

# Integrative Therapies for Relapse Prevention in Opioid Treatment

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# In this talk....

- **Current understanding of addiction**
- **Overview** of Alternative-Complementary-Integrative Approaches to health and healing in addictive illness
- **Post Acute Withdrawal Syndrome (PAWS) and Relapse Prevention**
- **Integrative Approaches most effective** in dealing with PAWS in **very early recovery**
- **Video clips** demonstrating physical- energetic- and attitudinal changes stabilizing early recovery
- **All citations on Bibliography available with PP**

# Current understanding of addiction

**1972—38 years since the biology of  
addiction has been understood**

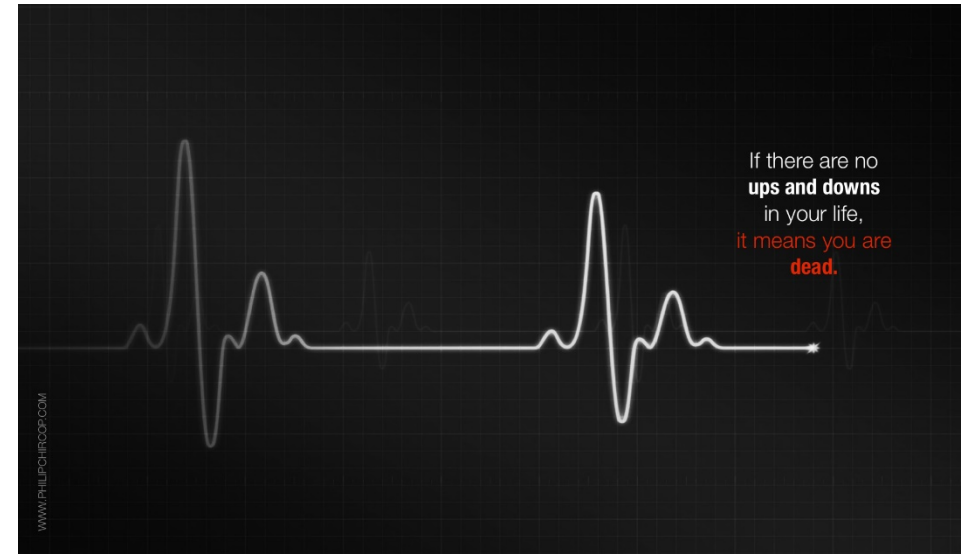
# Neurotransmitters

- Candace Pert PhD (1946-2013)
- Neuroscientist and pharmacologist
- Mother of Neuropsychimmunology
- Molecules of Emotion
- As a Grad student (1972) identified opioid receptor site in brain
- 130+ neurotransmitters
- Dopamine- epinephrine - serotonin



# Neurotransmitters

- Feel like yourself
- Stress increase/decrease NT's



- Head injury-mental health issues and substance use disorders-all impact same neurotransmitters

Following from Uppers Downers  
Allarrounders, D. Inaba et al 2017

# The Relationships Among Neurotransmitters, Their Functions, Street Drugs, Mental Illness and Psychiatric Medications

NEUROTRANSMITTER	NORMAL FUNCTIONS	STREET DRUGS THAT DISRUPT THE NEUROTRANSMITTER	ASSOCIATED MENTAL ILLNESSES	SOME EXAMPLES OF MEDICATIONS USED TO REBALANCE NEUROTRANSMITTERS
Serotonin	Mood stability, appetite, sleep control, sexual activity, aggression, self-esteem	Alcohol, nicotine, amphetamine, cocaine, PCP, LSD, MDMA (ecstasy)	Anxiety disorders (e.g., PTSD, panic disorder, OCD, generalized anxiety disorder), mood disorders (e.g., bipolar disorder, major depressive disorder, depression)	SSRIs (e.g., Prozac, <sup>®</sup> Zoloft, <sup>®</sup> Paxil, <sup>®</sup> Luvox, <sup>®</sup> Lexapro, <sup>®</sup> Celexa <sup>®</sup> ); serotonin and SNRIs (Cymbalta, <sup>®</sup> Effexor <sup>®</sup> ); tricyclic and other antidepressants (e.g., Elavil, <sup>®</sup> Tofranil <sup>®</sup> ); atypical antidepressants (Desyrel, <sup>®</sup> Remeron, <sup>®</sup> BuSpar <sup>®</sup> )
Dopamine	Muscle tone/control, motor behavior, energy, reward mechanisms, attention span, pleasure, mental stability, hunger/thirst/sexual satiation	Cocaine, nicotine, PCP, amphetamine, caffeine, LSD, marijuana, alcohol, opioid	Psychotic disorders (e.g., schizophrenia, schizoaffective disorder); Parkinson's disease	Dopamine antagonists (e.g., Risperdal, <sup>®</sup> Clozaril, <sup>®</sup> Zyprexa, <sup>®</sup> Abilify, <sup>®</sup> Invega <sup>®</sup> ); anti-Parkinson's or dopamine agonist (e.g., L-dopa, amantadine, bromocriptine, rasagiline, selegiline); some antidepressants (Wellbutrin <sup>®</sup> )

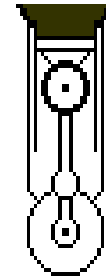


# Psychoactive Drug/Neurotransmitter Relationships

DRUG	NEUROTRANSMITTERS DIRECTLY AFFECTED
Alcohol	GABA (gamma-aminobutyric acid), met-enkephalin, serotonin
Benzodiazepines	GABA, glycine
Marijuana	Anandamide, arachidonylglycerol (2AG), noladin ether, acetylcholine, dynorphin
Heroin	Endorphin, enkephalin, dopamine
LSD	Acetylcholine, dopamine, serotonin
Nicotine	Epinephrine, endorphin, acetylcholine
Cocaine and amphetamines	Dopamine, epinephrine, norepinephrine, serotonin, acetylcholine
MDA, MDMA	Serotonin, dopamine, epinephrine, norepinephrine
PCP	Dopamine, acetylcholine, alpha-endopsychosin



# Metaphor of Addiction



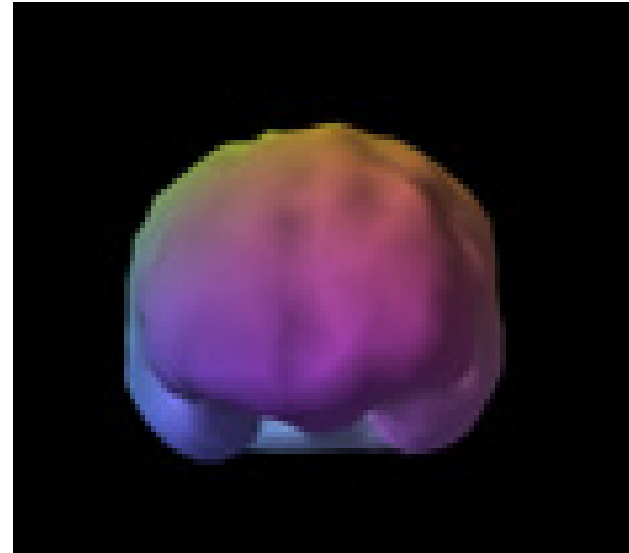
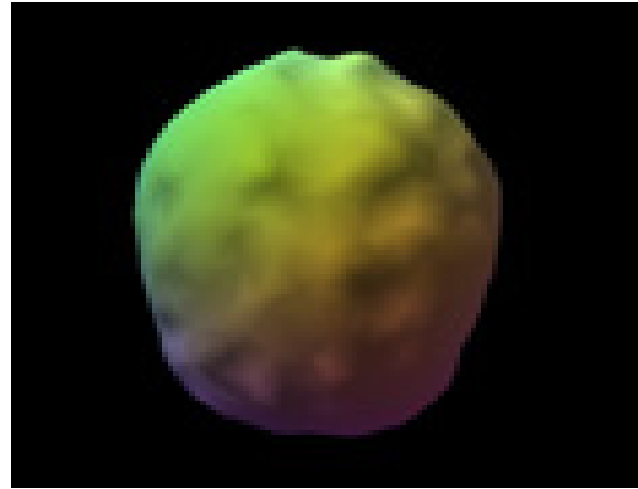
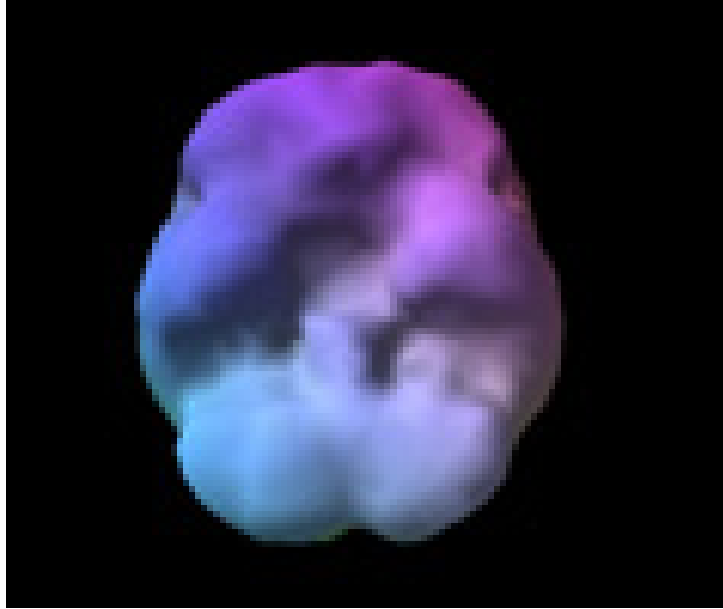
Our NT “pump” shut down by “look alike”  
molecules (addictive substances)—

