

Solution to Addiction Keynote Presentation: Resources and References

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Key Take-home #1: Addiction is a doorway into a constellation of issues that must be identified and addressed for treatment to be optimized.

Attachment

- [Experiences in Close Relationships Online Attachment Style Assessment](#)
- [Explanation about role of attachment in relationships](#)
- Best book: [Attachment Disturbances in Adults](#) by Dan Brown and David Elliott

Genetics

- Nestler, Eric J. “ Δ FosB: A Molecular Switch for Reward.” *Journal of Drug and Alcohol Research* 2 (2013): 1–11. <https://doi.org/10.4303/jdar/235651>.
- Volkow, Nora D., George F. Koob, and A. Thomas McLellan. “Neurobiologic Advances from the Brain Disease Model of Addiction.” Edited by Dan L. Longo. *New England Journal of Medicine* 374, no. 4 (January 28, 2016): 363–71. <https://doi.org/10.1056/NEJMra1511480>.
- [Facing Addiction in America: Surgeon General’s Report](#)

Adverse Childhood Experiences (ACEs)

- <https://acestoohigh.com/>
- <https://www.cdc.gov/violenceprevention/acestudy/index.html>
- Felitti, Vincent J.: “The Origins of Addiction:,” n.d., 13: <https://www.nijc.org/pdfs/Subject%20Matter%20Articles/Drugs%20and%20Alc/ACE%20Study%20-%20OriginsofAddiction.pdf>

Trauma

- Book: [The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma](#) by Bessel van der Kolk
- Shalev, Arieh, Israel Liberzon, and Charles Marmar. “Post-Traumatic Stress Disorder.” Edited by Dan L. Longo. *New England Journal of Medicine* 376, no. 25 (June 22, 2017): 2459–69. <https://doi.org/10.1056/NEJMra1612499>.
- Parra, Federico, Carol George, Khalid Kalalou, and Dominique Januel. “Ideal Parent Figure Method in the Treatment of Complex Posttraumatic Stress Disorder Related to Childhood Trauma: A Pilot Study.” *European Journal of Psychotraumatology* 8, no. 1 (January 2017): 1400879. <https://doi.org/10.1080/20008198.2017.1400879>.

Key Take-home #2: Multiple addictions – substance and behavioral – are the norm, and all must be identified and addressed as a package for treatment to be optimized.

- Grant, Bridget F., S. Patricia Chou, Tulshi D. Saha, Roger P. Pickering, Bradley T. Kerridge, W. June Ruan, Boji Huang, et al. "Prevalence of 12-Month Alcohol Use, High-Risk Drinking, and *DSM-IV* Alcohol Use Disorder in the United States, 2001-2002 to 2012-2013: Results From the National Epidemiologic Survey on Alcohol and Related Conditions." *JAMA Psychiatry* 74, no. 9 (September 1, 2017): 911. <https://doi.org/10.1001/jamapsychiatry.2017.2161>.
- Hasin, Deborah S., Aaron L. Sarvet, Magdalena Cerdá, Katherine M. Keyes, Malka Stohl, Sandro Galea, and Melanie M. Wall. "US Adult Illicit Cannabis Use, Cannabis Use Disorder, and Medical Marijuana Laws: 1991-1992 to 2012-2013." *JAMA Psychiatry* 74, no. 6 (June 1, 2017): 579. <https://doi.org/10.1001/jamapsychiatry.2017.0724>.
- [Washington Healthy Youth Survey](#)

Key Take-home #3: Addiction is a chronic medical (brain-based) condition with psychological, developmental, and spiritual consequences, and should be treated like other chronic medical conditions.

- Barlow, David H., Todd J. Farchione, Jacqueline R. Bullis, Matthew W. Gallagher, Heather Murray-Latin, Shannon Sauer-Zavala, Kate H. Bentley, et al. "The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Compared With Diagnosis-Specific Protocols for Anxiety Disorders: A Randomized Clinical Trial." *JAMA Psychiatry* 74, no. 9 (September 1, 2017): 875. <https://doi.org/10.1001/jamapsychiatry.2017.2164>.
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- Holt-Lunstad, J., T.B. Smith, and J.B. Layton. "Social Relationships and Mortality Risk: A Meta-Analytic Review." *PLoS Medicine* 7, no. 7 (2010): e1000316.
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- Lisdahl, Krista M., Natasha E. Wright, Christopher Medina-Kirchner, Kristin E. Maple, and Skyler Shollenbarger. "Considering Cannabis: The Effects of Regular Cannabis Use on Neurocognition in Adolescents and Young Adults." *Current Addiction Reports* 1, no. 2 (June 2014): 144–56. <https://doi.org/10.1007/s40429-014-0019-6>.
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