

Addiction in Buddhism & Psychotherapy - Module 8

AABCAP



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with Bhante Sujato & Sam Jerga





Informed Consent

- Introduction - including my professional history
- Definitions & Assessment measures
- Watch a video and listen to basic neuroscience understandings.
- Engage in some mindful connection exercises that may reduce some denial, meet with a feel of resistance or touch on some discomfort.

Informed Consent

- Have an option to consider / share your own addictive history
- Possibly be challenged to consider the nature of dependence in therapy and the importance of diluting attachment



The history of InterACT

Psychologist Jim Maclaine began developing the InterACT program in the 1980's whilst working at Langton clinic the first government funded AOD treatment centre in NSW.



From 1986-1991 Jim was the director of the chemical dependency unit at Rosslyn Private hospital in Arncliffe NSW where the model was refined.

From 1991-2001 the Interact program successfully treated thousands of AOD patients at St Edmunds Private hospital Eastwood under Alpha Heath Care



2001-2003 the clinical team, now including me - moved from St Edmunds to what is now known as Northside West (Ramsay)





2016 - Australian Recovery Centre, Blue Mountains



2019 -
Australian
Recovery
Centre
Blue
Mountains

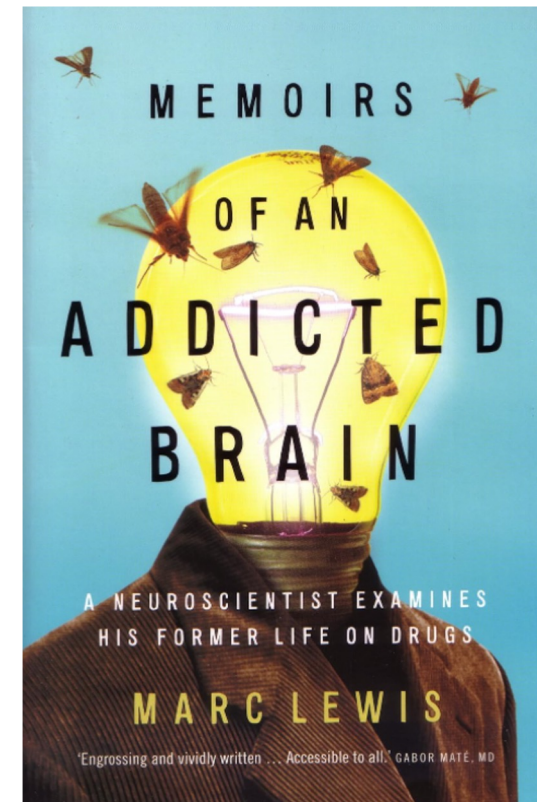


Defining Substance Use Disorder

- DSM-TR (2022). 11 Criteria. Two to three symptoms are said to indicate a “mild” substance use disorder, four-five a “moderate” substance use disorder and six or more give you a “severe” classification.

Meth psychosis

- Leading neuroscientists understand addiction as a form of “Corrupted learning” (Lewis, 2012).





Defining Substance Use Disorder

- Addiction is described in the 12-step literature as a 3 fold disease: physical, psychological & spiritual (Alcoholics Anonymous, 2001).
- Psychoanalysts see it as a defense against the anxiety caused by unconscious conflicts (Thombs, 2006).
- The issue is not the external target or the behavior — the issue is one's internal relationship to it. If there's craving, pleasure and relief in the short term, harm and inability to give it up (Mate, 2009)
- And psychologist Jim Maclaine believed addiction to be “A chemically induced personality disorder that results in a person being trapped by a destructive pathological self image.” (2011)