Message body gets is --don't produce NT body is  
using “foreign imports”—

“Out source-ing” creates addiction



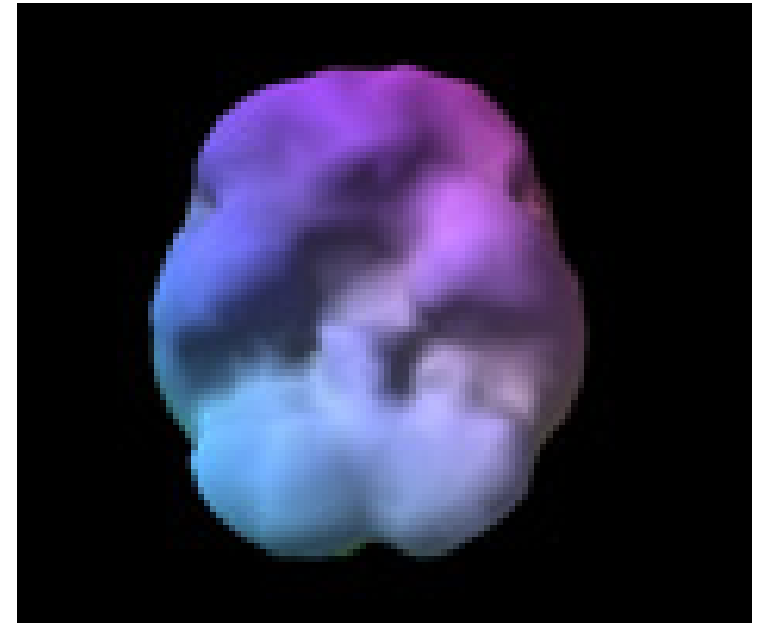
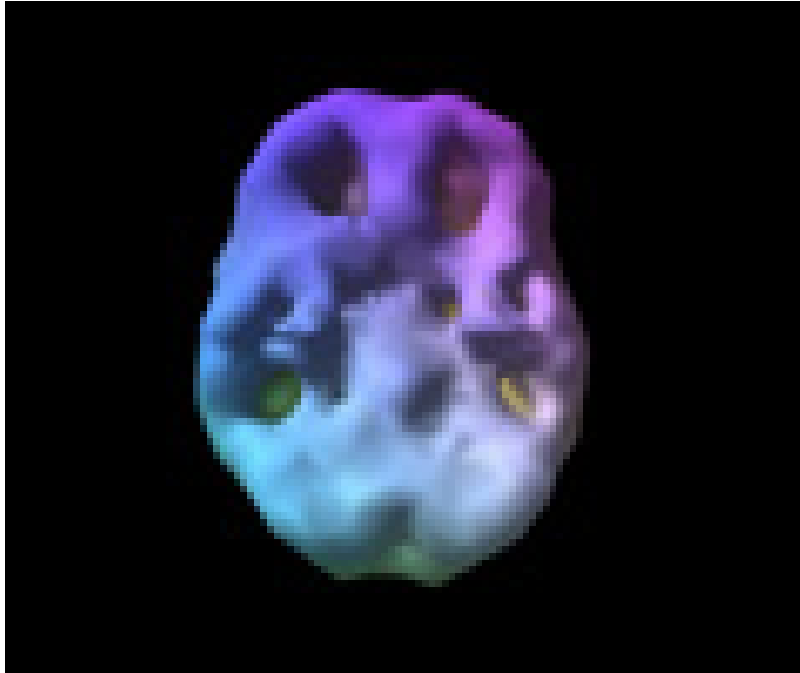
# Healthy Brain



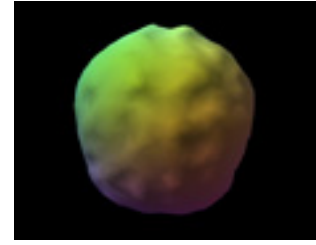
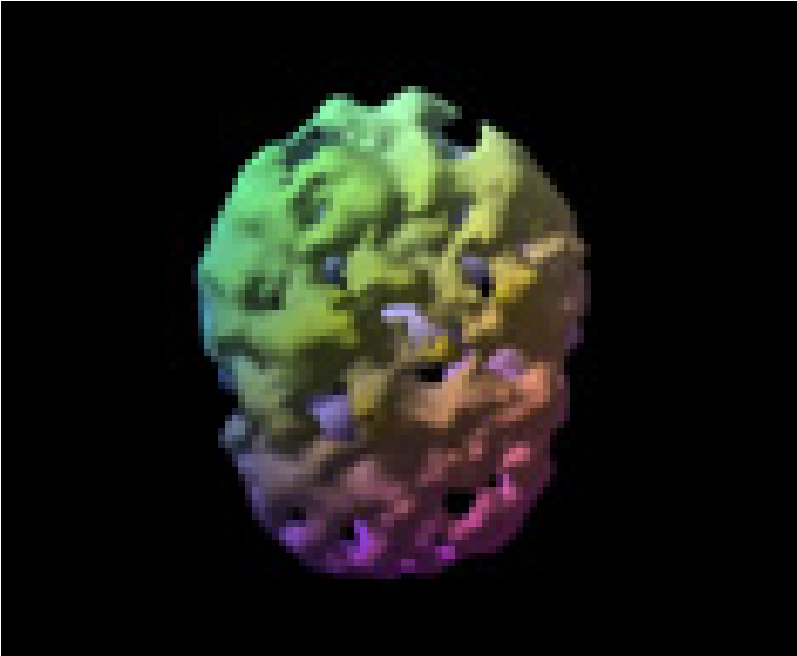
# Head trauma

