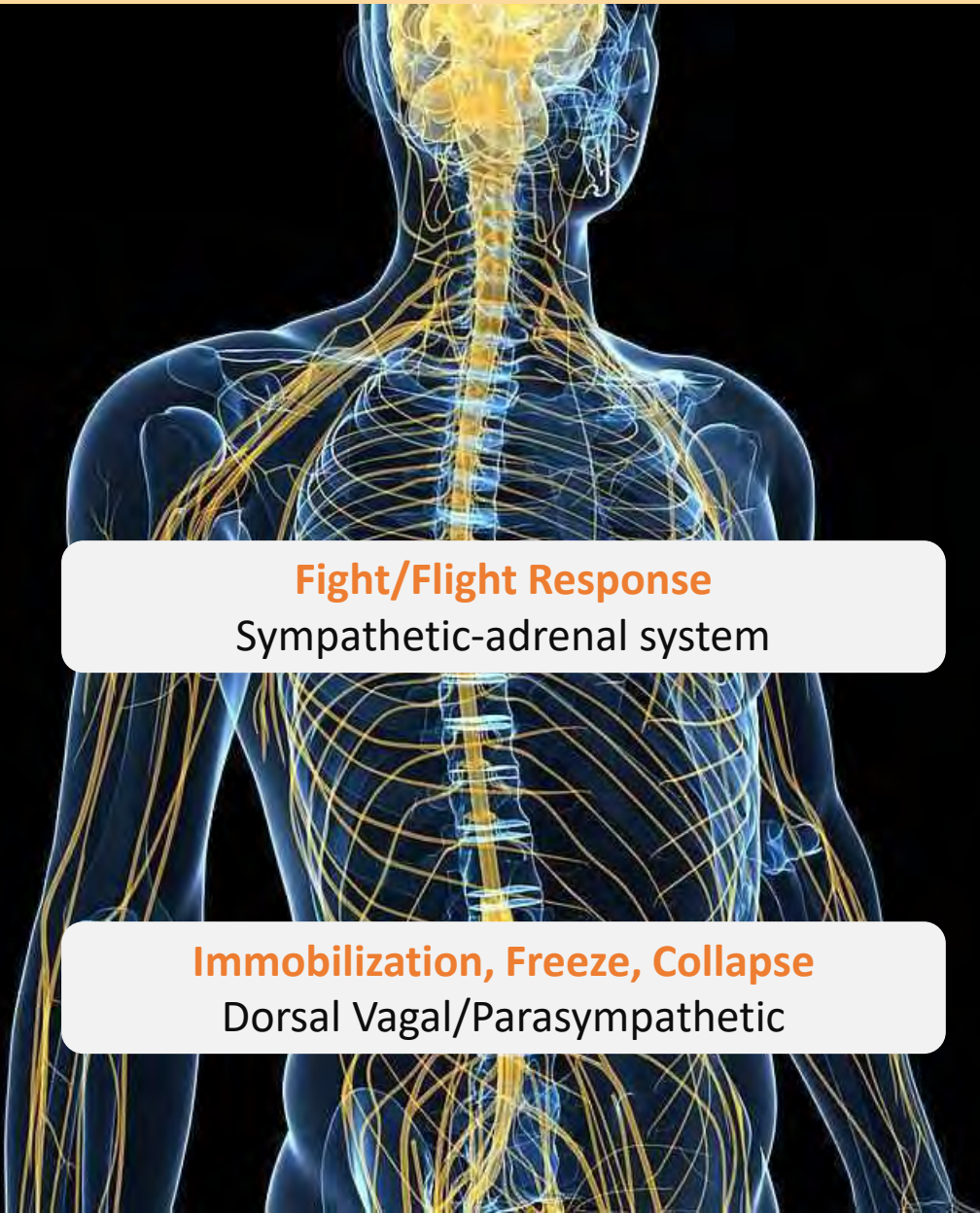
Downers

Alcohol
Opioids
Sedative-Hypnotics

All-Arounders

Marijuana
Psychedelics

Addiction is Adaptive to a Dysregulated Nervous System



Fight/Flight Response
Sympathetic-adrenal system

Immobilization, Freeze, Collapse
