

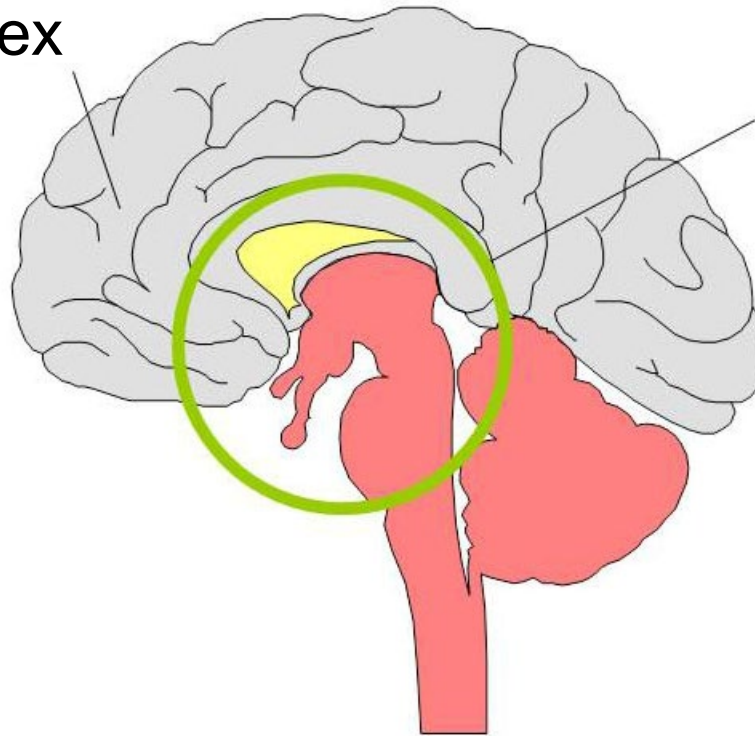
Psycho-Education for Patients and Family Members

# **Session 1: Triggers and Cravings (1)**

# Changes in the Brain

Prefrontal Cortex

Limbic System



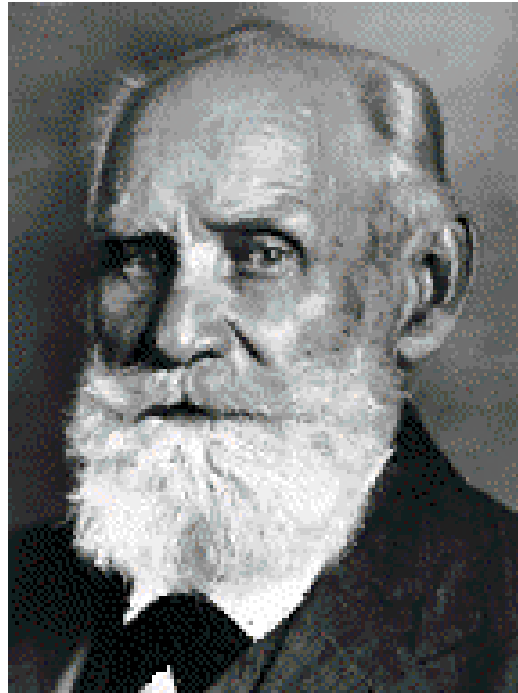
*The mechanism of addiction is biological phenomena.*

# Conditioning

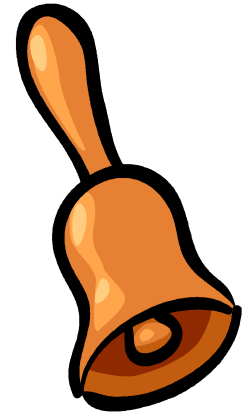
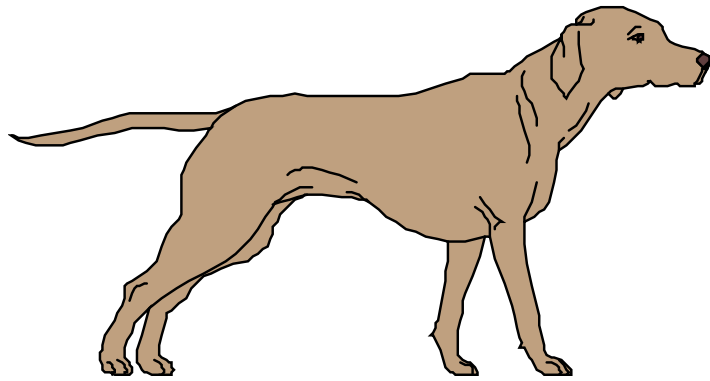


## Question:

- *Please give an example of “conditioning”.*



**I.P. Pavlov (1849–1936)**



# Pavlov's Dog

## Questions:

- *What is “addiction”? How do you define it?*
- *Is “addiction” a disease?*
- *What are some of the behaviors characterized by drug addiction?*

# A Definition of Addiction

- A primary, chronic, neuro-biologic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations.
- Addiction is characterized by behaviors that include one or more of the following: impaired control over drug use, compulsive use, continued use despite harm, and craving.