An Intoxication Effect

Glutamate = GO

GABA = STOP

Ethanol Molecule suppresses Glutamate
and Stimulates GABA

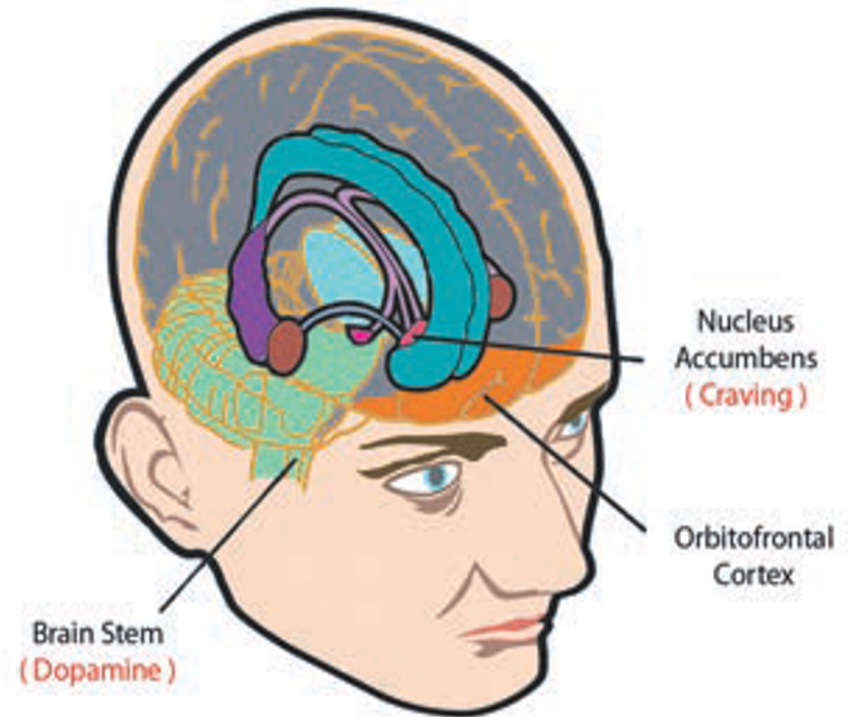
Experienced as less agile thinking, but of
greater intensity.



Dopamine (desire chemical)
travels up the Brain Stem

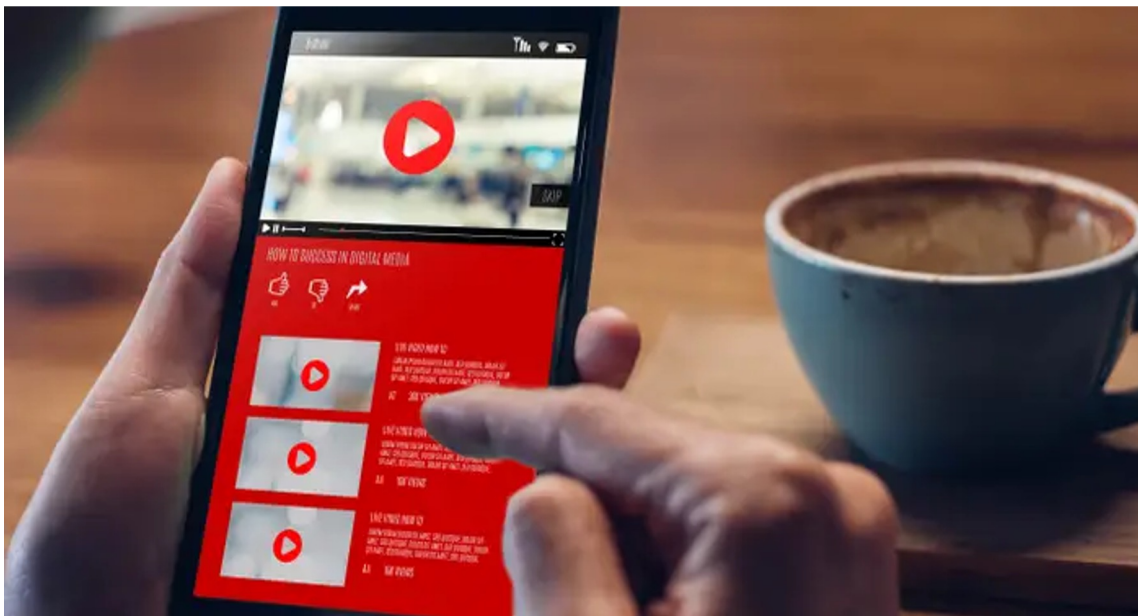
into the Nucleus Accumbens of
the Limbic System (forward thrust
for goals e.g. feelings of attraction
or craving)

and stimulates positive
appraisal (thoughts) in the
Orbitofrontal Cortex.



As a result, one becomes not only unable to not think
about using, but becomes unable to stop the thrust or
forward motion toward the goal of using.

The root cause of suffering is the uncontrollable and repetitive nature of craving (or wanting). Whether it is the wanting for more pleasant experiences, or a wanting to end or avoid unpleasant experiences. This, the Buddha taught, is the root cause of suffering.



Cam Adair





'I' Want - Connection exercise.