Dorsal Vagal/Parasympathetic



Food

Sex

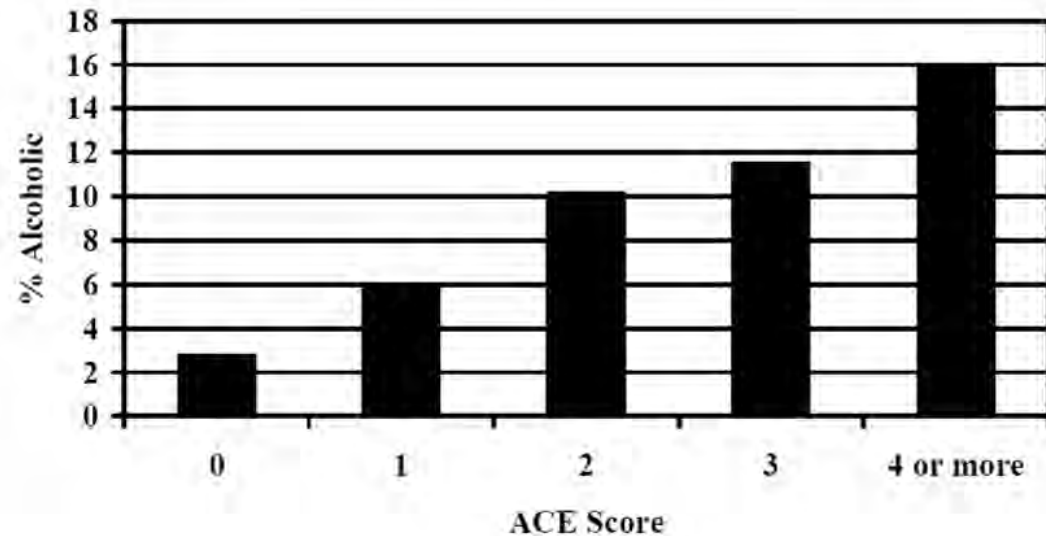
Gambling

Technology

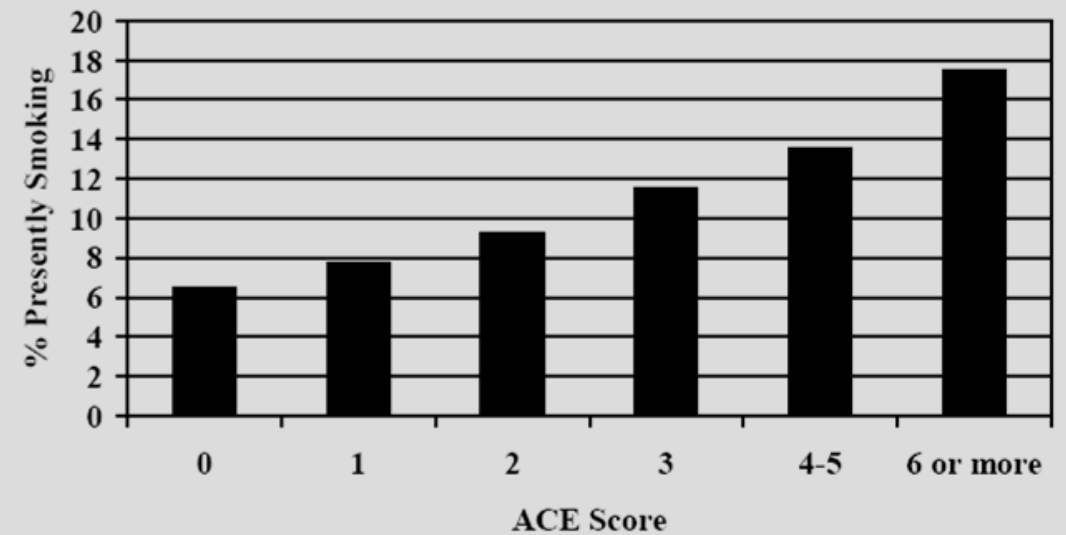
Exercise

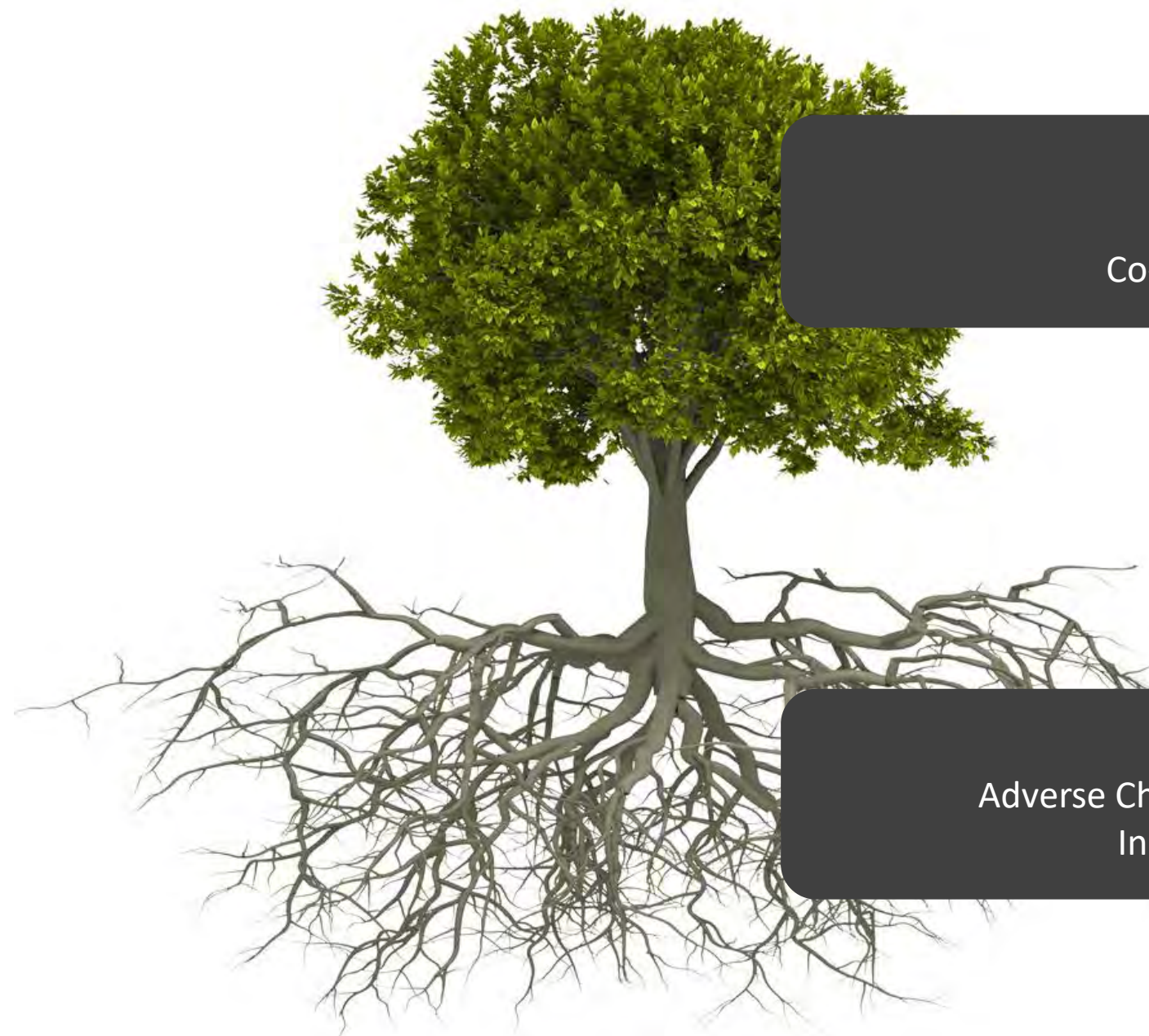
Higher the ACE Score (and Trauma Load), the More Addiction

