

A comprehensive treatment program for addictions to psychoactive substances

Addiction

- Psychological dependence: **rewarding effect** (reward centers in your brain), physically located in the **nucleus accumbens**
- Physical dependence: the somatic distress associated with suddenly stopping to take a drug leading to **withdrawal symptoms**
- Background: 1 in 4 adults with a mental illness also has a substance abuse disorder

Components of a treatment program for addiction

- Examples of psychoactive substances
 - Nicotine, alcohol, cocaine, opioids, Benzos, amphetamines, hallucinogens...
 - their withdrawal symptoms look different depending on the substance taken
- Psychotherapy
 - Motivational interviewing
 - Cognitive behavioral therapy
 - Family therapy
 - Group therapy: alcoholics anonymous (www.aa.org)
- Pharmacotherapy
 - Fighting withdrawal symptoms
 - Alcohol: Naltrexone (first line), disulfiram (negative conditioning due to disulfiram reaction), acamprosate (blocks glutamate receptors and reduces alcohol cravings)
 - Alcohol-acute withdrawal symptoms: Benzos, antipsychotics
 - Opioids: Buprenorphine/naloxone; methadone (substitution therapy)
 - Cocaine: supportive, psychotherapy, group programs
 - Disulfiram, acamprosate: Alcohol- for acute cravings
 - Smoking: Varenicline, bupropion, nicotine patches/gums

Links

www.aa.org

Related Articles

Bibliography

- Psychiatry, iBooks by Anna Onderkova

References