

NEW DEVELOPMENTS IN TREATING ALCOHOL PROBLEMS

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According to a recent national survey, nearly one third of adult Americans have had a problem with alcohol abuse or dependence at some point in their lives.

Excessive alcohol consumption can lead to depression, obesity, diabetes and heart disease. It affects job performance, damages relationships, and is a major factor in accident-related injuries and deaths. Yet most people who drink too much or have problems related to drinking don't recognize the problem or seek help.

What's worse, the standard treatment for alcohol problems has been a one-size-fits-all, group therapy and abstinence-based model, with about a 75% failure rate.

A discouraging picture, indeed – but there is hope! Recent developments in neuroscience have made it possible to clearly identify the mechanism for addiction in the brain, which has led in turn to the development of new and far more effective treatment approaches.

This presentation meets the California State Bar criteria for 1 hour of MCLE credit on the prevention, detection and treatment of substance abuse.

COURSE OBJECTIVES:

- Learn why some people can't "just say no"
- Identify how neurotransmitters, genetics and stress interact to cause addiction
- Understand why the "controlled drinking" method can be an effective alternative to total abstinence for some problem drinkers
- Review best practices for treatment, and which approaches work best for whom
- Find out about promising new therapies for reducing cravings, preventing relapse, and repairing the brain



Rebecca A. Stanwyck, LCSW, is a psychotherapist, organizational consultant and trainer with over 20 years of experience solving behavioral problems in the workplace. She has taught CLE classes on substance abuse since 1995. She's been an Employee Assistance Program counselor and manager, a consultant to organizations on behavioral health issues, and has worked in the substance abuse treatment field. She has a private practice in the East Bay, specializing in addiction and recovery as well as depression, anxiety, stress and relationship counseling.

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