ACE Score & Alcoholism



ACE Score & Smoking





Symptoms

Addiction
Co-occurring Disorders



Trauma

Adverse Childhood Experiences (ACEs)
Insecure Attachment

Significant Increase in Overdose Death from 2019 to 2020

	ALL DRUGS	HEROIN	NAT & SEMI – SYNTHETIC	METHADONE	SYNTHETIC OPIOIDS	COCAINE	OTHER PSYCHO- STIMULANTS (mainly meth)
October 2019 *	70,669	14,438	12,152	2,811	35,487	15,666	16,011
March 2020*	75,687	14,145	12,349	2,837	40,756	17,465	18,033
October 2020*	91,862	14,142	13,774	3,580	55,561	20,054	23,352
Year end October 2019-October 2020 Change	+30.0%	-2.1%	+13.3%	+27.3%	+56.6%	+28.0%	+45.8%



*NCHS Provisional Drug Overdose Death Counts: <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

Image Courtesy NIDA, MRI in IRP Neuroimaging Lab


Healing Trauma & Addiction




Guiding Principles

- Healing relationships
- Education
- Careful dance of reducing/stopping addiction, while learning to be present and mindful in the body
- Safety, boundaries, and resources
- Top-down (cognitive) and bottom-up (somatic) interventions
- No one best trauma treatment


Healing Relationships



Crisis And Access Line
Call for support and resources
1-855-NMCRISIS (662-7474)
Toll Free 24/7/365



Peer to Peer Warmline
Call or text to connect with a peer
1-855-4NM-7100 (466-7100)
call 3:30pm – 11:30pm / text 6pm – 11pm



**Healthcare Worker and
First Responder
Support Line**
1-855-507-5509



The challenge of treatment

Patients

- Lack of narrative about trauma – disconnect from the body
- Potential of re-traumatization
- Lack of relational trust
- Developmental deficits/constrictions
- Hypervigilant nervous system
- Co-occurring disorders (**Addictions**)

What accounts for positive treatment outcomes?

The Contextual Model (Wampold & Imel, 2015)

