

# From Rat Park to the Adaptive Paradigm of Addiction: Insights from Dr. Bruce Alexander

Live Webinars Supporting  
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10/22/22

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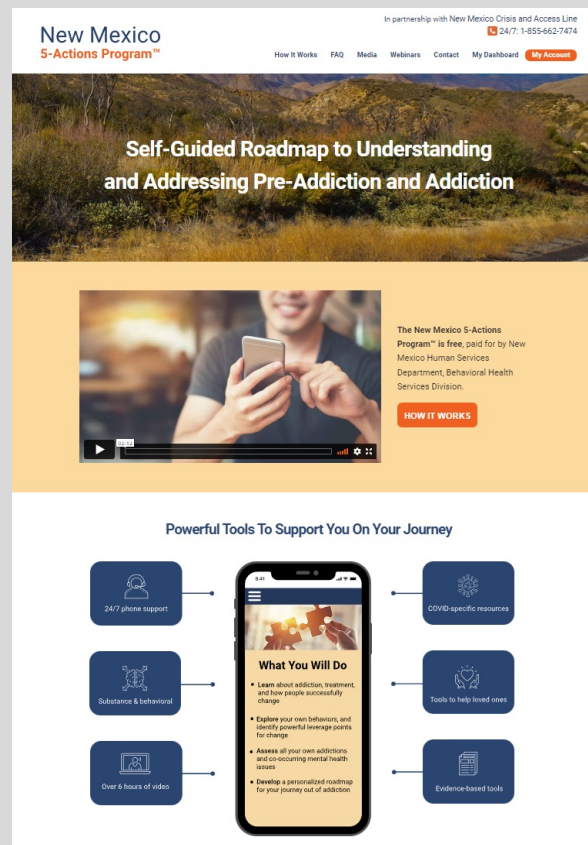
## Agenda:

- Dr. Alexander will discuss his career and contributions in the field of addiction
- Two definitions of addiction and how they apply to individual and social change
- Why addictions are adaptive to not getting our deepest human needs met
- How addictions to wealth, power, and consumption are undermining our future

# 5-Actions Programs™

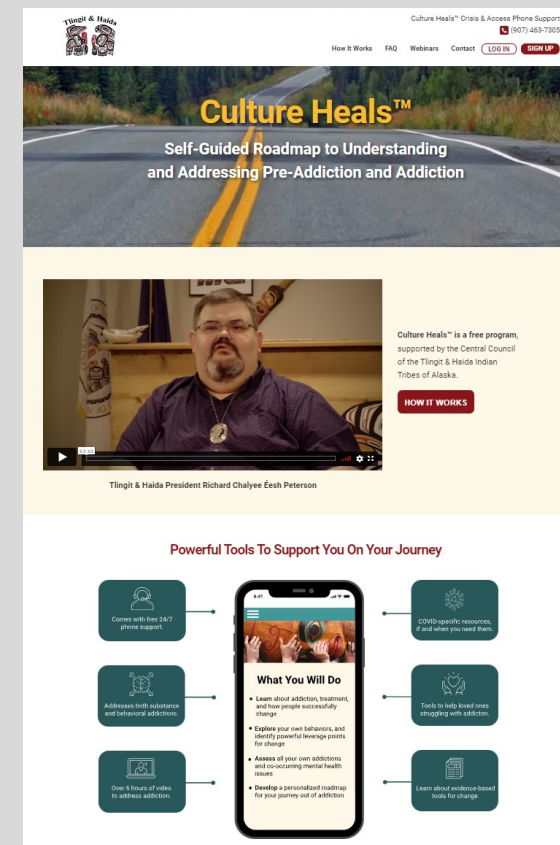
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, 2022 in Alaska
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

## New Mexico



[www.nm5actions.com](http://www.nm5actions.com)

## Alaska



[www.cultureheals.com](http://www.cultureheals.com)

# 5-Actions Program™ Webinars: 2022

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>

**November 19: 8am (Alaska), 9am (PST), 10am (MST)**

**Five Things to Know Before You Get Sober  
with Nico Morales**

**December 17: 8am (Alaska), 9am (PST), 10am (MST)**

**Addressing Burnout at Work, Home, and in Life:  
Update on Pandemic Fatigue**

## Dr. Bruce Alexander

“I do not know how a world society of 8 billion people facing jet-propelled technological modernization, political chaos, and ecological disaster can function well enough that most people can put together the reasonably full lives that can protect them from dangerous addictions.” – Dr. Bruce Alexander, 2022

For more than half a century, Dr. Bruce Alexander has studied addiction and proposed some of the most thought-provoking insights in the field. In 2008 he published the *Globalization of Addiction: A Study in Poverty of Spirit* where he proposed that human loneliness and disconnection from nurturing communities are the primary drivers behind addiction. While known for conducting the Rat Park experiment in the late 1970s showing that addiction is more a function of one's environment than inherent in a person, he continues to believe the field of addiction is stuck theoretically, holds tightly to such things as the *Myth of the Demon Drug*, and has failed to evolve a universal definition of addiction that has produced improved treatments and outcomes as in other fields of medicine.

# Defining Addiction

## **Oxford English Dictionary, Online Edition 2022** **Definition of “Addiction”**

1a. The state or condition of being dedicated or devoted to a thing, esp. an activity or occupation; adherence or attachment, esp. of an immoderate or compulsive kind. In later use frequently influenced by sense 1b.

1b. Immoderate or compulsive consumption of a drug or other substance; spec. a condition characterized by regular or poorly controlled use of a psychoactive substance despite adverse physical, psychological, or social consequences, often with the development of physiological tolerance and withdrawal symptoms...”



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