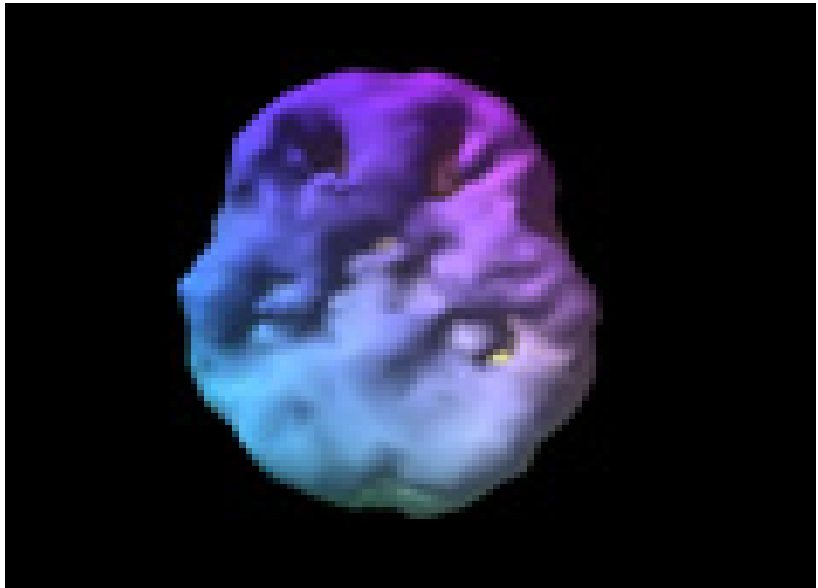
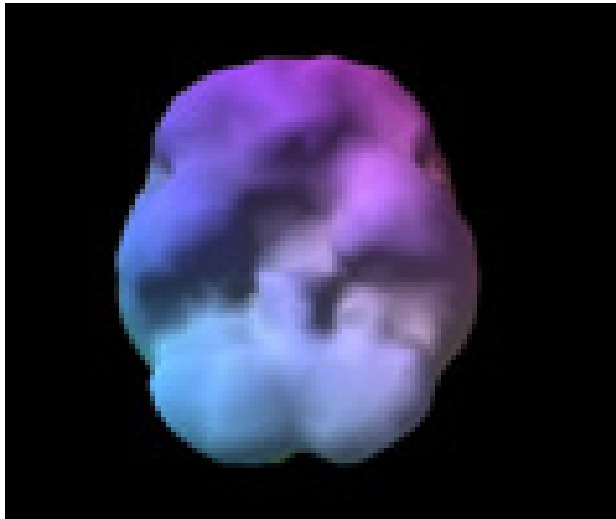
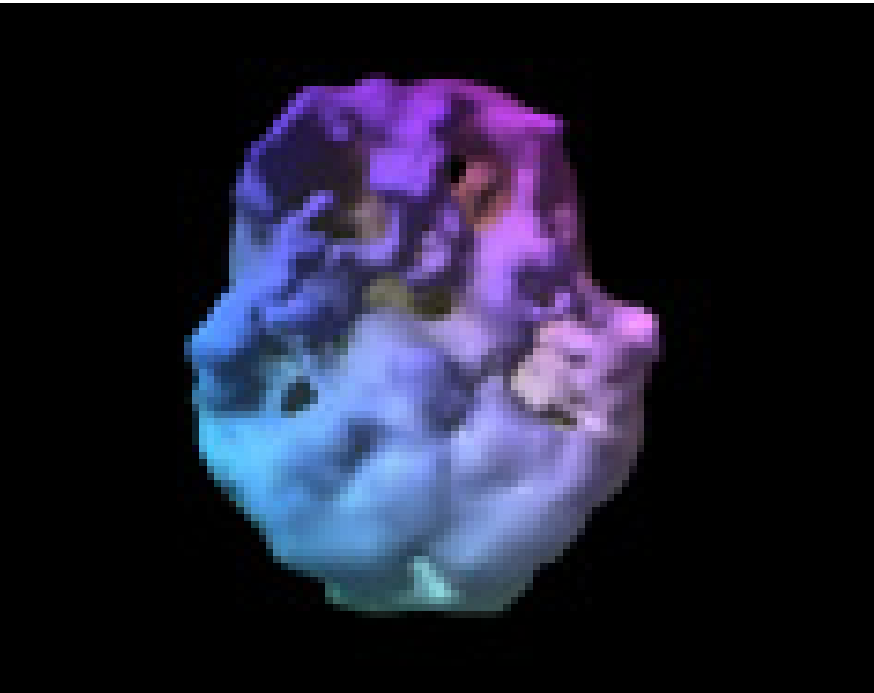


depression

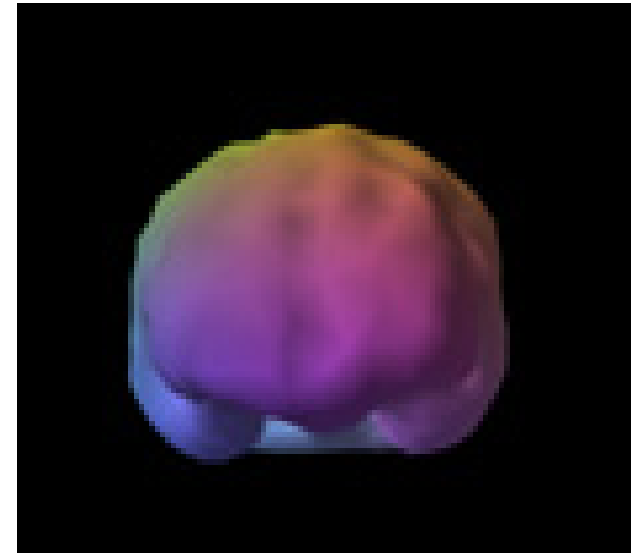
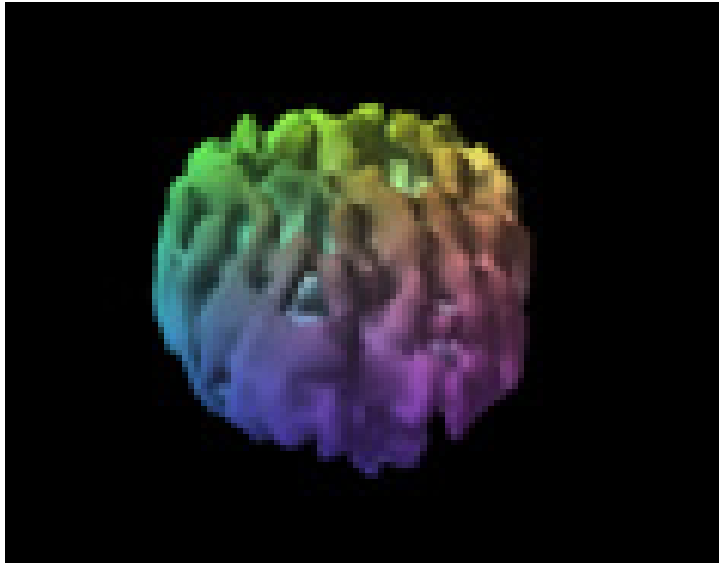


# Schizophrenia



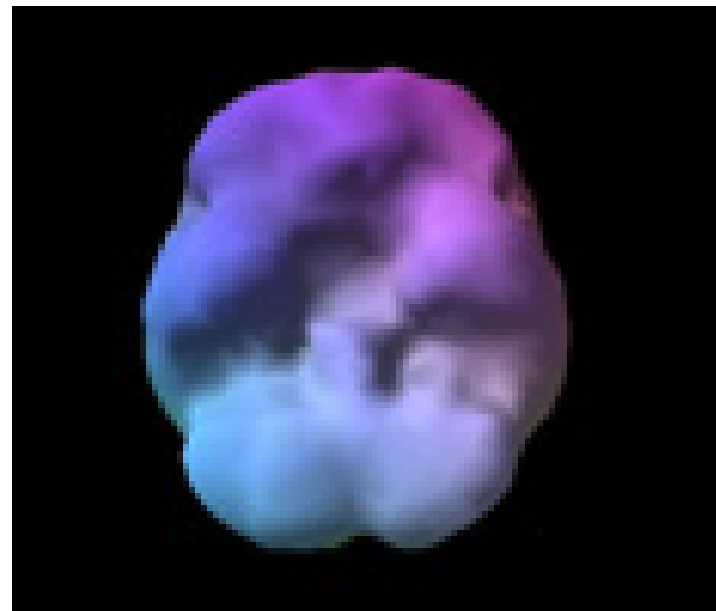
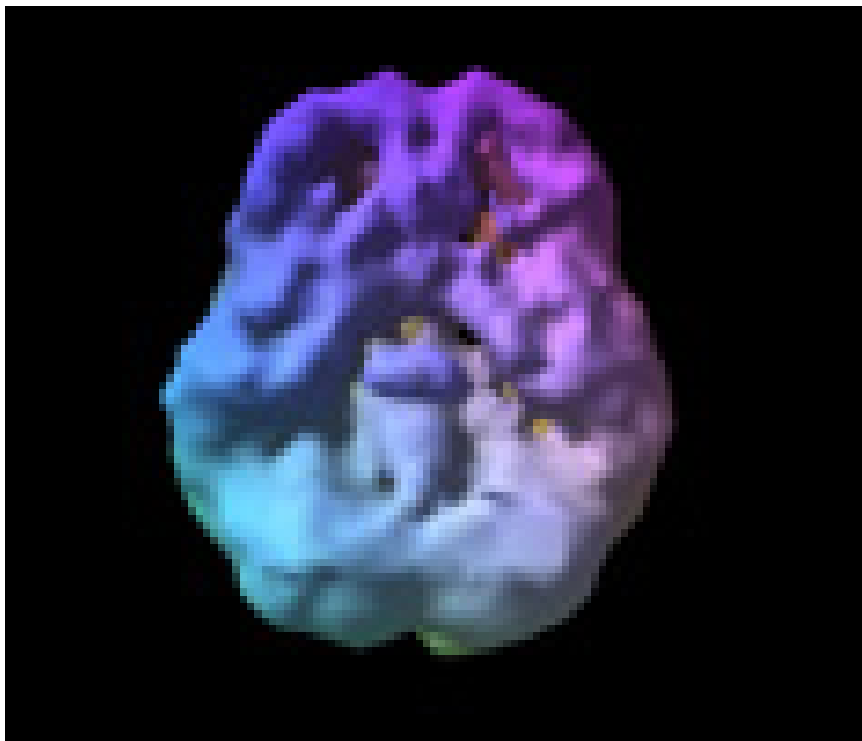


39 yr old-25 yr heroin use





10 yr weekend pot use



All brain slides shown and more

Can be found at [Brainplace.com](http://Brainplace.com)

Work of Daniel Amends MD

So what happens when a person  
with an addiction stops using???

