

Present:

SHIFTING THE ADDICTION PARADIGM

April 1, 2022 • Skirball Cultural Center, Los Angeles
A hybrid in-person/virtual conference

In the five years since Ellenhorn's Shifting the Addiction Paradigm conference series began with a focus on "Attachment and Addiction," we have seen massive changes in the field of problematic habits. Indeed, "harm reduction," a term that was considered practically taboo when we held that 2017 conference, is increasingly being permitted space in the language of addictions treatment, harm-reduction clinicians are being offered room to speak at more "traditional" treatment conferences, and an ever-growing number of programs are adding elements of the approach to their work. Believe it or not, even the notion that problematic habits might have roots in issues of early attachment was only a burgeoning concept back then—if you contrast that alone with our present focus on trauma and attachment trauma you can see the massive shift.

We are now able to see a lot of what we predicted, and a lot of what we hoped for, creeping into new paradigms, some of which are truly revolutionary and others that are the "same old" wrapped in new packaging. As we attempt to continue to push the paradigm shift in the area of problematic habits, it is our goal at this 2022 conference to bring together experts at the vanguard of new humanistic and noncoercive forms of care who will help keep this enlightening, liberating endeavor on course.

**REGISTER
TODAY!**

SCHEDULE

8:00 AM NETWORKING BREAKFAST AND CHECK IN

9:00 AM OPENING REMARKS

Zoi Andalcio, LMHC

Director of Addiction Services — Ellenhorn

9:15 AM SHIFTING THE ADDICTION PARADIGM

Ross Ellenhorn, Ph.D., LICSW

Founder and CEO — Ellenhorn

10:30 AM MORNING BREAK

10:45 AM THE SCIENTIFIC REVOLUTION: FROM ADDICTION AS DISEASE TO PSYCHOBIOLOGICAL PROCESS, FROM ABSTINENCE- ONLY TO INTEGRATIVE HARM REDUCTION PSYCHOTHERAPY

Andrew Tatarsky, Ph.D.

*Founder and Director — Center for
Optimal Living*

12:00 PM LUNCH BREAK

1:00 PM SUSTAINABLE CONCEPTS AS HARM-REDUCTION ORGANIZATIONS

Sam Rivera

*Executive Director — New York Harm
Reduction Educators and Washington
Heights Corner Project*

2:15 PM AFTERNOON BREAK

2:30 PM THE USE OF PSYCHEDELICS IN THE CARE OF PROBLEMATIC HABITS

Julie Holland, M.D.

Psychiatrist and author

3:45 PM DISCUSSION PANEL

4:15 PM CLOSING REMARKS

Ross Ellenhorn, Ph.D., LICSW

Founder and CEO — Ellenhorn

DISTINGUISHED FACULTY BIOS & ABSTRACTS

SHIFTING THE ADDICTION PARADIGM

Ross Ellenhorn, Ph.D., LICSW

Dr. Ross Ellenhorn, a trained sociologist, psychotherapist and social worker, created the first fully operational intensive hospital-diversion and wraparound program in Massachusetts. He also founded and led one of the first public Programs for Assertive Community Treatment (PACT) teams in the state.

Dr. Ellenhorn has authored two books on human behavior. *Parasuicidality and Paradox: Breaking Through the Medical Model*, published by Springer Publishing in 2007, addresses psychiatric-hospital recidivism and techniques for diverting hospital use. His most recent book, *How We Change (and the Ten Reasons Why We Don't)*, published by Harper Collins in seven languages in 2020, takes a deep dive into the dynamics that influence human change. Dr. Ellenhorn also presents talks and seminars throughout the country and serves as a consultant for numerous mental-health agencies, psychiatric hospitals and addiction programs. He was the first person to receive a joint doctorate from Brandeis University's prestigious Heller School for Social Policy and Management and its Department of Sociology.