Initial Therapeutic Bond



Three Change Pathways

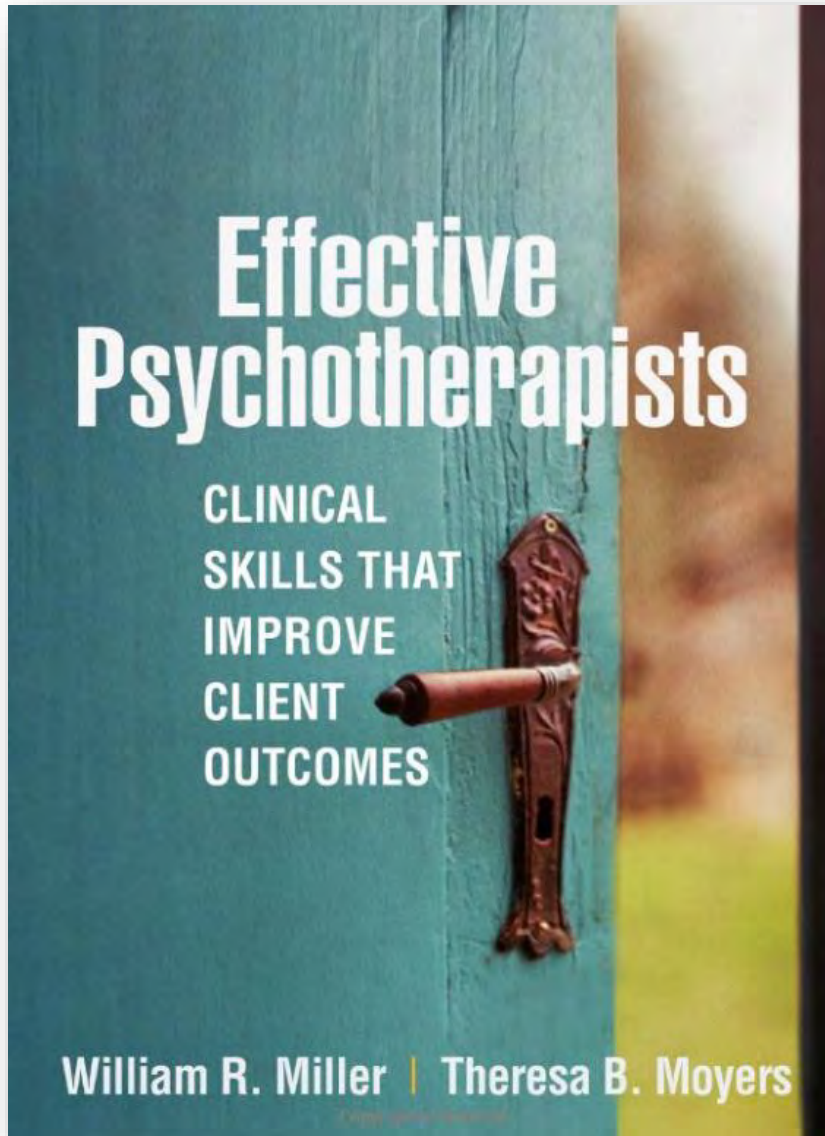
1. Real (Healing) Relationship
2. Expectations (problem-solution)
3. Intervention Actions (EBPs)



Good Outcomes

Better Quality of Life

Symptom Reduction



- Accurate Empathy
- Acceptance
- Positive Regard
- Genuineness
- Focus
- Hope
- Evocation
- Offering Information and Advice

Many Trauma Treatments...

- Accelerated Experiential Dynamic Psychotherapy
- Somatic Experiencing
- Sensorimotor Psychotherapy
- Internal Family Systems Therapy
- Trauma Release Process
- Eye Movement Desensitization and Reprocessing
- Neurosequential Model of Therapeutics
- Emotion-Focused Therapy
- Intersubjectivity-Based Treatment
- Mentalization-Based Treatment
- Sensorimotor Affect Regulation Therapy
- Neurofeedback Therapy



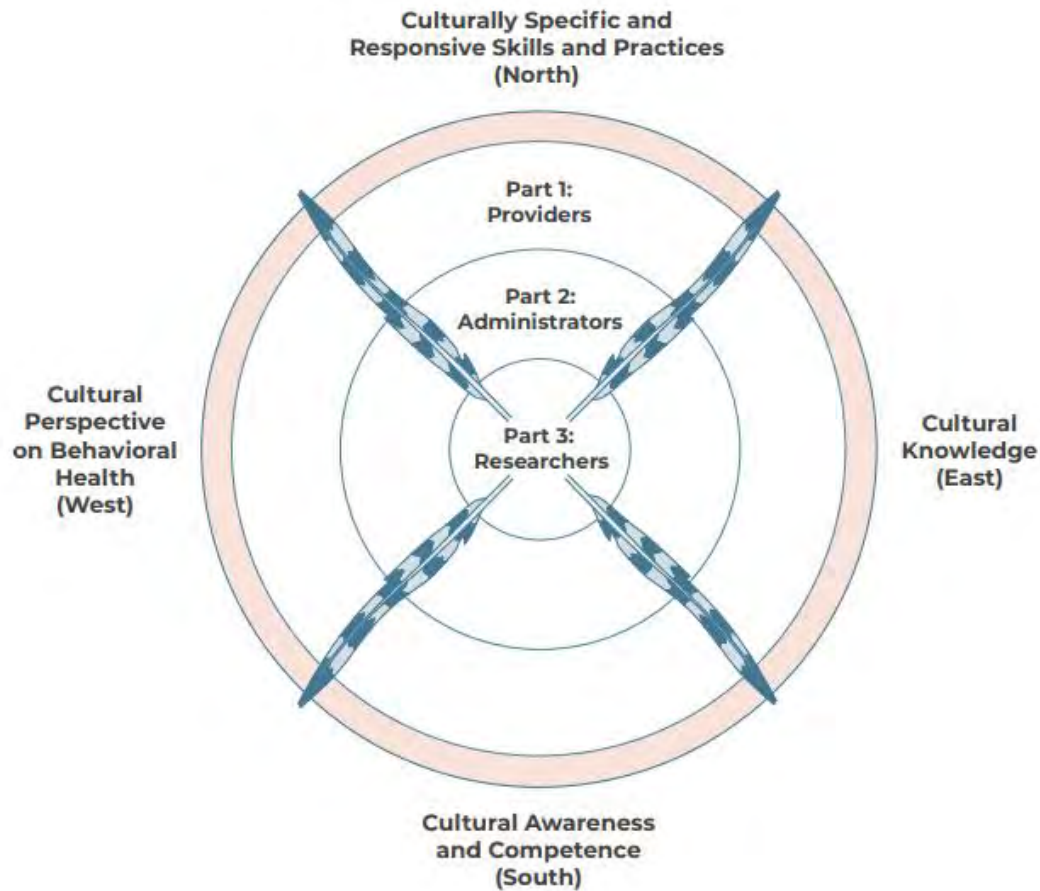
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Healing relationship