# Immediate symptoms of drug withdrawal

- Nausea
- Vomiting
- Diarrhea
- Shakes
- Body pain-spasms
- Can include: seizures, hallucinations , multiple physical and emotional responses
- SEVERE cravings
- If severe enough withdrawal can cause death (alcohol and benzodiazepines)



The **major goal of medical detoxification** is to avoid seizures and a special state of delirium called delirium tremens (DTs) with aggressive use of the primary detoxification drug. Death and disability may result from DTs or seizures without medical care.

Not all addictive drug withdrawal is life threatening but extremely difficult nonetheless.

# Other medications used as needed in detox

- Barbiturates
- Anticonvulsants
- Beta blockers/alpha adrenergic agonists
- Antipsychotics
- Relapse prevention agents
  - :Suboxone:Buprenorphine / naloxone,
  - Subutex, Vivatrol



# Treatment for addiction

- Detox-period for addictive drugs use **3-5 days**
- Use of other drugs (benzodiazepines: Valium, Ativan etc) to stabilize the body
- Gradual withdrawal of benzo's
- Allowing body neurotransmittic system to gradually rebuild
- PAWS- days-weeks-month these are the symptoms experienced while NT system rebuilding





# NCCIH Integrative Medicine

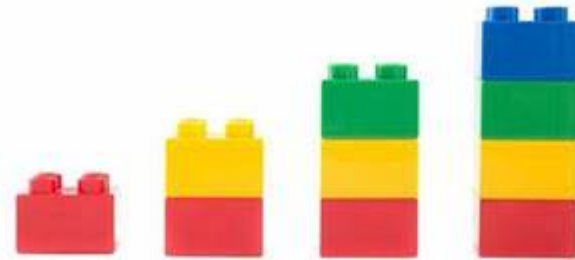
There are 5 domains of alternative/complementary/Integrative medicine:

- Alternative systems:** homeopathy/acupuncture/Traditional Chinese medicine
- Mind body** :spirituality/meditation/prayer/cognitive approaches/visualization/12 step work/DBT/EMDR/group work
- Biologically** based: supplements/nutrition/herbal
- Body** based: Yoga/Tai Chi/Feldenkrais method/exercise
- Energy** medicines: EFT/Reiki/music/homeopathy



# Integrative Approaches at different stages of treatment

- Detoxification: acupuncture, herbal, homeopathy
- **PAWS: Consciousness, acupuncture, homeopathy, imagery, yoga, tai chi**
- Rehabilitation: full range of integrative approaches
- Relapse Prevention: full range



# PAWS (Post Acute Withdrawal Syndrome)

- **Severe cravings** for any drug which causes addiction
- Irritability, agitation
- Nausea, diarrhea, sleep disturbance
- Memory disturbance
- If you have ever had a craving for chocolate **multiply that physical-emotional experience by 1000** and you might get the idea of what client is experiencing

Relapse rates and characteristics

# Deaths from Opioid Overdoses MA

- **143 deaths a day** in US in 2015
- 2017 4 deaths a day in MA
- **Between 2000 and 2013 death rate had increased 273%**

-CDC • National Center for Health Statistics • National Vital Statistics System 2017

# Biggest risk group

- According to CDC report released Nov 2017—adults between 45-54

-CDC • National Center for Health Statistics • National Vital Statistics System 2017

- 4 out of 5 people addicted to opioids started off using prescribed painkillers

-Boscarino JA, Rukstalis M, Hoffman SN, et al. Risk factors for drug dependence among out-patients on opioid therapy in a large US health-care system. *Addiction* 2010;105:1776–82. <http://dx.doi.org/10.1111/j.1360-0443.2010.03052.x>

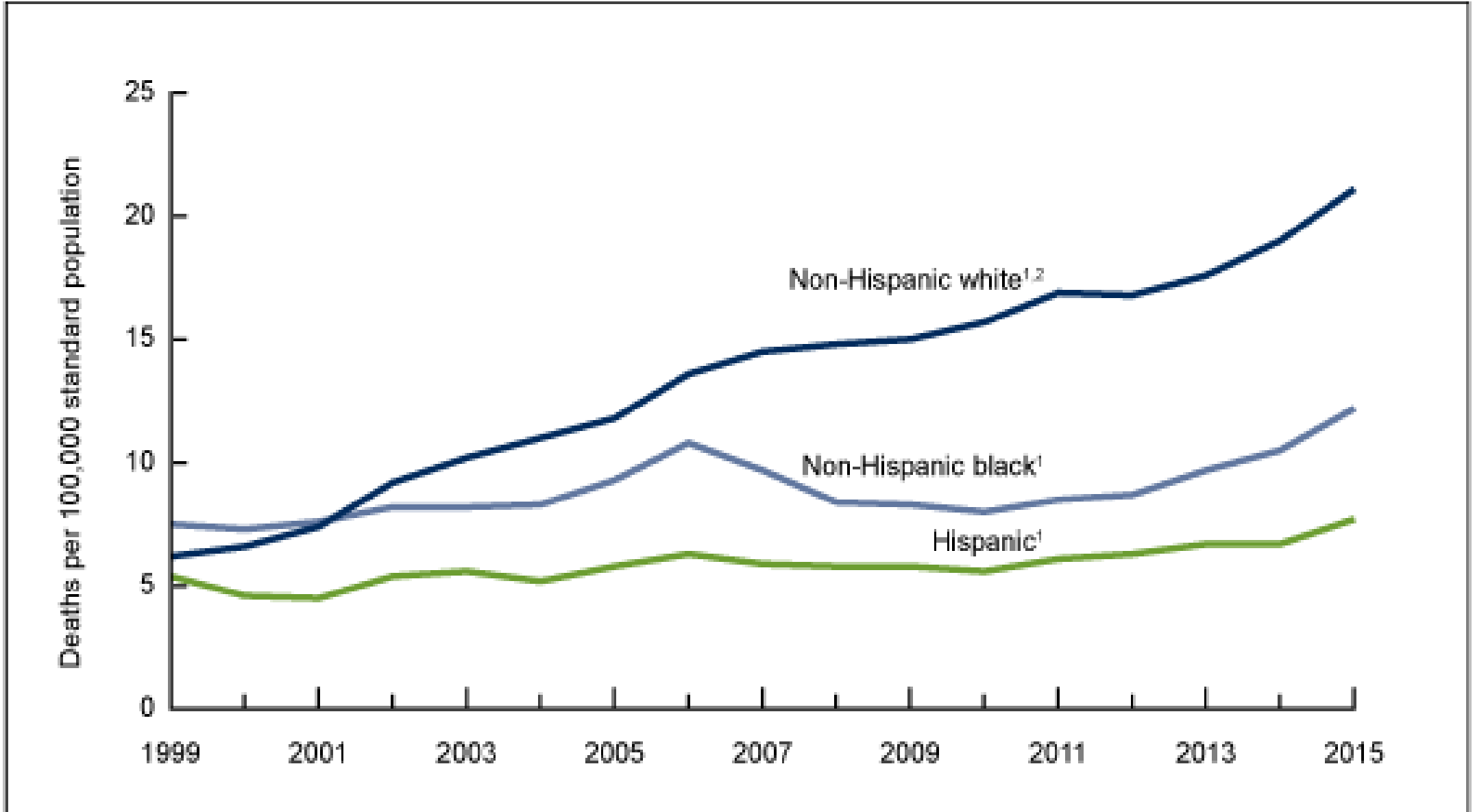
- 2012 Wall St Journal published “Pain as the Fifth Sign”

-Wall Street Journal (US)**Copyright:** 2012 Dow Jones & Company, Inc. Dec 15,2012 Thomas Catan and Evan Perez

• [Centers for Disease Control and Prevention,](#)

• [National Center for Injury Prevention and Control,](#)