ABSTRACT

Cracks in the medical model of addiction are forming. And that's a good thing. It means the chance for greater creativity, treatment choice and freedom in decisions on what to do about substances in one's life. It potentially means a decrease in stigma, and a much more nuanced view of the use of substances. It fractures a cookie-cutter approach to the use of substances and the engagement in other habits, allowing for care, if one wants it, to be truly individualized. We are heading toward a paradigm shift. We can see the outlines of the next model, one based on psychotherapeutic values, a nonjudgmental curiosity about why

a person might engage in seemingly self-destructive behavior, a belief that a person is making the best choices they can when they use, a total respect for the autonomy of the individual, and a firm belief that lasting change never happens through confrontation or coercion. This talk reviews the ways in which the previous paradigm is shifting as well as how to locate the new forms of thinking.

THE SCIENTIFIC REVOLUTION: FROM ADDICTION AS DISEASE TO PSYCHOBIOLOGICAL PROCESS, FROM ABSTINENCE-ONLY TO INTEGRATIVE HARM REDUCTION PSYCHOTHERAPY

Andrew Tatarsky, Ph.D.

Dr. Andrew Tatarsky has developed Integrative Harm-Reduction Psychotherapy (IHRP) for treating the spectrum of risky and addictive behavior. IHRP brings psychoanalysis, cognitive behavioral therapy and mindfulness together in a harm-reduction frame. The therapy has been described in a series of papers as well as in his book, *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems*, which was published by Jason Aronson Inc. in 2002 and translated into Polish and Spanish. He holds a doctorate in clinical psychology from the City University of New York and is a graduate of New York University's postdoctoral program in psychotherapy and psychoanalysis. He is founder and executive director of the Center for Optimal Living in New York City, a treatment, education and professional-training center based on IHRP. He is a founding board member and past president of the Division on Addictions of the New York State Psychological Association and a member of the medical and clinical advisory boards of the New York State Office of Alcoholism and Substance Abuse Services. Dr. Tatarsky has trained individuals and organizations in 18 countries, and his writing, teaching, clinical work and leadership aim to promote a rehumanized view of addiction.



FOR MORE INFO, VISIT [THESHIFTINGPARADIGM.COM](https://theshiftingparadigm.com)

and a harm-reduction continuum of care that will extend help to everyone who needs and wants it wherever they are ready to begin their positive-change journeys.

ABSTRACT

Working as a clinician on the front lines of the “addictive behaviors” field for more than 40 years, I have wrestled with one particular question: Why have we done such a poor job of helping people who struggle with drugs? Over time, I have come to believe that it is our field’s dominant view of addiction as a “disease” that has been largely responsible for our failure to effectively support those who need and want our help. It is this disease model that has given rise to a treatment field dominated by an “abstinence-only” approach that is unappealing, ineffective and, in many cases, harmful to problematic drug users because it simply does not meet them where they are at in their lives.

The good news is that there is an alternative psychobiosocial view of addiction as a multifaceted response to the conditions of our lives and the emotional and physical impact of such conditions. This alternative paradigm supports an evolving approach that I call Integrative Harm Reduction Psychotherapy, which I have developed to help those who struggle with problematic drug use and other risky behaviors. This presentation will include discussion of the psychobiosocial model of addiction as well as an overview of the seven therapeutic tasks of IHRP. I will also demonstrate some powerful techniques that participants can begin using immediately in their own practices.

SUSTAINABLE CONCEPTS AS HARM-REDUCTION ORGANIZATIONS

Sam Rivera

Sam Rivera has more than 29 years of cutting-edge service-provision experience in so-

cial services. His primary areas of expertise include criminal justice/reentry, HIV/AIDS, harm reduction, addiction/recovery and mental health. He currently serves as the executive director of New York Harm Reduction Educators and the Washington Heights Corner Project, two merging harm-reduction organizations that provide services to active drug users and sex workers in northern Manhattan and the South Bronx, many of whom are low income, homeless, people of color and/or LGBTQ. He has dedicated his professional career to social justice and ameliorating the harms associated with the War on Drugs, racism/sexism, structural inequality and mass incarceration, and is determined to continue to work to end systematic barriers for populations that are most vulnerable.