Aligned Expectations

Culturally Response Healing: Many Paths



Source: TIP 61, SAMHSA, Behavioral Health Services for American Indians and Alaska Natives For Behavioral Health Service Providers, Administrators, and Supervisors

Spirituality

Creator, Mother Earth, Great Father

Community

Family, Clan, Tribe/Nation

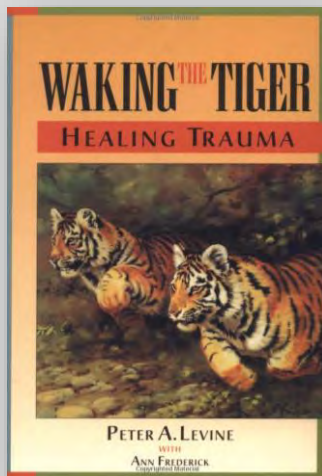
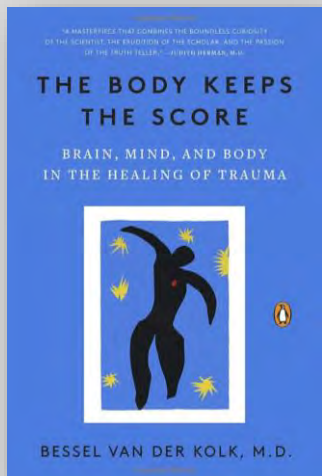
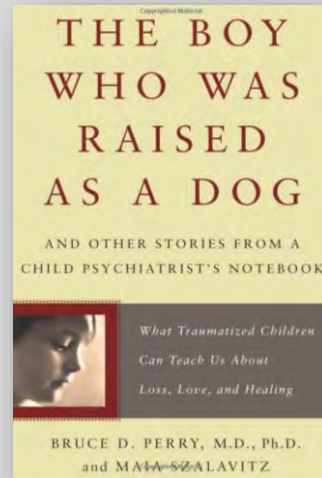
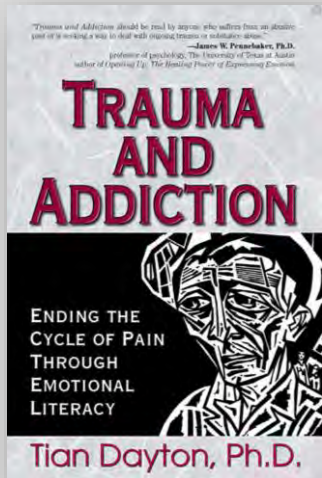
Environment

Nature, Animals, Plants, Balance

Self


Inner Passion, Values, Feelings, Beliefs

Education can go a long ways...



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Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life



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— Michelle S.

Origins of Addiction: Trauma

Origins of Addiction



1. Introduction



2. Problem of Adolescence



3. Risks and Protections



4. Genetics



5. Attachment



6. ACE Study



7. Trauma 101



8. Flight, Flight, Freeze



9. Your Brain on Trauma



10. What You Can't Remember



11. Co-Occurring Disorders



12. Rat Park

- Trauma is defined by **your response to an event**, not the event itself
- Brain/Body **react on auto-pilot** with flight, fight, freeze responses
- Trauma changes the brain/body, **Broca's area (speech) shuts down**
- **Trauma fragments memory**, so addiction can occur with the underlying driver outside of awareness

Resolve Solvable Problems (Action 3)

Resolve Solvable Problems (Action 3)



