

What Makes
Us Tick



Dr. Dennis Michelson

BM, M.DIV., MA, D.Min., LICDC-CS,
LPC, ICCS

Mentor Municipal Court Counselor –
Lake County Drug Court

Advanced Clinical Consultants

What is Dual Diagnosis?

- Dual diagnosis is a term used when someone experiences a mental illness and a substance abuse problem simultaneously.

Five Types of Symptom Interaction

- CREATE
- PRECIPITATE
- EXACERBATE
- MIMIC
- MASK

It Is Still There



shutterstock.com · 106334114

1. Brain Lock



fineart
america

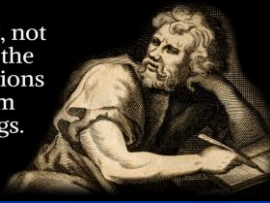
2. Relationships



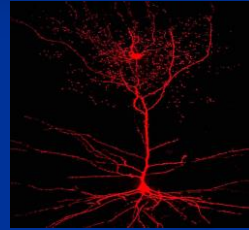
3. Ancient Philosophy With A Modern Twist

Men are disturbed, not by things, but by the principles and notions which they form concerning things.

Epictetus
ENCHIRIDION, 133



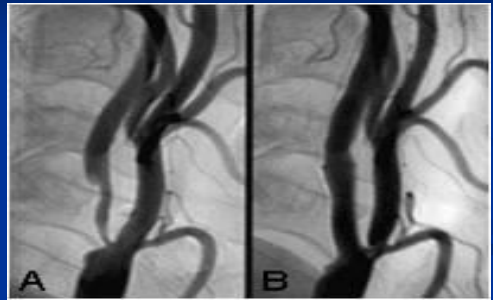
The Rosehip Neuron



Biology AND Biography



A=Nature B=Nurture



What do you see?



VACATION OR VERTIGO?



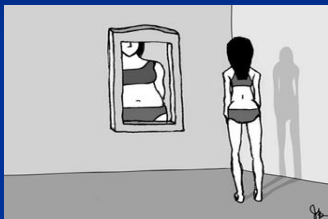
How Does Hygiene Become Pathological?



Physical Pain to Relieve Emotional Pain



Eating Disorders

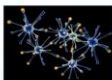


Substances Are Not the Problem – It Is the Way People Have Learned to Deal With Problems



Practice Makes Permanent

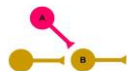
The neurons that fire together, wire together. Hebb's Rule



Learning rewires your brain

Hebb's law (1949)

"When an axon of cell A... excite[s] cell B and repeatedly or persistently takes part in firing it, some growth process or metabolic change takes place in one or both cells so that A's efficiency as one of the cells firing B is increased."



That Which Is Learned Can Be Unlearned

NEUROPLASTICITY

The Ability of the Brain to Reorganize Itself, Both in Structure and How It Functions

HOW THE BRAIN CHANGES



NEUROGENESIS
Continuous generation of new neurons in certain brain regions



NEW SYNAPSES
New skills and experiences excite new neural connections

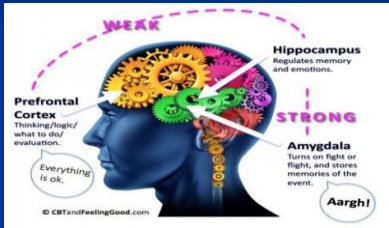


STRENGTHENED SYNAPSES
Repetition and practice strengthens neural connections

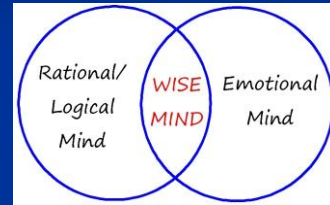


WEAKENED SYNAPSES
Connections in the brain that aren't used become weak

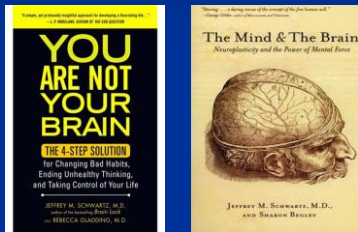
E/I Rather Than I/E



More Likely a Cognitive Imbalance Rather Than a Chemical Imbalance



The Nuts and Bolts of Change



Distinction Between the Brain and the Mind

YOU ARE NOT YOUR BRAIN

Deceptive Brain Messages

Any false or inaccurate thought or any unhelpful or distracting impulse, urge, or desire that takes you away from your true goals and intentions in life i.e. your True Self.

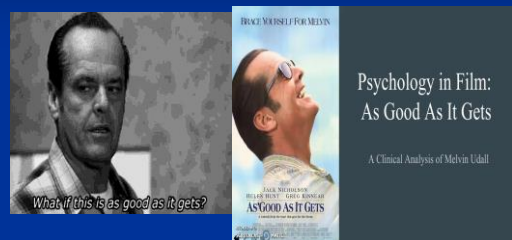
www.youarenotyourbrain.com

www.gaffneyresearch.com

FEELINGS ARE REAL BUT THEY ARE NOT AUTHORITATIVE



A Dog. A Gay Neighbor. A Waitress.