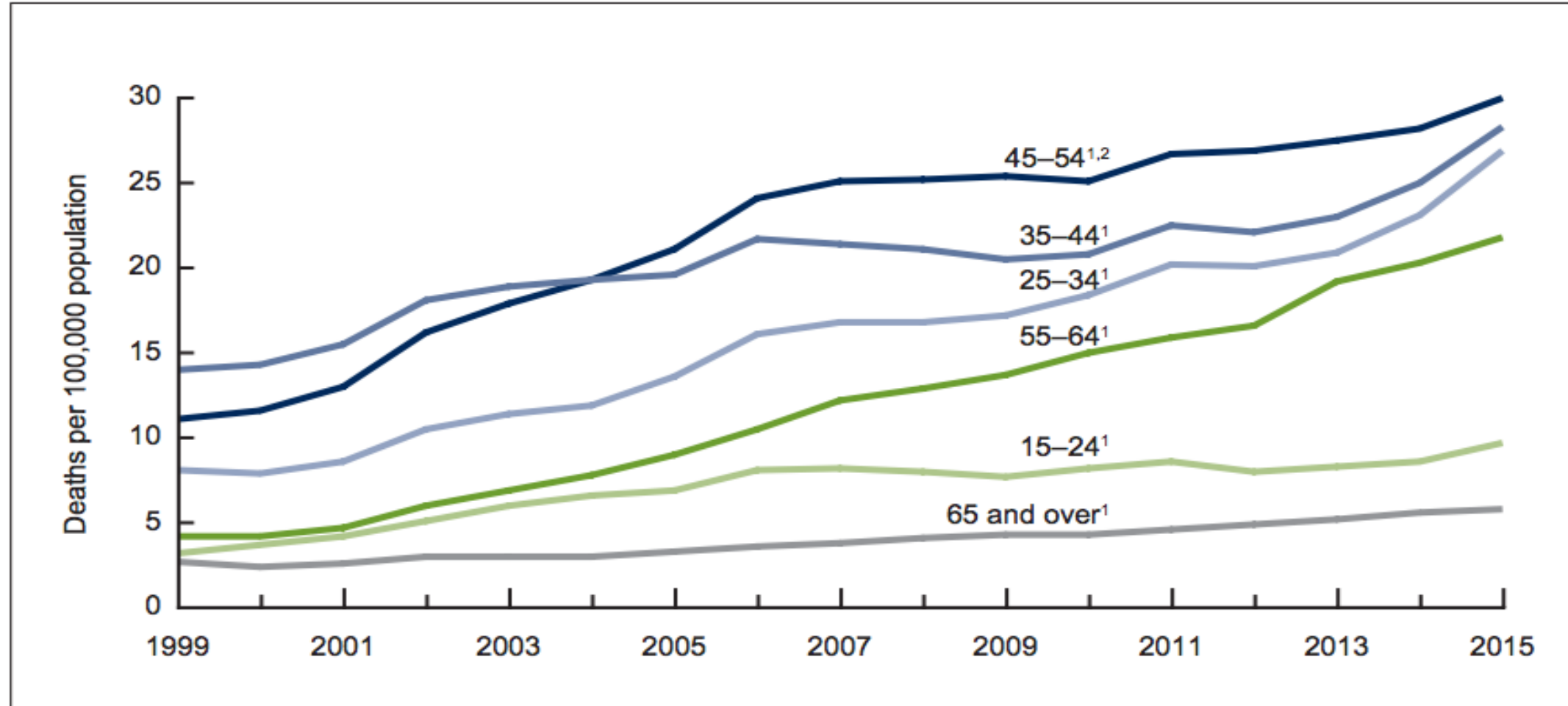
• Division of Unintentional Injury Prevention





- [Centers for Disease Control and Prevention](#),
- [National Center for Injury Prevention and Control](#),
- Division of Unintentional Injury Prevention

Figure 2. Drug overdose death rates, by age group: United States, 1999–2015



<sup>1</sup>Significant increasing trend,  $p < 0.005$ .

<sup>2</sup>Rate for age group 45–54 in 2015 was significantly higher than for any other age group,  $p < 0.001$ .

NOTES: Deaths are classified using the *International Classification of Diseases, Tenth Revision*. Drug overdose deaths are identified using underlying cause-of-death codes X40–X44, X60–X64, X85, and Y10–Y14. Access data table for Figure 2 at: [https://www.cdc.gov/nchs/data/databriefs/db273\\_table.pdf#2](https://www.cdc.gov/nchs/data/databriefs/db273_table.pdf#2).

# Several reasons

- **Lack of patient and often doctor education on addiction**
- **Less** experienced users
- **Purer** more plentiful drugs
- Potent **drug combos**
- Multiple drug use as **norm** on the street
- **Shorter treatment** protocols
- AND I think—**lack of client awareness** that physical symptoms of withdrawal intermittent and lengthy : PAWS

PAWS: Post Acute Withdrawal  
Syndrome

# PAWS

- 1959-Wellman-“**protracted withdrawal syndrome**”
- 1979 Kessin et al can last **6 months-2 year**
- 1985 DeSoto, O’Donnell, Allred and Lopes **detailed symptoms** and that they are **intermittent**
- 1986 Miller and Gorski-**relapse prevention**

# Complete citations: PAWS

- Wellman et al Late Withdrawal of Subjects with Alcohol Addiction, 1954, **Can Med Ass J** 70:526
- Kessin et al Acute Effects of Ethyl Alcohol on Certain Physiological Functions in Alcoholics, 1959 **Quar J Study Alco**, 20:480-492
- DeSoto et al Symptomology in Alcoholics at Various Stages of Abstinence, 1985, **Alco Clinical and Exper Vol 9**,
-

# Withdrawal: Acute and Protracted

- **Acute** withdrawal-typically detox days to weeks for some drugs like benzos
- **Protracted/Extended** withdrawal: PAWS

-Wellman et al Late Withdrawal of Subjects with Alcohol Addiction, 1954, **Can Med Ass J** 70:526

-Kessin et al Acute Effects of Ethyl Alcohol on Certain Physiological Functions in Alcoholics, 1959  
**Quar J Study Alco**, 20:480-492

-DeSoto et al Symptomology in Alcoholics at Various Stages of Abstinence, 1985, **Alco Clinical and Exper Vol 9**,



- Post-acute withdrawal occurs because your brain chemistry is **gradually returning** to normal. As your brain improves the levels of your brain chemicals **fluctuate as they approach the new equilibrium** causing post-acute withdrawal symptoms.
- **At first** acute symptoms especially cravings
- **Then a protracted Roller coaster-out of blue-** sudden onset-can last up to 2 years

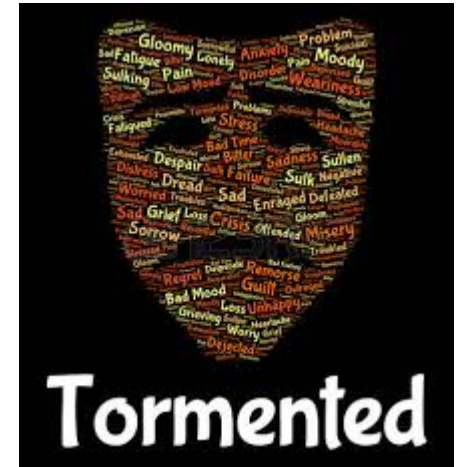


Imagine.....

# Post Detox and PAWS

- **Physical** : cravings-symptoms
- **Mental** : obsessions-fixations
- **Emotional** : irritability-resentment-highs and lows
- **Spiritual** : disregard-cynicism -distain
- **Consciousness** : blankness-lack of awareness

To



# When recovering gradual changes in symptoms

- **Physical:** ease-return of appetite-sleep-well being
- **Mental:** clarity-memory-decision making capacity
- **Emotional :** equilibrium-emotions appropriate to event-evenness
- **Spiritual :** wonder, gratitude, ability to experience awe
- **Consciousness:** being present-noticing-choosing different behaviors



# Most clients

- Expect to feel better **soon**
- Are **not aware of PAWS**
- Are not aware of **their relapse history** and **pattern**
- Leave a 3-5 day detox **back to a VERY stressful life**: anxious family, probation, court, child protective, health issues, job issues
- **How do we help them prepare** for their personal protracted withdrawal?

# Client awareness

- Of sixty five clients interviewed over past year for this talk

76%

- a. had never heard of PAWS
- b. did not know it was intermittent
- c. Did not know it could last 6month-2 years
- 81% had never done a relapse history
- 96% had multiple detoxes, relapses and using multiple drugs

# The most significant “alternative” strategy

- AWARENESS-CONSCIOUSNESS.....being aware....seeing...knowing... “AHA!” ....a wake up....light dawning....



# Experience based neuroplasticity : Thinking changes grey matter:

**Immaterial mental activity maps to material neural activity.**

**This produces temporary changes in your brain and lasting ones.**

*Temporary changes include:*

- ✎ Alterations in brainwaves (= changes in the firing patterns of synchronized neurons)
- ✎ Increased or decreased use of oxygen and glucose
- ✎ Ebbs and flows of neurochemicals



What flows through the mind **sculpts your brain**.  
Immaterial **experience leaves material** traces  
behind.