1. Introduction



2. Crisis and Basic Needs



3. The 4-Step Solution



4. Addiction Medications



5. Psychiatric Medications



6. Self-Help Groups
Including 12-Step



7. Earning Secure
Attachment



8. Healing ACEs and Trauma



9. Tools to Self-Treatment
Trauma



10. Parts Work

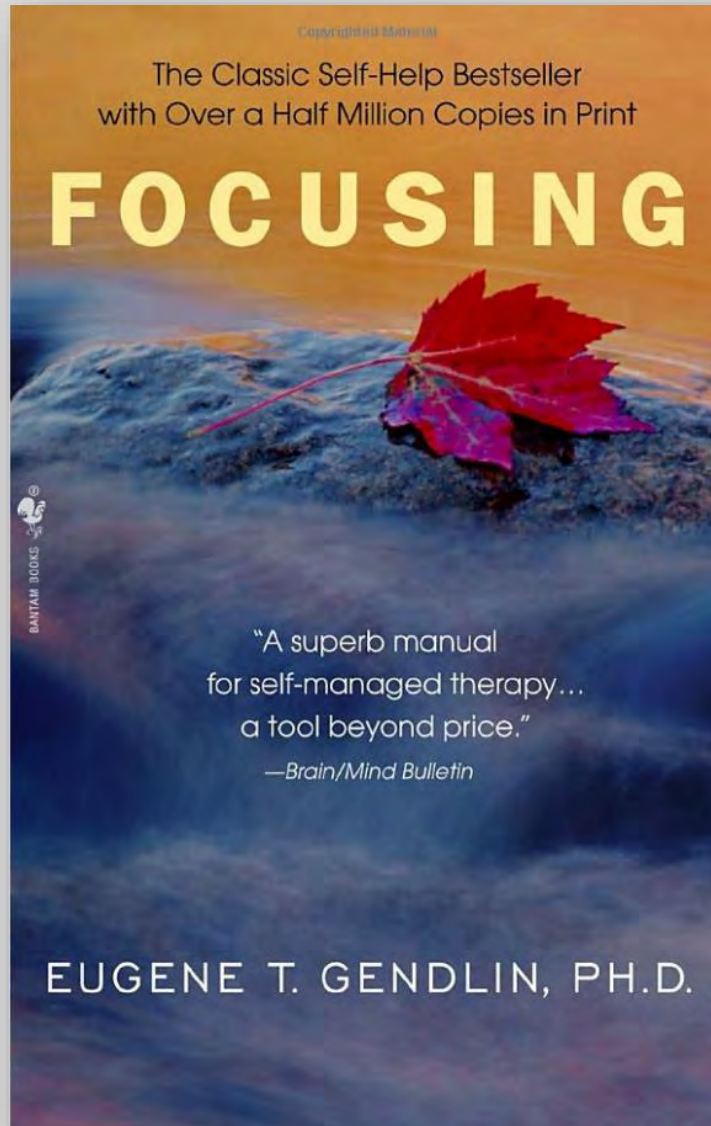


11. Mental Health One-Stop
Shop



12. Developmental Catch-Up
Shop

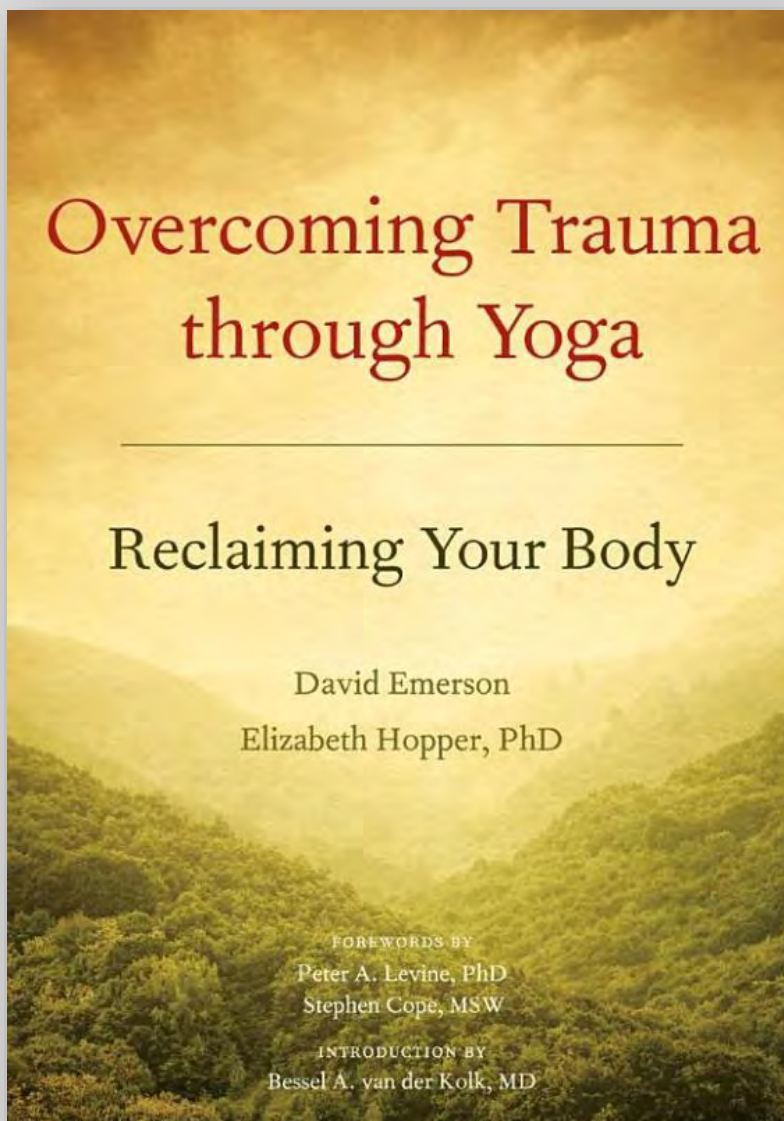
- Key to healing is learning to live in the body, mindfully
- No one best way address trauma
- Four interventions that can help: Focusing, Yoga, Trauma Releasing Exercises (TRE), and Mindfulness
- Integrating parts of self: Internal Family Systems Therapy



