



Psych Garden and The Center for Optimal Living are Proud to Present

**A 2-DAY TRAINING IN INTEGRATIVE
HARM REDUCTION PSYCHOTHERAPY (IHRP)**

BY DR. ANDREW TATARSKY, PHD WITH MARK GREEN, MD



A New Paradigm for Substance Use Disorder The Scientific Revolution in Addiction Treatment: FROM DISEASE MODEL TO PSYCHOBIOSOCIAL MODEL

APRIL 28-29, 2017 | 9:30AM-5:30PM

1815 Massachusetts Ave. | Room #3-094 | Cambridge, MA

In the face of our national crisis of escalations in drug use and overdose, traditional abstinence-only treatments and our overemphasis on criminal justice interventions have failed to solve these problems. However, we are in the midst of a global paradigm shift in how we view and treat the spectrum of problematic substance use that holds great promise for developing more effective solutions. We are moving from moral, criminal and unitary disease models to viewing substance use as a health issue and human rights issue that varies on multiple psychobiosocial dimensions in ways that are unique to each person. This model shift implies the need for a personalized, collaborative integrative harm reduction approach to address the diverse needs of this large undertreated group of people.

Dr. Tatarsky will introduce Integrative Harm Reduction Psychotherapy (IHRP), his integration of harm reduction principles into psychotherapy and substance use treatment. IHRP brings together relational psychoanalytic, active cognitive and behavioral skills building and mindfulness techniques in a harm reduction frame to support positive change in substance use and related issues. He will discuss how IHRP has particular power to attract, engage and facilitate positive change in a group of people that has traditionally been thought to be hard if not impossible to treat in psychotherapy.

We will cover IHRP's seven therapeutic tasks with discussion, skill demonstrations and skill building exercises. Participants are encouraged to bring difficult case vignettes and questions. We will explore how to adapt IHRP to different clinical settings including in office psychotherapy, in home services, medical and psychiatric practices, harm reduction agencies, prison including abstinence-based treatment programs.

DAY 1

1. Introduce and define core harm reduction principles
2. Discuss the clinical challenges of problematic substance use
3. The limitations of the prevailing disease model-based abstinence-only treatment
4. Describe the many paths to addiction and paths to recovery
5. Describe how the psychobiosocial process view of addiction, the multiple meanings model and the Transtheoretical Stages of Change model best explain this complexity
6. Present an overview of IHRP's 7 therapeutic tasks with emphasis on therapeutic process and technique
7. Task 1: Managing the Therapeutic Alliance, Engagement Skills and Countertransference
8. Task 2: Relationship as Healing Agent
9. Task 3: Enhancing Self-Regulation, Curiosity, Mindfulness, Urge-Surfing

DAY 2

1. Task 4: Assessment as Treatment, Microanalysis, Unwrapping the Urge
2. Task 5: Embracing Ambivalence, Decisional Balance, Dialoguing with Both Sides
3. Task 6: Harm Reduction Goal Setting
4. Task 7: Personalized Planning for Positive Change, Ideal Use Plan, Integrating Strategies
5. Taking it Home

**For more information & to register, contact
info@cfol.org or 212-213-8905.
www.integrativeharmreductiontherapy.com**