The 'I' that wants is a nice gentle 'in road' to getting in touch with a 'self'

“What to you in you is you”

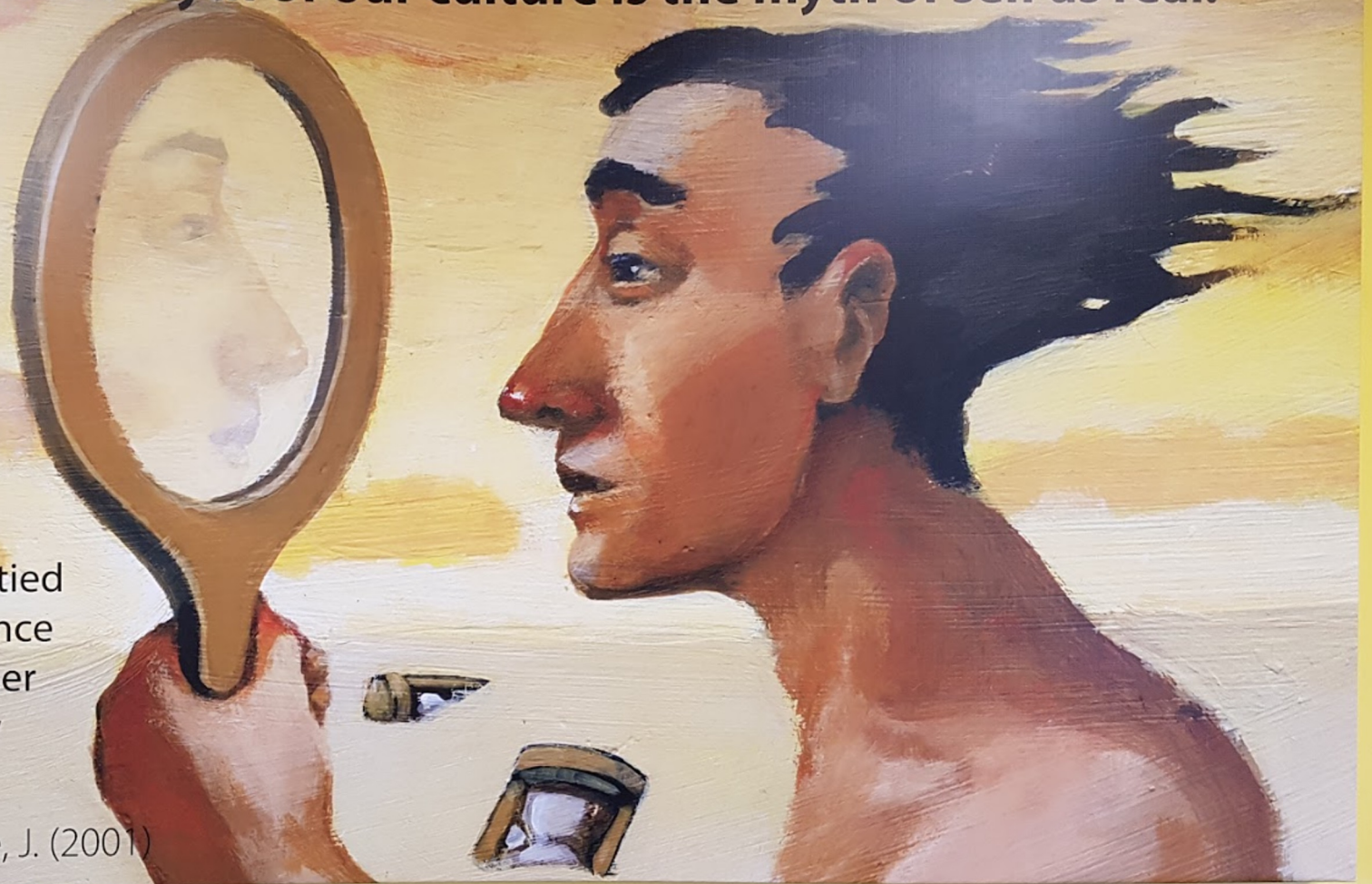


The dominant myth of our culture is the myth of self as real.

"In the way we experience being seen by others, our mind's put it to us that they are not so much seeing a person but are seeing *me*"

"That sense of *me* is tied to what we experience ourselves to be rather than what we know about ourselves"

Maclaine, J. (2001)





[Introduction to graphics](#)

[Person & Self](#)

[What is addiction - inside the mind.](#)


[Ordinary Intoxication](#)

[Beginning of attachment to intoxicated
self](#)

For persons trapped in an
addictive process the way
things are is perpetually
augmented....Reality becomes
optional

Suffering lies in our
relationship to the
way things are

I Can't recover but a
Person can.



Once you have a sense of how to connect with “what to you, in you, IS you”, you have the beginnings of a tremendous self-help recovery process.

Developing a Self-help process dilutes the attachment to the therapist....
Most important for a person with a dependent self image.

Next time you are feeling anxious, less-than, entitled or having any other feeling that may be difficult to manage, go inwards and connect with what image of self is driving you in the present moment.