The Six Steps

1. Clearing A Space
2. Felt Sense
3. Handle
4. Resonating
5. Asking
6. Receiving

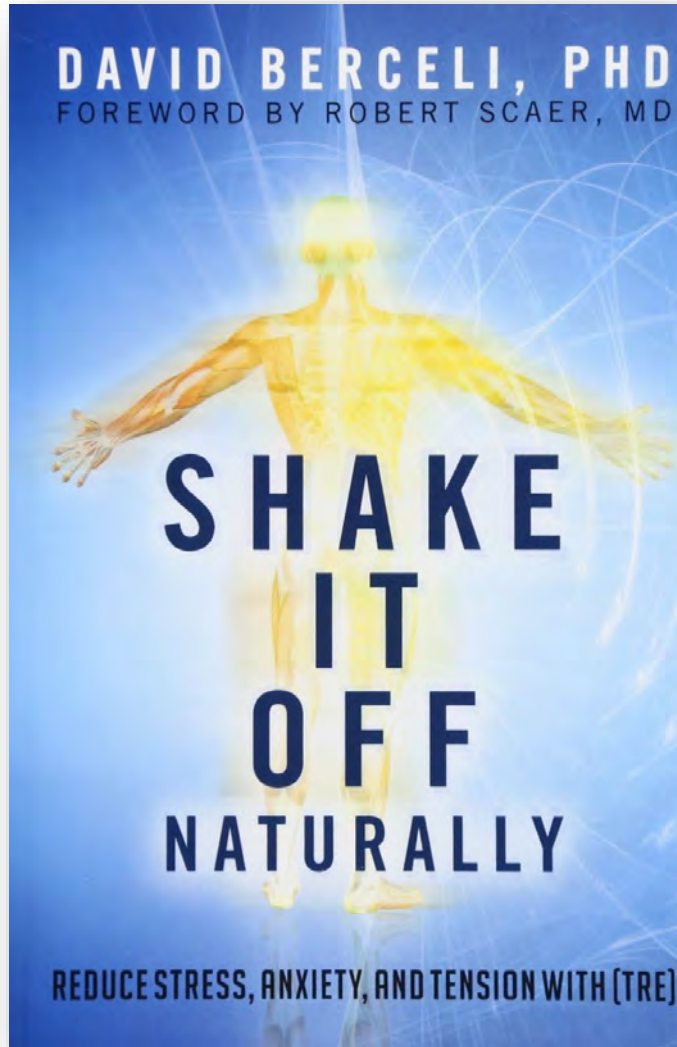
Check out: <https://focusing.org>



...ten weeks of **yoga practice** markedly reduced PTSD symptoms of patients who had failed to respond to any medication or to any other treatment.

Body Keeps the Score, p. 207

Trauma Releasing Exercises (TRE)



- Tremors evoked by the TRE exercise is natural, internal, neuro-physiological response of the body to reduce its own stress and **restore a sense of well-being**.
- TRE is a **body based (somatic) process** which can discharge tension from the body, often not requiring a “revisit of the trauma story”.
- TRE is designed to be a **self-help tool** that once learned, can be used as needed, throughout one’s life, thereby continuously supporting and promoting personal health and wholeness.

Check out: <https://traumaprevention.com/>

Mindfulness

I have learned these lessons from my dying patients – who in their suffering and dying realized that we have only NOW – “so have it fully and find what **turns you on**, because no one can do this for you!”

