



Goals



- Participants will be able to identify the brain and research basis of fear in the etiology of SUD
- Participants will be able to describe the role of fear in the maintenance of an addiction process, and the establishment of recovery.
- Participants will be able to discuss specific steps, tools and techniques to manage fear effectively.

Ken Martz, Psy.D., MBA



Licensed Psychologist

- 25 Years experience in addiction and mental health treatment helping thousands of individuals recover their lost hope and authentic self
- International bestselling author in addiction and mental health

Overview

- Fear and the Brain
- Fear, Trauma and Addiction
- Fear and Recovery
- Fear Management
- Tips on Finding/Maintaining Balance
- Putting it into Practice

Self-Awareness

- What am I afraid of?
 - Where do I doubt myself?
 - Where do I doubt the ability of my client to recover?
 - Where do I doubt my ability to lead them to recovery?
-
- How do these beliefs affect how I treat individuals?

Consider the following:

- For this presentation “Addiction” is inclusive of both substance use and behavioral process addictions (e.g. gambling disorder)
- Addiction is being used as related to severe substance use and process addiction
- Addiction is a disease of hopelessness
- Addiction is a disease of shame
- Addiction is a disease of isolation

**What if
we were
wrong?**



WHAT IS THE BRAIN AND PHYSIOLOGIC BASIS OF
FEAR IN THE ETIOLOGY OF SUD?