- ✎ Increased blood/nutrient flow to active regions
- ✎ Altered epigenetics (gene expression)
- ✎ “Neurons that fire together wire together.”
- ✎ Increasing excitability of active neurons
- ✎ Strengthening existing synapses
- ✎ Building new synapses; thickening cortex
- ✎ Neuronal “pruning” - “use it or lose it”





# Self directed neuroplasticity

**Attention is like a spotlight**, illuminating what it rests upon.

✎ Because neuroplasticity is heightened for what's in the field of focused awareness, attention is also **like a vacuum cleaner**, sucking its contents into the brain.

✎ **Directing attention skillfully** is therefore a fundamental way to shape the brain - and one's life over time



# Relapse prevention framework for client

- What is **my relapse history** and pattern
- Acknowledging PAWS—what are **my specific symptoms of physical recovery**
- **Developing tools and strategies** to cope with life on life's terms-with emphasis on the range of adjuncts from the complementary/integrative field
- Monitoring my stability
- That recovery is a **step by step** process: **Acceptance** of my condition- **Repairing damage** to self and others- **Helping other** people

# A framework because



- Client's access to a healthy and fully functional **prefrontal lobe** has been sidetracked and impaired by **high jacked neurotransmitters**
- A large majority of clients have **trauma histories** which influence their information processing and memory
- A step by step, **muti sensory approach**, with frequent repetition is needed for pattern change:
  - debriefing
  - awareness
  - new skills-practice
  - reinforcement-practice



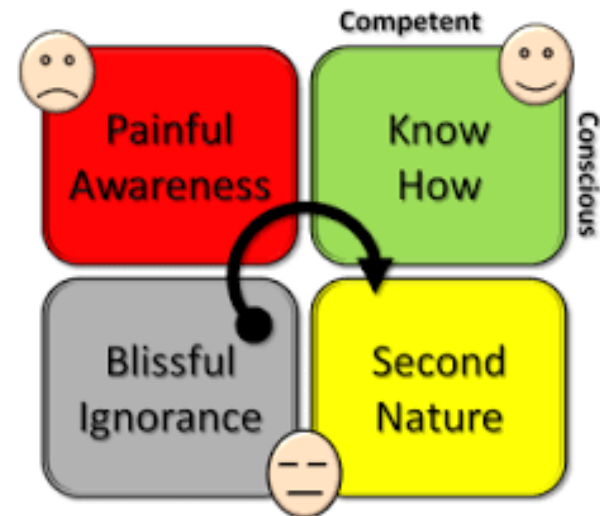
# Skill development

- Unconscious incompetence
- Conscious incompetence
- Conscious competence
- Unconscious competence

-attributed to Maslow

Developed by Noel

Burch at Gordon Training International CA



Quality of Life Changes  
During Treatment  
(*Bell et al. 2003*)



<b><i>Freedom/ Unstuckness</i></b>	<b>Coping</b>	Creativity
<b>Adaptiveness</b>	Emotional	Energy
<b>Dreams</b>	<b>Life Changes, Lifestyle</b>	Mental Functioning
Memory	Perception by Others	Physical Generalities
Physical Functioning	Specific Personal Perception	Relationships
Sleep	Spiritual Function	<b>Global Well- being</b>

# The new “normal”

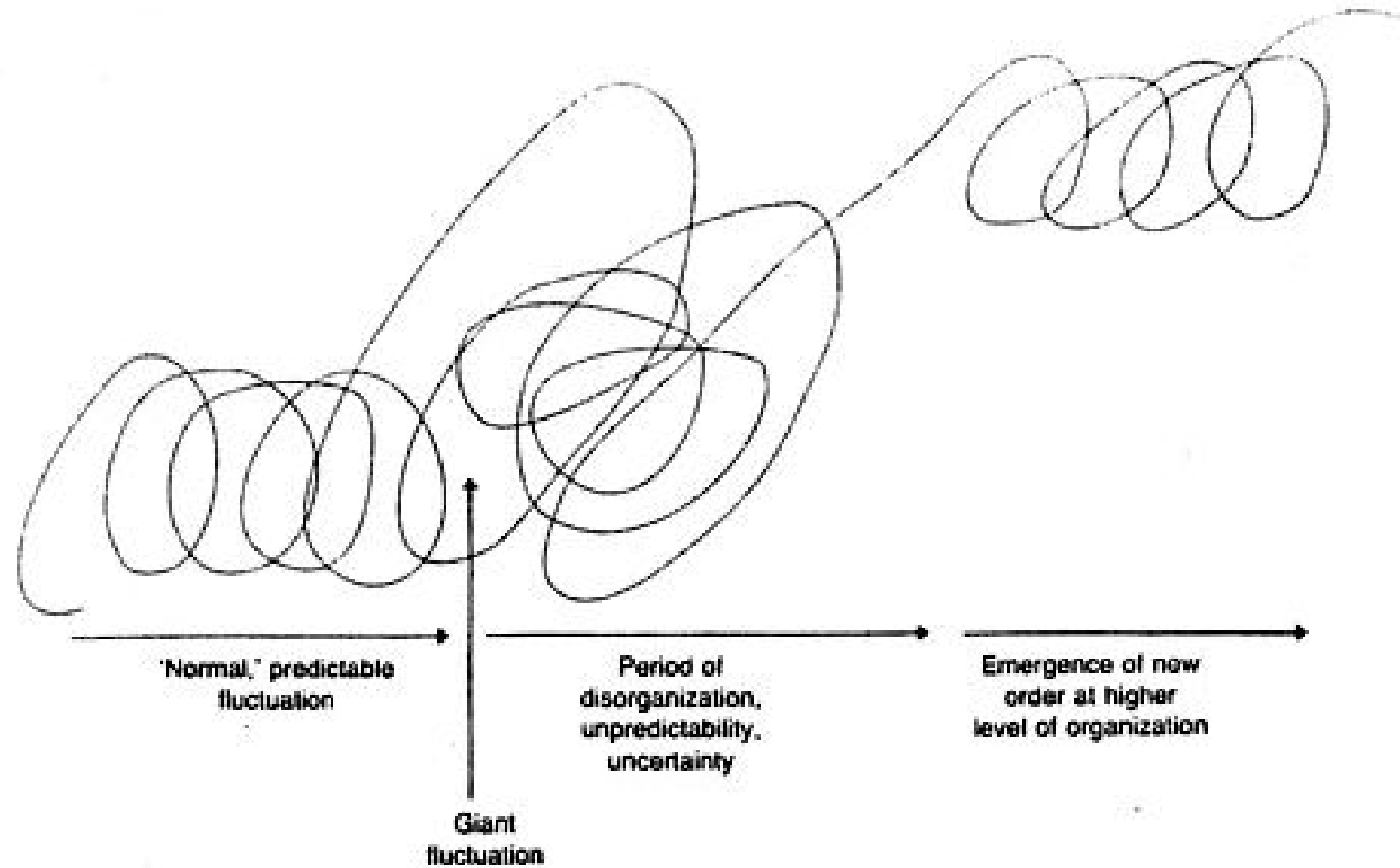
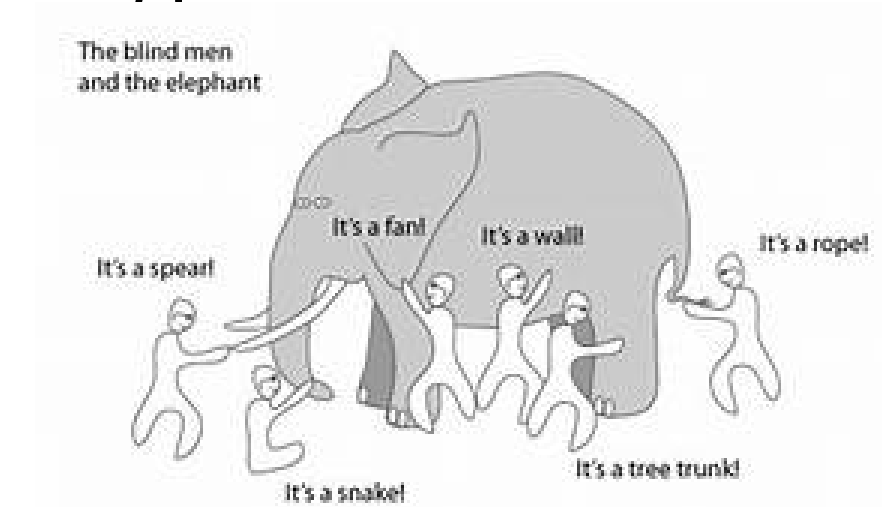


Figure 3.2 The process depicted by Prigogine's theory of dissipative structures.