Elisabeth Kübler-Ross



Parts Work

An Illustrated Guide to
Your Inner Life



by Tom Holmes, Ph.D

with Lauri Holmes, MSW

illustrations by Sharon Eckstein, MFA

Internal Family Systems

Skills Training Manual

Trauma-Informed Treatment for Anxiety,
Depression, PTSD & Substance Abuse

Frank G. Anderson, MD • Martha Sweezy, PhD
Richard C. Schwartz, PhD

Firefighters

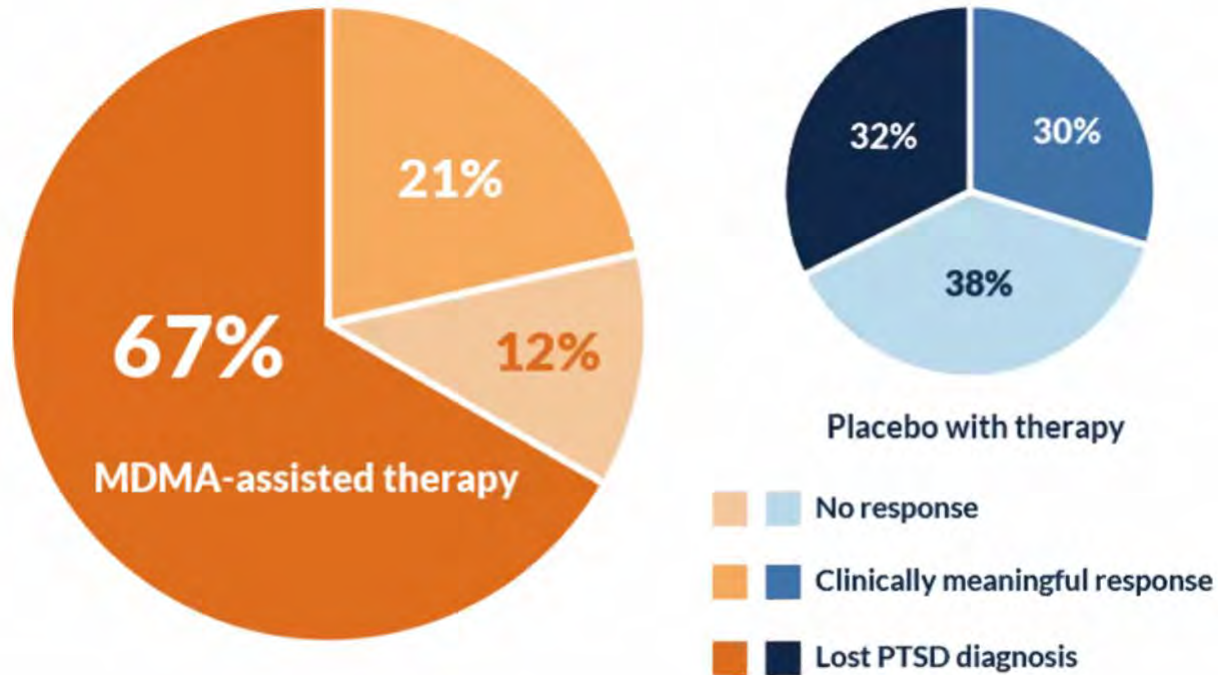
SELF

Managers

Exiles

<https://www.selfleadership.org/>

MDMA for Treatment of PTSD



67% of participants in the MDMA-assisted therapy group no longer had PTSD after 3 sessions, compared to 32% in the placebo with therapy group.

<https://maps.org/research/mdma>

HEALTH & WELLBEING

First Phase 3 trial data for MDMA therapy sets path for approval

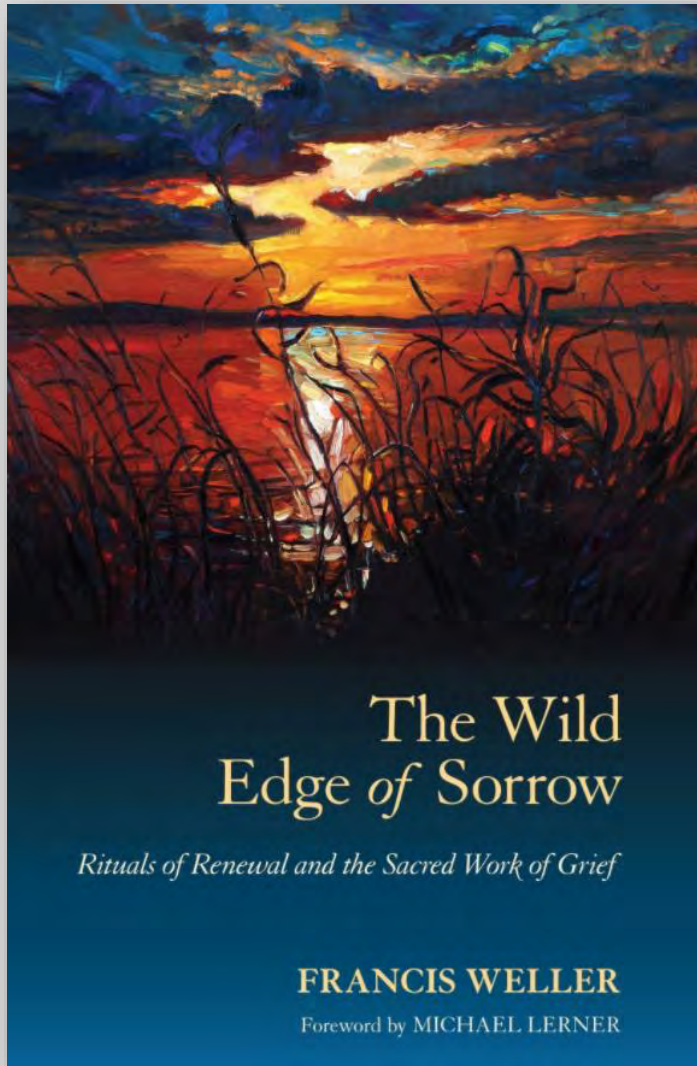
By Rich Haridy
May 03, 2021



A patient undergoing MDMA treatment in one of the Phase 2 clinical trials. MAPS

The first results from Phase 3 trials testing MDMA-assisted psychotherapy for post-traumatic stress disorder (PTSD) have been announced. The extremely promising data are the first Phase 3 results to be revealed for any psychedelic-based therapy, paving the way for a landmark US Food and Drug Administration (FDA) approval in 2023.

Grief



Trauma always carries grief, though not every grief carries trauma. Therefore, grief work is a primary ingredient in the resolution of trauma.

Francis Weller

Questions and Discussion
info@nm5actions.com