

Relapse Prevention and Harm Reduction in the Treatment of Addictive Behaviors

Oslo Kongressenter, Norway, 17 & 18 Dec 2007
Presenter: G. Alan Marlatt, PhD, University of Washington

(Participate on either day or both)

The purpose of these workshops is to provide an overview of two empirically-validated and highly efficacious related treatment approaches for addiction problems: relapse prevention and harm reduction.

Relapse Prevention, Monday Dec 17: The first day will be focused on relapse prevention.

- Overview of relapse rates for alcohol/drug treatment programs
- Theoretical models of determinants of relapse
- Description of relapse triggers and high-risk situations
- Overview of coping skills designed to prevent relapse ('urge surfing')

Harm Reduction, Tuesday Dec 18: The second day will cover harm reduction as an intervention that can be applied to relapse management or as a treatment approach for individuals who are unwilling or unable to commit to an abstinence goal.

- History and overview of basic principles of harm reduction
- Clinical strategies designed to reduce harmful consequences
- Brief interventions applying harm reduction to adolescents and young adults who are having problems with alcohol

Clinical Training: I will illustrate the different procedures of the two treatment approaches with excerpts from videotaped therapy sessions and give rationale and descriptions of the individual treatment interventions. Participants will learn how to deliver these procedures through instructions and role-plays of each component with observation and feedback.

Empirical Research: I will discuss and present brief updates on the most significant recent and ongoing (a) epidemiological studies, (b) randomized clinical trials, (c) translational research, (d) mediators or mechanisms of change (why it works), (e) cost-analyses, and (f) future research questions.

Target audience: Anyone working with addictive behaviors such as gambling or alcohol and drugs. The workshops will be of relevance for all fields, e.g. prevention, information dissemination, harm reduction, rehabilitation, treatment, public health, social medicine, sociology and health psychology. The main target group is psychologists and MDs, however we welcome other professionals.

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Day 1: Relapse Prevention in the Treatment of Addictive Behaviors

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Monday 17 Dec 2007

08:30 – 08:35 **Welcome and introduction**

08:35 – 10:00 **Relapse Prevention – Overview**

- Relapse rates in alcohol/drug treatment
- Theories of relapse

10:00 – 10:15 **Break**

10:15 – 12:30 **Determinants of relapse**

- Triggers and high-risk situations
- Cognitive-behavioral model of relapse
- Summary of the empirical evidence

12:30 – 13:00 **Discussion period**

- Relapse prevention
- Common barriers and how to overcome them

13:00 – 14:00 **Lunch**

14:00 – 15:30 **Clinical strategies - illustrations and practice delivery**

- Treatment overview and rationale
- Coping skills to manage high-risk situations
- Cognitive restructuring and decision matrix
- Relapse management strategies
- Why does it work? Mechanisms and mediators

15:30 – 15:45 **Break**

15:45 – 16:30 **Lifestyle balance - Clinical strategies for the long-term**

- Mindfulness practice
- Synopsis and questions from participants
- Workshop confirmations handed-out

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Day 2: Harm Reduction in the Treatment of Addictive Behaviors

Oslo Kongressenter, Norway
Presenter: G. Alan Marlatt, PhD, University of Washington

Tuesday 18 Dec 2007

08:30 – 08:35 **Welcome and introduction**

08:35 – 10:00 **Harm Reduction: Overview**

- History and development of harm reduction
- Are harm reduction efforts harming public health messages?
- Summary of the empirical evidence

10:00 – 10:15 **Break**

10:15 – 12:30 **Clinical strategies and principles of harm reduction therapy**

- Treatment overview and rationale
- Clinical strategies through role plays

12:30 – 13:00 **Discussion period**

- How to initiate harm reduction efforts
- Common barriers to implementation: How to overcome them

13:00 – 14:00 **Lunch**

14:00 – 15:30 **Harm reduction for alcohol problems among youth**

- Overview, illustration of the program
- Summary of the empirical evidence
- Why does it work? Mechanisms and mediators

15:30 – 15:45 **Break**

15:45 – 16:15 **Harm reduction for patients with co-occurring disorders**

- Complex multi-diagnostic, difficult-to-treat patients
- Flexibility in applying the treatment
- Discussion period

16:15 – 16:30 **Wrap-up**

- Synopsis and questions from participants
- Mindfulness practice
- Workshop confirmations handed-out

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About the Presenter:



G. Alan Marlatt, Ph.D., University of Washington

Dr. Marlatt is Director of the Addictive Behaviors Research Center, Professor of Psychology at the University of Washington and an Adjunct Professor at the School of Public Health, University of Washington. His major focus in both research and clinical work is the field of addictive behaviors. In addition to over 200 journal articles and book chapters, he has published several books in the addictions field, including *Relapse Prevention* (1985; 2005), *Assessment of Addictive Behaviors* (1988; 2005), *Harm Reduction* (1998), and *Brief Alcohol Screening and Intervention for College Students (BASICS): A Harm Reduction Approach* (1999).

Dr. Marlatt has received continuous funding for his research from a variety of agencies including the National Institute on Alcohol Abuse and Alcoholism, the National Institute on Drug Abuse, the Alcoholic Beverage Medical Research Foundation, and the Robert Wood Johnson Foundation.

In 1990, Dr. Marlatt was awarded The Jellinek Memorial Award for outstanding contributions to knowledge in the field of alcohol studies, in 2001 he was given the Innovators in Combating Substance Abuse Award by the Robert Wood Johnson Foundation, and in 2004 he received the Distinguished Researcher Award from the Research Society on Alcoholism.

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