# Our Paradigms are filters collecting

- 600 billion pieces of sensory data per second
- 2000 per second can be noticed consciously
- 60 per second if trying to pay attention
- **We create filters to “catch”** what we pay attention to: expectations-prejudices-attributions-worries-strong preferences



If **brain** has been **high jacked** by drugs

- Both mind and body are focused on
  - Craving for relief...without intervention
- Relapse inevitable.....





# Tools for helping brain and skill grow

- **General factors:** See clearly.  
Have compassion for yourself.  
Take life less personally. Take in the good. Deepen equanimity.

## **Approach** system

- Be glad.
- Appreciate your resources.
- Give over to your best purposes.

## **Attach** system

- Sense the suffering in others.
- Be kind.
- Act with unilateral virtue.

## **Avoid** system

- Cool the fires.
- Recognize paper tigers.
- Tolerate risking the dreaded experience

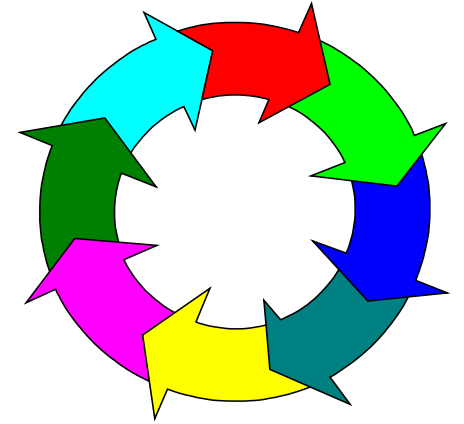
-From the work of R. Hanson PhD

# Dialectic thinking and Integrative Medicine

- Holistic view of medicine=whole is greater than sum of its parts
- In complex systems (i.e. the mindbody) small shifts can create system wide changes



# DBT: Dialectic Behavioral Therapy



- Group and Individual Therapy
- Approach, Theory & Structure
- Science Based
- Array of cognitive-behavioral strategies
- Melding of Eastern & Western Psychologies

## CORE

- Problem solving
- Exposure techniques
- Skill training
- Contingency management
- Cognitive modification

-Lenihan, Dialectical Behavioral Therapy, 2010

# Approaches **Most Useful** with PAWS and Relapse Prevention

## **Acupuncture-Cognitive Therapy-DBT-Herbal-Homeopathy- Self Help-Tai chi-Yoga**

- Because **they can sooth the cravings** and allows for enough comfort to develop greater awareness-consciousness-mindfulness
- Being physically comfortable is the **first step**
- Paying attention (awareness/**mindfulness**/consciousness) is the **second step** in relapse prevention

# Herbal : Ibogaine

- Class One Drug in US-Not a legal substance
- Research moving forward—May 2017 NY University School of Medicine-Brown and Alper
- Legal in Canada, Mexico, UK, South Africa and the Netherlands
- Long term craving reduction, elimination

**Tabernanthe iboga** or simply iboga is a perennial rainforest shrub and psychedelic, native to western Central Africa. Iboga stimulates the central nervous system when taken in small doses and induces visions in larger doses. In parts of Africa where the plant grows, the bark of the root is chewed for various pharmacological or ritualistic purposes. Ibogaine, the active alkaloid, **is also used to treat substance abuse disorders and depression**



Research supporting all therapies  
for reducing PAWS in  
accompanying bibliography

Homeopathy



One picture is worth a thousand  
words

# Three common sound bites

- Must be placebo
- Too small a dose to “do” anything
- There is no research



ALL Incorrect.....

Is it placebo ?

# Replace use of antibiotics in livestock



***Altern Ther Health Med.*** [Homeopathy versus antibiotics in metaphylaxis of infectious diseases. 1999. Albrecht H, Schutte A. PMID 10484832](#)

Homeopathy worked better than placebo,, at preventing URIs, a common problem in piglets raised commercially.

# Recent study of laboratory mice and anxiety



- Comparing use of Diazepam (Valium) and Gelsenium (homeopathic made from Jessamine plant)
- Significant reduction in anxiety with homeopathy-superior to Valium results

**Homeopathic Doses of Gelsemium sempervirens Improve the Behavior of Mice in Response to Novel Environments**

**Evidence-Based Complementary and Alternative Medicine, Vol 2011 Art ID 362517. Paolo Bellavite,<sup>1</sup> Paolo Magnani,<sup>1</sup> Elisabetta Zanolin,<sup>2</sup> and Anita Conforti** *Department of Morphological Biomedical Sciences (Chemistry and Microscopy Section), University of Verona, Verona*

# Babies and children respond to homeopathy

- Jacobs, J., et al. (2003). "Homeopathy for childhood diarrhea: combined results and meta-analysis from three randomized, controlled clinical trials." **The Pediatric Infectious Disease Journal** 22(3): 229-234.
- Jacobs, J., et al. (2006). "Homeopathic combination remedy in the treatment of acute childhood diarrhea in Honduras." **Journal of Alternative and Complementary Medicine** 12(8): 723-732.



# Animal studies

- Controlled study rats and alcohol
- 15 day protocol
- Choice of alcohol and non alcohol bottles
- Significantly reduced alcohol intake rats having Nux



Sukul NC, et al “Strychnos Nuv Vomica extract and its ultra high dilution reduce voluntary ethanol intake in rats” **J Altern Com Med.** 2001 Apr;7(2):187-93.

Is it really too small a dose?



# Nano medicine

- A nanometer is one-billionth of a meter, too small even to be seen with a conventional lab microscope.
- As part of the [National Institutes of Health \(NIH\) Common Fund](http://nihroadmap.nih.gov) [nihroadmap.nih.gov], the [NIH](http://nih.gov) [nih.gov] has established a handful of nanomedicine centers. These centers are staffed by a highly interdisciplinary scientific crew, including biologists, physicians, mathematicians, engineers and computer scientists. Research conducted over the first few years was spent gathering extensive information about how molecular machines are built.

# Luc Montangier MD: 2008 Nobel Prize 2008 for discovering AIDS virus

- Demonstrated Ultrahigh dilutions of an HIV drug affect the virus through electromagnetic signaling even when diluted beyond Avogadro's number
- "I can't say that homeopathy is right in everything. What I can say now is that the high dilutions (used in homeopathy) are right. High dilutions of something are not nothing. They are water structures which mimic the original molecules."

-Science Dec 2010



There is no research—REALLY?

# Research reminder:

- Research **does not prove-only** provides support for a hypothesis
- For any topic one gets both successful and unsuccessful results-no single piece of research “proves” or “disproves”
- There is a difference between efficacy and effectiveness:
- **Efficacy** can be defined as the performance of an intervention **under ideal and controlled** circumstances, whereas **effectiveness** refers to its performance under 'real-world' conditions.
- **RCTs** determine efficacy
- **Comparative or other non RCT studies** determine effectiveness

# Homeopathy Research Data Base

- American Institute of Homeopathy: Since 1844 The Voice of the Homeopathic Medical Profession [www.homeopathyusa.org](http://www.homeopathyusa.org) released in 2017 has a 6000 research database compiled by Drs Iris Bell, Peter Fisher and researcher Peter Gold.
- National Center for Homeopathy [www.homeopathycenter.org](http://www.homeopathycenter.org) has educational videos and consumer friendly data base
- Sept 2017 George Washington University's School of Medicine hosted a 90 minute research webinar on homeopathy featuring Drs. Bell and Fisher.

Here is the link: <https://youtu.be/BKAhgHolG9c>

# Homeopathy for PAWS

- Since 2006 in 3 different programs a simple homeopathic protocol reduced PAWS symptoms **87%** (n=901)
- **Program one** completed program **66% H** vs 33% NH
- **Program two** completed program **64% H** vs 36%NH
- **Program three:** Relapse rates/leaving treatment AMA was 40% non H versus **24% H**

**Homeopathic protocol:** Nux vomica 3 pellets in 8 oz water-using as need for cravings—typically 1-3 doses for effectiveness.

Butehorn et al April 2016 International Jour of Com/Alt Medicine- **peer reviewer-**

# Homeopathy

Built on ideas of Hippocrates, Paracelsus and other giants of medical history Hahnemann a German MD postulated:

- That is was shifts in person energy “state” that created illness
- Using **small doses** of natural materials (nano doses) of -plants-minerals-animal substances (i.e. mammal milk) **that might have created the malady (like cures like)** to shift
- The “state” of a person to a healthier place

Video cases:



# What is a **state**

- Complex of cognitive-emotional-espoused values characteristic energy which manifests as this person we experience.....
- “State” can shift due to illness-trauma-strong response to an event



Acute rx of PAWS to rx of the “state”

- After treating clients for acute symptoms of PAWS
- Did workup on underlying “state”—depression-grief-guilt
- Never well since.....