ABSTRACT

During this session, participants will discuss, identify and analyze sustainability strategies that relate to their specific origination and or project/program. We will explore project relevance, acceptability, political expediency, viability and adaptability of the project, as well as address factors such as financial analysis, risk analysis, communication and network determination, operational plan, training, human-resource development and capacity building, environmental and community analysis. The philosophical and analytical framework of sustainability draws on and connects with many different disciplines and fields and has tended to be problem-driven (pathological/what’s “wrong”). We will create a shift in this way of thinking and overall approach by looking at sustainability through a lens of wellness (what’s “well”) and working from that place.

THE USE OF PSYCEDELICS IN THE CARE OF PROBLEMATIC HABITS

Julie Holland, M.D.

Dr. Julie Holland, a psychiatrist with a private practice in New York City, specializes in psy-

chopharmacology. Her book *Weekends at Bellevue* chronicles her nine years running the psychiatric emergency room as an attending physician on the faculty of NYU School of Medicine. Frequently featured on the “Today” show and CNN’s documentary series “Weed,” Holland is the editor of *The Pot Book* and *Ecstasy: The Complete Guide*. Both books are nonprofit projects that help to fund clinical therapeutic research.

Dr. Holland is the medical advisor for the Multidisciplinary Association for Psychedelic Studies, for which she has served as medical monitor for multiple PTSD studies utilizing MDMA-assisted psychotherapy. She has worked for decades on U.S. drug-policy reform based on harm-reduction principles. Her 2016 book, *Moody Bitches: The Truth About the Drugs You’re Taking, the Sleep You’re Missing, the Sex You’re Not Having and What’s Really Making You Crazy*, has been translated into 11 languages. Her most recent book, *Good Chemistry: The Science of Connection, From Soul to Psychedelics*, was published in June 2020. Dr. Holland sits on the scientific and medical advisory boards of several cannabis and psychedelic corporations, and is a member of the International Society for Substance-Assisted Psychotherapy.

ABSTRACT

Cognitive rigidity is a feature of many psychological presentations, from compulsive behavior to delusional beliefs. What if, however, there was a way to loosen those strictures of cognitive structure so that clients could reformulate their beliefs and behaviors in order to align them with their true selves and needs? By working with people where they are, and not insisting on abstinence as a prerequisite for getting help, we can turn lives around, one existential transformation at a time.



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PRACTICE GAP

The disease model of addiction has become a uniform way of interpreting problematic habits. In fact, despite scant evidence that it truly parallels physical diseases, and the minimal effect it has shown to have on sobriety, it's a worldview that dominates how people think about treatment. Over the last decade, however, newer models have emerged that question the disease model. They turn instead to a wide range of ideas, including those based on harm reduction, motivational interviewing, and the basic concept that problematic habits may instead be tied to social issues, such as isolation, loneliness, cultural disintegration and the lack of opportunity to engage in a purposive life. While these concepts and the treatments related to them are on the rise, the disease model, with its notion of a "hijacked" brain, still prevails. This conference will address the paradigm shift in thinking away from that model to one that views a person suffering from addiction as a choosing and contemplating agent of change. For most, this is a new way of thinking, and by bringing clinicians and counselors together in one room, we hope to help fill an important gap in care.

AT THE CONCLUSION OF THIS EDUCATIONAL LEARNING ACTIVITY, PARTICIPANTS SHOULD BE ABLE TO:

Identify how the disease/medical model of addiction is being replaced by a model that can be more successful in engaging individuals who have rejected treatment for their problematic behaviors.

Recognize "urge-surfing," a powerful technique for sitting with urges and interrupting action to facilitate healing, growth and positive behavior change.

Identify four of the seven therapeutic tasks of Integrative Harm Reduction Psychotherapy.