As Good As It Gets

- <https://www.youtube.com/watch?v=rrRl2QQKkI8>

The Dog

- <https://www.youtube.com/watch?v=itIDxKxfGJI>

The Gay Neighbor

- <https://www.youtube.com/watch?v=ji-IH3JBsMno>

The Waitress

- <https://www.youtube.com/watch?v=I59t24vh3QI>
- <https://www.youtube.com/watch?v=LrtpRNsdFYs>

As Relationships Deepen – Symptoms Diminish



Michelson's CBT Variation

TRIGGER

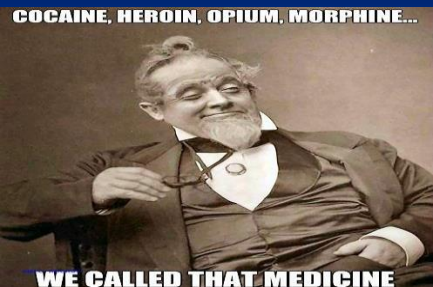
SCHEMA

CORE
BELIEFS/VALUES

Everything You Know – Or Think You Know



Were the Good Old Days Good?



Historical Overview

The Past: “The good old days.”

The Present: Where we are now.

The Future: Where we need to be. DSM-V considerations.

The Past

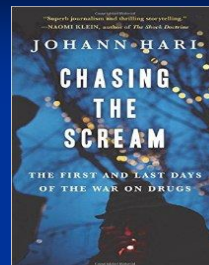
- 441’s and a few 882’s
- Grab and Go or Cuff and Stuff
- Bull Street – The Fourth Floor @ Greenville General - Moccasin Bend – CPI
- Pick Up – Lock Up – Dope UP
- The Thorazine Shuffle

AMERICAN PSYCHOSIS

HOW THE
FEDERAL GOVERNMENT DESTROYED
THE MENTAL ILLNESS TREATMENT SYSTEM

E. FULLER TORREY, M.D.

Two Must-Read Books

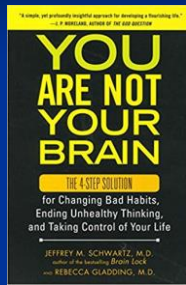


clean

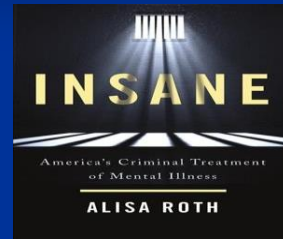
Overcoming Addiction and
Ending America's Greatest Tragedy

DAVID SHEFF
author of *Beautiful Boy*

False Brain Messages



The New Version of the Old Mental Hospital



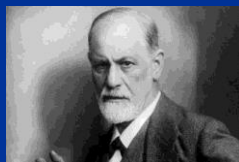
Deinstitutionalization: Present

- Larger role for other than mental health clinicians
- Jails have become defacto psychiatric institutions
- Some have a prior diagnosis – some have no diagnosis – some have the wrong diagnosis
- Drug courts and Mental Health courts help identify appropriate interventions

Crisis Intervention Training (CIT)

1. Redirect people with mental illness away from the penal system toward mental health services
2. Redirect people with chemical dependency issues away from the penal system toward CD treatment
3. Accurately identify those persons who have both issues and determine which of the two is prepotent

Why is Dual Diagnosis so Prevalent?



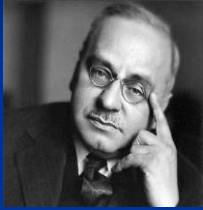
If the nest is broken then the eggs will be cracked. For Freud all nests were broken and the cracked eggs adapt to fill their cracks.

Jung



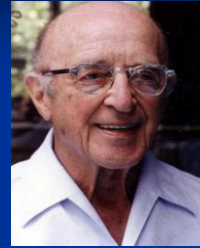
Archetypes – dimensions of personality – Myers Briggs

Adler



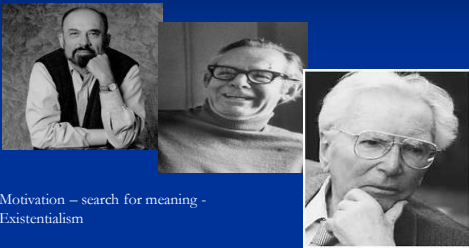
Primary motivation of human behavior social – not sexual – Freud missed it!

Rogers



Unconditional positive regard – Human beings are inherently good.

Yalom/May/Frankl



Motivation – search for meaning -
Existentialism

Fritz Perls - Gestalt



The therapist/counselor is first of all a perceiver and constructor of patterns. Physical and psychological functioning are inherently related.

Skinner/Bandura



Man is different than the animals
– or is he????

Ellis -REBT

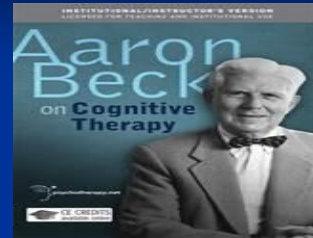


It's never the events that happen that make us disturbed, but our view of them

Must – Ought - Should

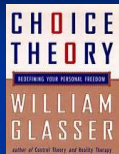
- https://www.youtube.com/watch?v=GyRE-78g_z0

Beck - CBT



Automatic thoughts are not automatic - profound importance of schemas

William Glasser



William Glasser, M.D.