Graham, A.W.; Schultz, T.K.; Mayo-Smith, M.F.; Ries, R.K.; and Wilford, B.B. eds. *Principles of Addiction Medicine*, Third Edition. Chevy Chase, MD: American Society of Addiction Medicine, Inc., 2003.



# **The Addictive Process**

1. Introductory phase
2. Maintenance phase
3. Disenchantment phase
4. Disaster phase

## Question:

- *What are positives and negatives of Shabu use?*
  - *When you start using?*
  - *After a long-term continuous use?*

# Addictive Process - *Introductory Phase*

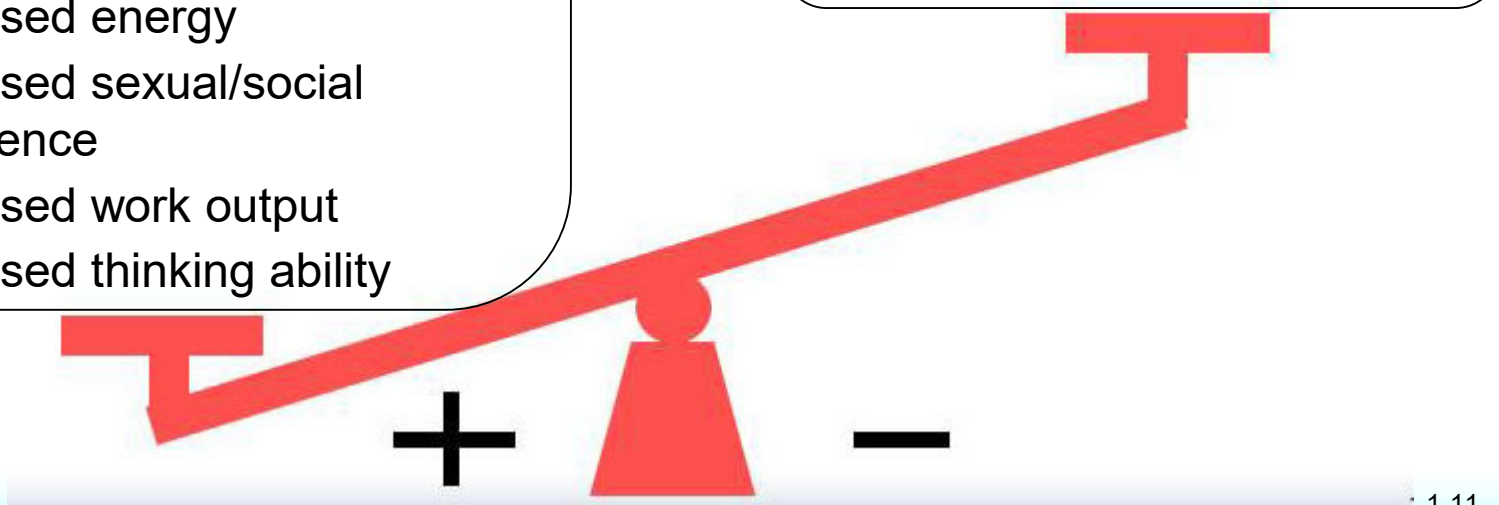
## Positives and Negatives of Shabu Use

### Positives

- Relief from
  - Depression
  - Anxiety
  - Loneliness
  - Insomnia
- Euphoria
- Increased status
- Increased energy
- Increased sexual/social confidence
- Increased work output
- Increased thinking ability