Paraphrase what works in treatment and that confrontation or coercion does not result in lasting change.

Describe strategies for nonprofits that plan to stay open over the long-term.

Explain changes practitioners can make in treatment for clients with problematic substance use.

Identify four core principles of the harm-reduction framework.

Calculate a gaps analysis:
*review where you are
*determine where you want to be
*identify the gaps.

Explain transformational medicines and describe how to enable neuroplasticity.

Use leadership transitions and succession planning strategies.

Outline how harm-reduction strategies fit into the psychedelic-treatment paradigm.

TARGET AUDIENCE

This activity is designed for psychiatrists, clinical psychologists, social workers, licensed professional counselors, licensed marriage-and-family therapists, addictions professionals and other mental-health professionals in the greater mental-health community. All levels of experience are welcome.

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CONTINUING EDUCATION CREDIT

Successful completion of this conference requires 100% attendance of activity. No partial credits will be awarded. 5.5 contact/credit/clock hours have been designated by The Menninger Clinic for the following disciplines:

PHYSICIANS: This activity has been jointly planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) by The Menninger Clinic and Ellenhorn. The Menninger Clinic is accredited by the ACCME to provide continuing medical education for physicians.

The Menninger Clinic designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Menninger Clinic maintains responsibility for this program and its content.

SOCIAL WORKERS: The Menninger Clinic, Provider #4586, is approved by the Texas State Board of Social Worker Examiners to offer continuing education for social workers. This activity is offered for 5.5 continuing-education contact hours for social workers. We adhere to the Texas State Board of Social Worker Examiners continuing-education guidelines.

LICENSED PROFESSIONAL COUNSELORS: The Menninger Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5139. Programs that do not qualify for NBCC credit are clearly identified. The Menninger Clinic is solely responsible for all aspects of the programs.

LICENSED MARRIAGE AND FAMILY THERAPISTS: This activity is offered for 5.5 continuing-education hours for marriage-and-family therapists. We adhere to the Texas State Board of Marriage and Family Therapists continuing-education guidelines.

ADDICTIONS PROFESSIONALS: Menninger is approved by the TCBAP Standards Committee, Provider No. 1741-06 for 5.5 hours general. Expires 7/2022. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 401 Ranch Road 620 S., Suite 310, Austin, TX 78734, fax number (888) 506-8123.

****Those not listed above will receive a certificate of attendance.*

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Please register in advance to help us plan an optimal experience for you. We accept Visa, Mastercard, Discover and American Express. Registration will be finalized upon receipt of payment.

REGISTRATION FEES

Professional (in person) - \$150
Professional (virtual) - \$125

Student (in person) - \$75
Student (virtual) - \$75

SPONSORSHIP BOOTHS

\$500 per organization includes two tickets to the conference. Please email the names of your two attendees to Meghan Chella at mchella@ellenhorn.com after registering for your booth.

REFUNDS

Menninger will provide a full refund with a minimum of two weeks advance written notice. In the unlikely event the activity must be canceled, prepaid registrants will be given a registration-fee refund.

SPECIAL NEEDS (ADA)

If you have any specific ADA needs, please request support in advance when registering online or by contacting Michelle Jennings at majennings@menninger.edu.

ASSISTANCE

For assistance with registration, payment or additional continuing-education information, please contact Michelle Jennings at majennings@menninger.edu.

CONFERENCE LOCATION/HOTEL

CONFERENCE LOCATION

Skirball Cultural Center
2701 N. Sepulveda Blvd.
Los Angeles, CA 90049
(310) 440-4500

<https://www.skirball.org/>

HOTEL INFORMATION

Hotel Angeleno
170 N. Church Lane
Los Angeles, CA 90049
(866) 264-3536 (reservation line)
<https://tinyurl.com/Ellenhorn-Conference>

Rate \$185 per night, plus tax. The cut-off date for this special rate is March 1, 2022.

If making reservations via the reservation line, please reference **Ellenhorn Conference** for the special rate.