For example: Jane

Client comes in for depression. Is having trouble concentrating at work, forgetting words, phone numbers. Very weepy, weeps telling you about breakup of current relationship-alcoholic husband who has run off with girlfriend. Can't believe this could happen to her-she has always been a good wife. Has gone to Alanon which she finds helpful. Doesn't know how she will make it without him!

Confused/Aphasic

Feels abandoned/weeps telling her tale

Changeable symptoms

Jane

Spiritual

Codependent/wants sympathy

Lots of little pains/  
symptoms change

Confusion

Weepy

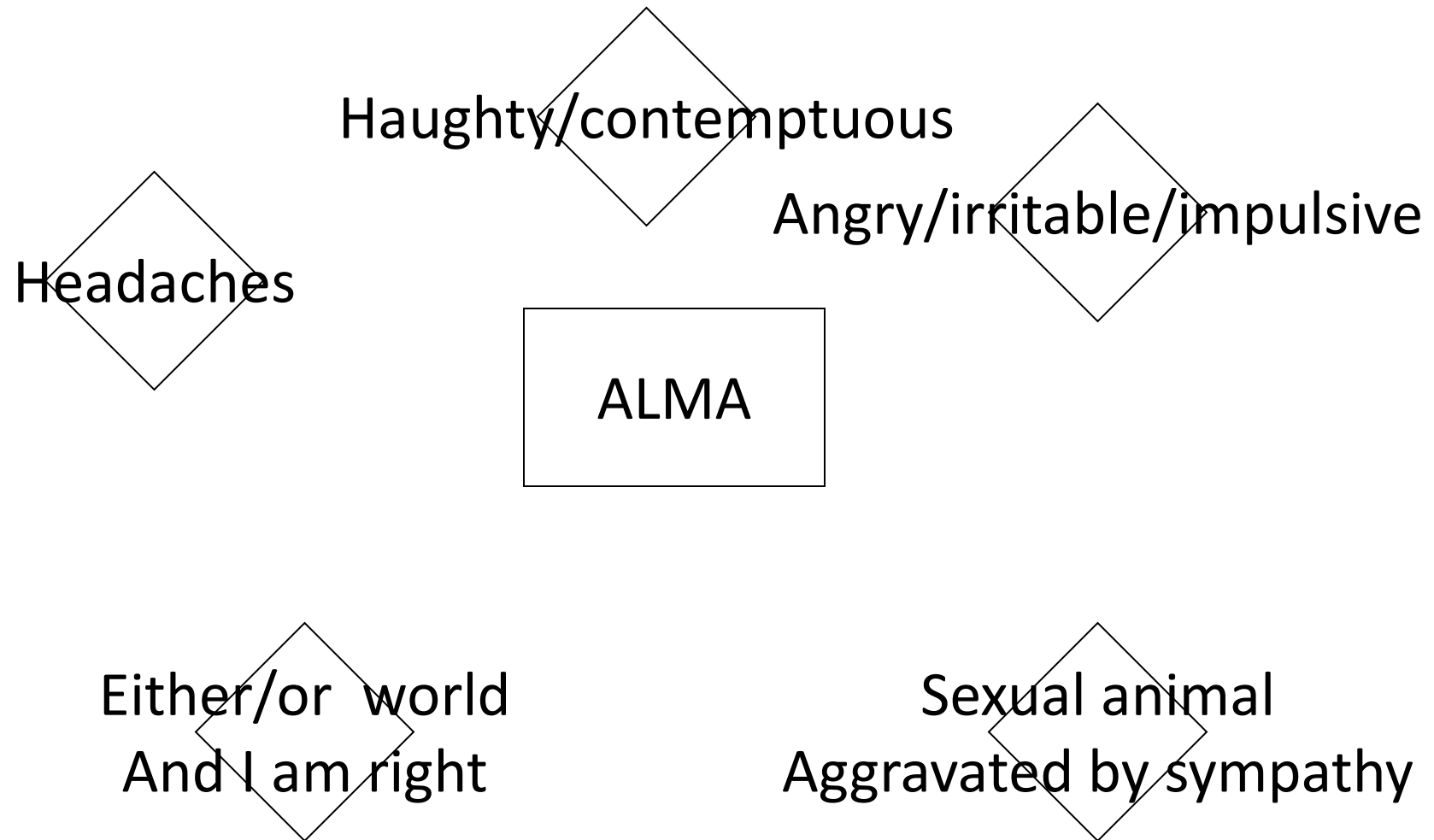
**Pulsatilla/Windflower**

Seeing own specialness  
Deserves goodness from others

Needy

# Alma

Alma comes in with an agitated depression, headaches, can't get to work. Can't sleep- angry- wants to kill her husband "the son of a b---" who ran off with some "floozy." Had an affair last year but that didn't count as he didn't know about it. Is very impulsive and flirtatious and has always been a "sexual animal." He on other hand always been a wimp! So angry she cries; tells rx not to give that stupid sympathy-it won't help; furious with daughter who is "her father's daughter," and doesn't blame him for leaving.



Headaches

Haughty  
Disdainful

Irritable  
Entitled

Platina

Self centered

Superior  
Sexual  
Aversion to own family



# What homeopathy can do

- **Reduce PAWS** for early recovery
- Provide **non liver affecting treatment** for life's common maladies (colds, flus, menses, headaches etc...)
- Professional treatment for **overall medical** issues (HIV-Hep C-Diabetes- etc)
- Adjunct and/or primary treatment for mental health conditions
- **Palliation** during chemotherapy
- Rebalancing overall “state” of client: physical-psycho-social-spiritual
- **Motivates** clients to seek treatment

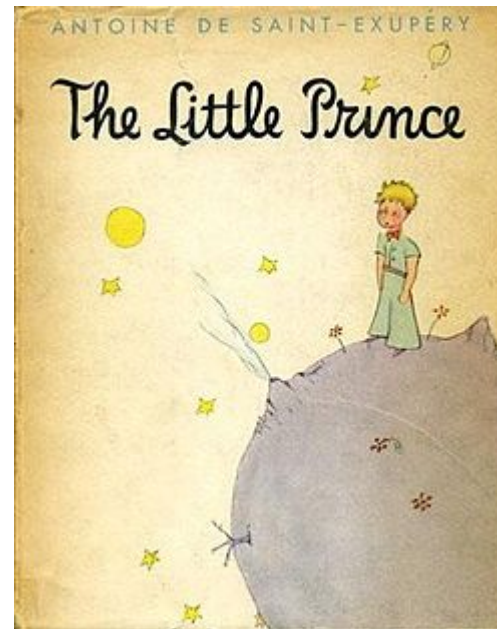
# In summary

- **Help clients clearly understand PAWS** and prepare for “roller coaster of symptoms” with coping tools
- Use **multi-sensory teaching** and practice remembering you are dealing with an impaired brain which can be re wired with practice
- Do a **relapse history** with clients to alert them to their personal pitfalls
- In **early recovery Consciousness**/Mindfulness-Tai Chi-Acupuncture-Yoga-Imagery and Homeopathy are the most useful integrative approaches
- **Consider using the simple protocol of homeopathic** Nux vomica in water as needed as for severe cravings to minimize immediate relapse
- Remember **consciousness of the most valuable tool** of the entire alternative/complementary/integrative tool kit.

# A rose or a recovery

“Life as we have seen again and again is one of those phenomena that **cannot be explained in reductionist** terms. One could never grasp the **essence of the rose** by saying that it is composed of atoms and molecules. The **emergence approach to understanding the essence of the rose** would be to consider its ontogeny (development) pausing at each level of growth complexity in order to study its corresponding emergent properties—from the formation of the various flower cells, to the interaction between all these cells and up to the characteristics of the complex organs such as petals and stems including odor and color. **We would then consider the rose as the final flowing of all its emergent properties.**” p181 Capri and Luisi 2014 Systems View of Life

- “it is the time you have wasted on your rose that makes your rose so important” –de Saint Exupery



Thank you



GOD GRANT ME THE  
**SERENITY**  
TO ACCEPT THE THINGS  
I CANNOT CHANGE  
**COURAGE**  
TO CHANGE THE  
THE THINGS I CAN AND  
**WISDOM**  
TO KNOW THE DIFFERENCE