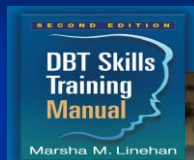
We choose our misery – all others can give to you is information.

White/Epston – Narrative Therapy



The client is not the problem – the problem is the problem.

Dialectical Behavioral Therapy (DBT)



Professor Marsha Linehan

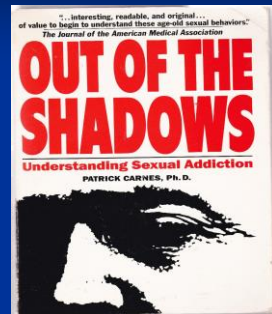
Why are they co-occurring so often?

- “They drink in order to forget the pain of being a (human) man.” - Samuel Johnson (18th century)
- The “law” of human gravity teaches us that we will normally move from a place of greater stress (pain) to a place of less stress (pain).

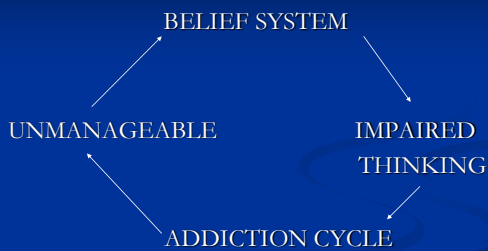
They are co-occurring so often
because

ALLOSTASIS
↑ ↑ ↑ ↑
HOMEOSTASIS

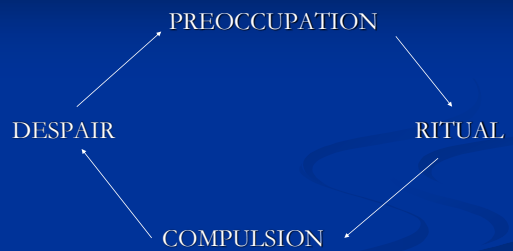
The Cycles of Addiction



General Cycle of All Addictions



Individual Cycle - Specific Addiction



General Assessment

- Nobody wants to be an addict or MI
- They are using to change a feeling which they do not know how to deal with
- Respect can be your ticket to the truth – Motivational Interviewing/Stages of Change
- Alcohol and drugs are not the problem – it's how they deal with the problem

The Four Levels of Life

- INTEGRITY – congruent “one for one”
- DUPLICITY – parallel lives with minimum consequences (RED)
- HYPOCRISY – develop “masks” and strategies to avoid disclosure (YELLOW)
- APOSTASY – void of discernment (GREEN)

Three Phases of Addiction

Early	Middle	Late
Body friend	Body problem	Body enemy
Get high	Get By	Stay Alive
Euphoria	Tolerance	Internal damage
Iatrogenic	Withdrawal	Walking dead
Fun	Felony	Fatal
Hang out	Pass Out	Black out
Quit *	Maintain	Dominates life

My Own Considerations

- P.E.T. Scans and clinical studies in brain function
- Nurture – Dysfunctional Families/Culture (60%)
- Nature – Chemical Imbalance: Neuroplasticity (40%)
- Etiology may not be as important as methodology. . .if your motel is on fire you get out first and figure out the origin of the fire later.
- Client-counselor relationship trumps theory
- Editorial: “It takes about 18 months for the brain to return to homeostasis.”

What about the future?

- Keep working on the “stigma” problem - we are not consistent with the disease concept
- Most people who choose to drink-or whatever the self-medication are desperate, not weak.
- Move from emphasis on the “bladder” to the “brain.”

Future . . .

- Resolve the contrast and conflict between a supportive, benign and non-threatening approach with the intense, confrontational approach. (Glasser, Choice Theory)

Future . . .

- **There is no one correct approach to individuals with co-occurring disorders. Treatment must be matched according to the clients need.**
- Major changes with DSM-V
 - Advances in research-more dimensional, less categorical
 - Cultural paradigm shifts
 - Managed care \$\$\$

DSM5 – Substance Use Disorders

- Former Dependence criteria(7) and Abuse criteria(4) merged into a single dimensional disorder – “Substance Use”
- Legal consequences eliminated and craving added
- Severity specifiers: 2-3 mild; 4-5 moderate; 6+ severe
- With/without physiological dependence removed and controlled environment/maintenance therapy(MAT) added
- Tolerance/withdrawal excluded where medication is used under medical supervision

Conclusions

- You can learn more from listening than talking
- If this was easy then everybody would do it.
- Everyone has a mother and father
- Mental illness and addiction are no respecter of persons
- Learn to carry the message and not the mess!
- Legalize everything or abolish everything and you will still have 15% struggling with addiction – remember the problem is not what you put in you but what is in you before the first use – removing the substance does not solve the problem – it reveals the problem!

QUESTIONS?



dennismichelson@gmail.com
www.advancedclinicalconsulting.com