### Negatives

- Illegal
- May be expensive
- May cause missing work

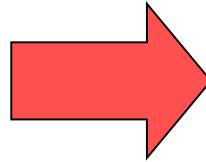


# Addictive Process - *Introductory Phase*

## Conditioning Process During Addiction

### ***Triggers***

- Parties
- Special occasions
- Other events



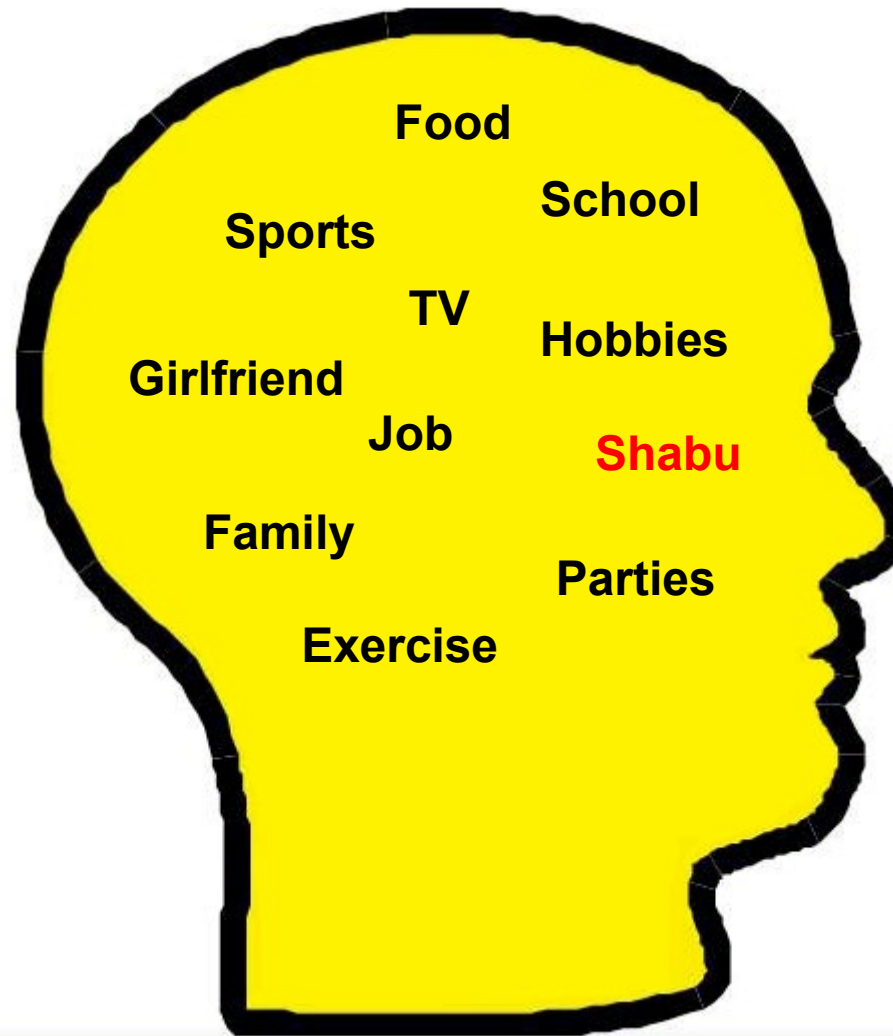
### ***Responses***

- Pleasant thoughts about Shabu
- Use but not frequent

*Strength of Conditioned Connection: Mild*

# Addictive Process - *Introductory Phase*

## Development of Obsessive Thinking



# Addictive Process - *Introductory Phase*

## Development of Craving Response

Entering  
Using Site



Use of Shabu



Shabu Effects



- ↑ Heart/pulse rate
- ↑ Respiration
- ↑ Adrenaline
- ↑ Energy
- ↑ Shabu taste

# Addictive Process - *Maintenance Phase*

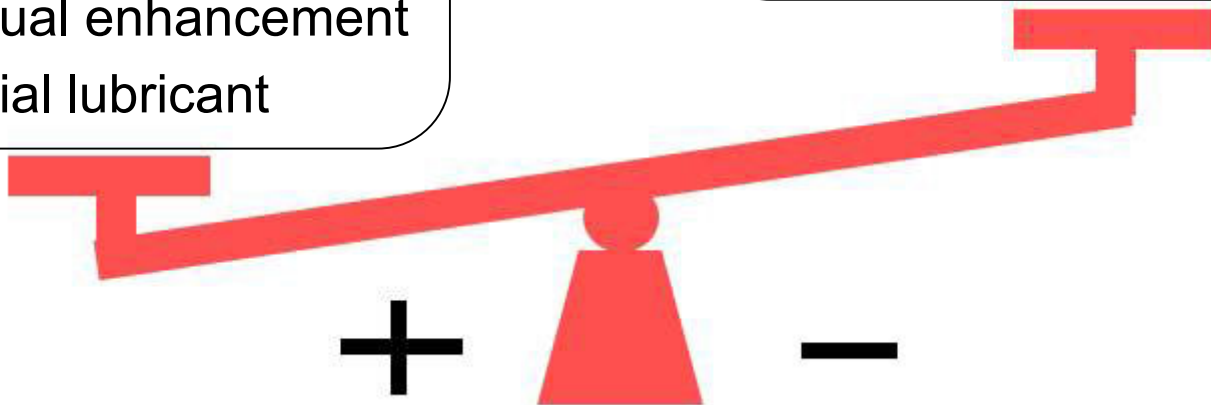
## Positives and Negatives of Shabu Use

### Positives

- Depression relief
- Confidence boost
- Boredom relief
- Sexual enhancement
- Social lubricant

### Negatives

- Employment/school disruptions
- Relationship concerns
- Financial problems
- Beginnings of physiological dependence

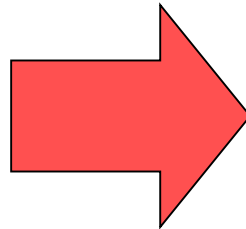


# Addictive Process - *Maintenance Phase*

## Conditioning Process During Addiction

### ***Triggers***

- Parties
- Friday nights
- Friends
- Alcohol
- “Good times”
- Sexual situations



### ***Responses***

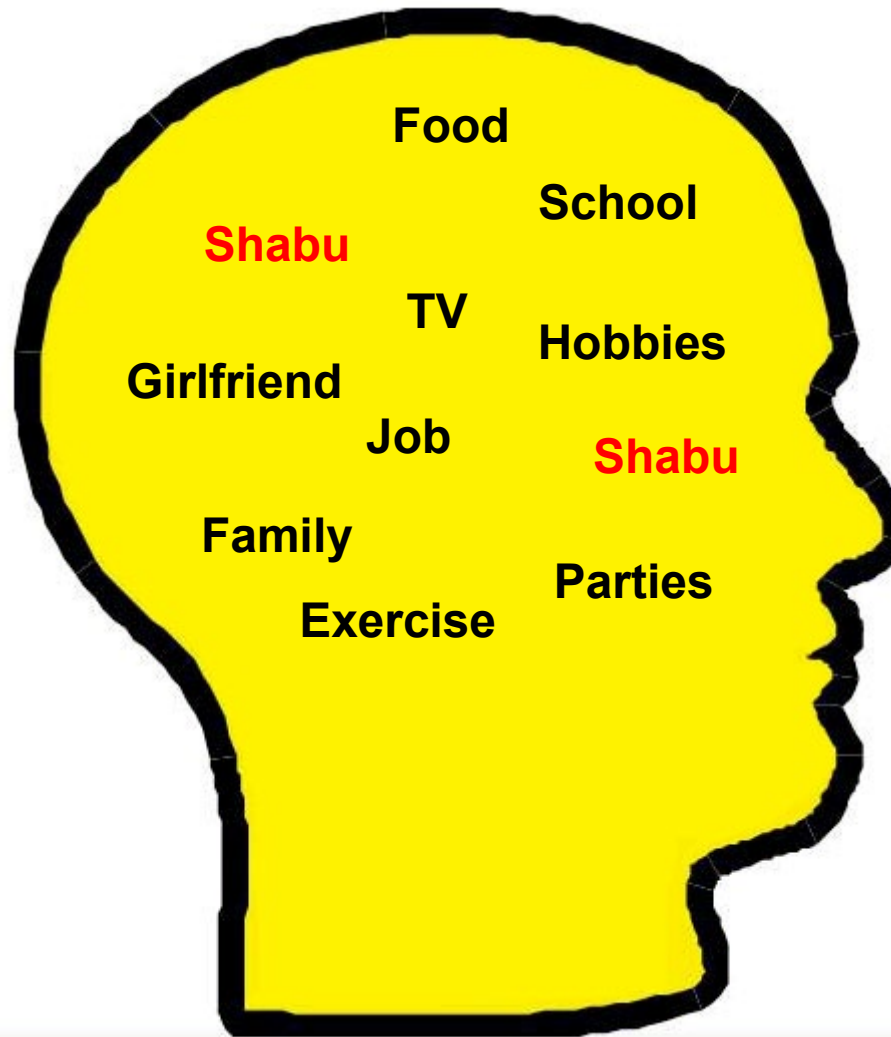
- Thoughts of Shabu
- Eager anticipation of Shabu use
- Mild physiological arousal
- Cravings occur as use approaches
- Occasional use

***Strength of Conditioned Connection: Moderate***



# Addictive Process - *Maintenance Phase*

## Development of Obsessive Thinking



# Addictive Process - *Maintenance Phase*

## Development of Craving Response

Entering  
Using Site



Physiological  
Response

- ↑ Heart
- ↑ Breathing
- ↑ Adrenaline effects
- ↑ Energy
- ↑ Shabu taste



Use of  
Shabu



Shabu  
Effects

- ↑ Heart
- ↑ Blood pressure
- ↑ Energy

# The Addictive Process

1. Introductory phase
2. Maintenance phase
3. Disenchantment phase
4. Disaster phase

*To be covered in the next session*