FIGHT OR FLIGHT



THIS IS YOUR BODY ON FEAR

Muscles Tense

Heart Rate Increases

Breathing Increases

Sugar and Fat Pour into the
Bloodstream

Blood Clots Faster

Elimination

Digestion Slows

Immune Function Slows

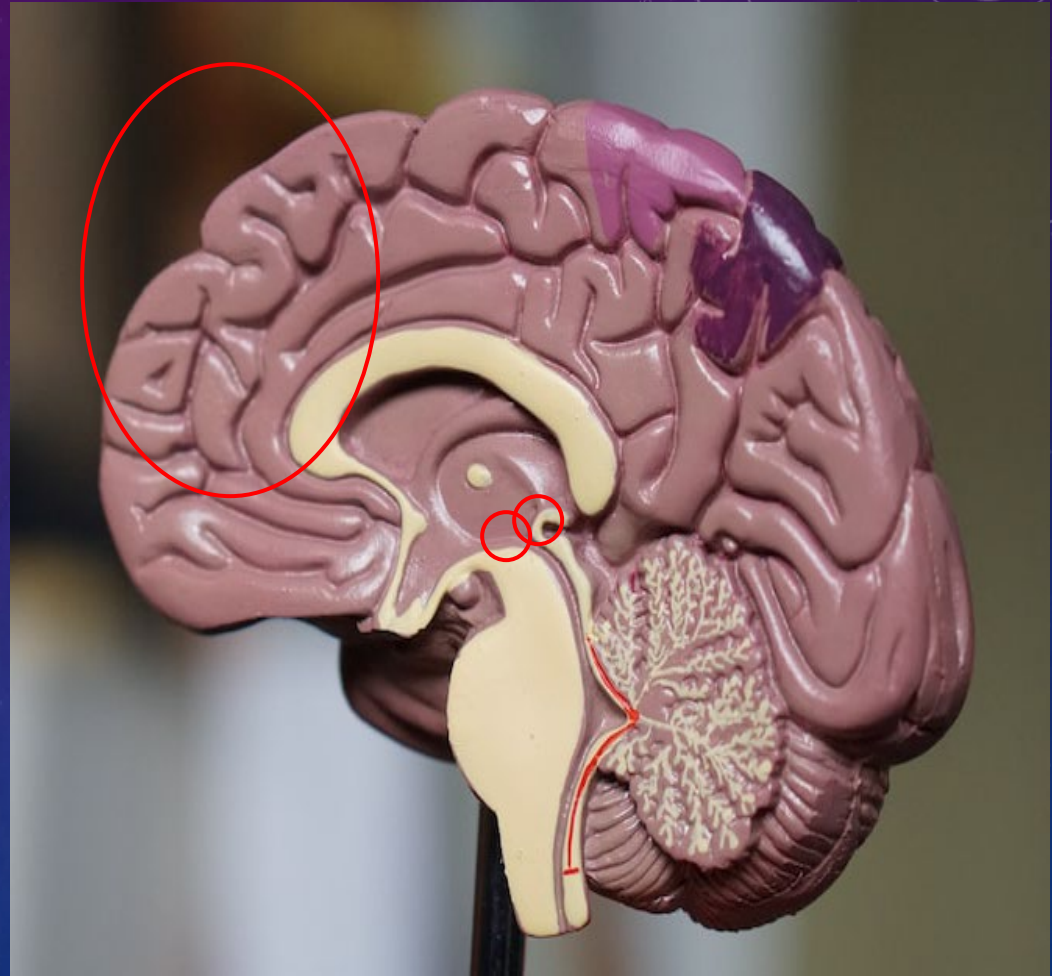


THIS IS YOUR BRAIN ON FEAR

Amygdala: Fear

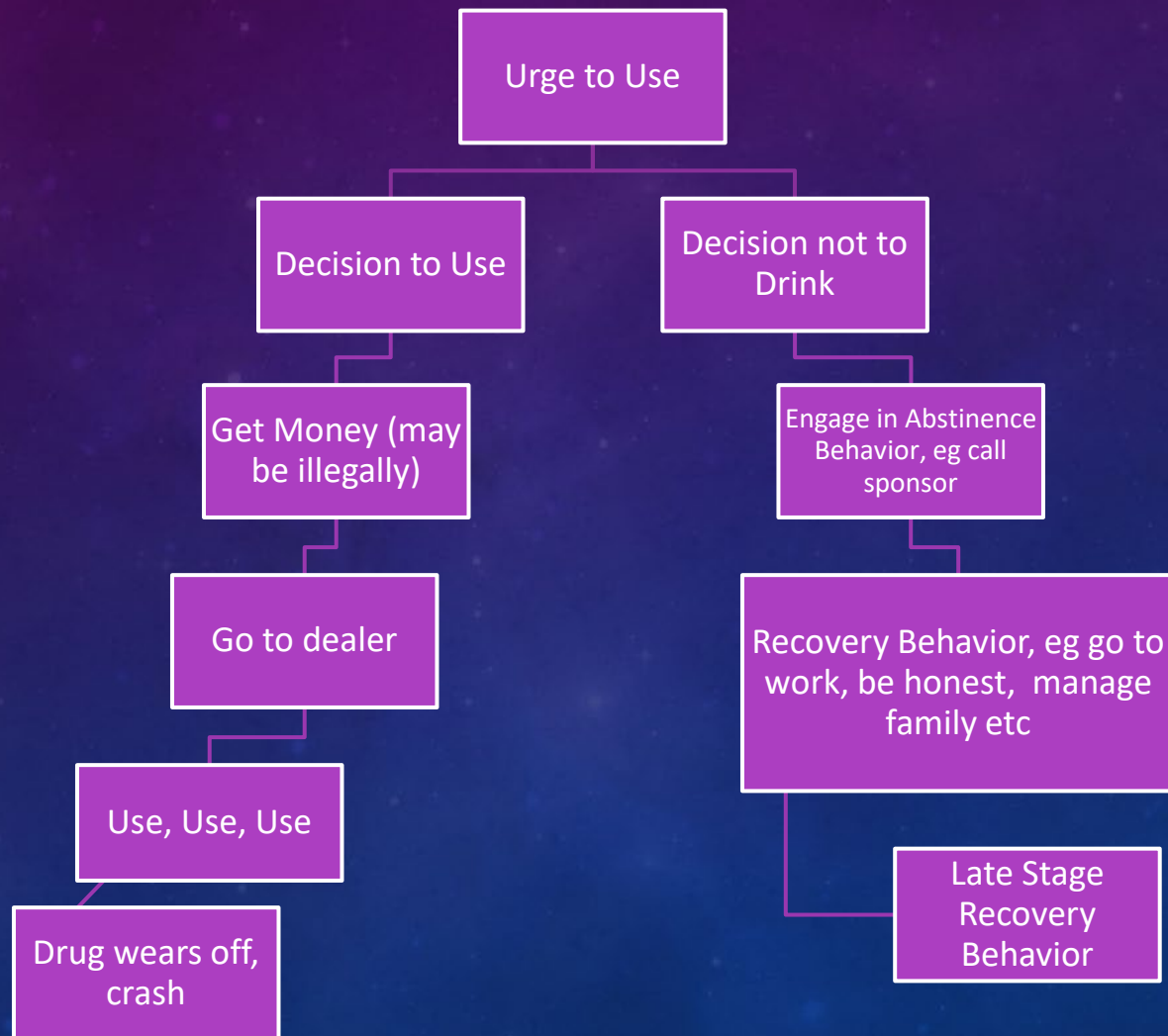
Hippocampus: Memory

Prefrontal Cortex:
Analytic thought



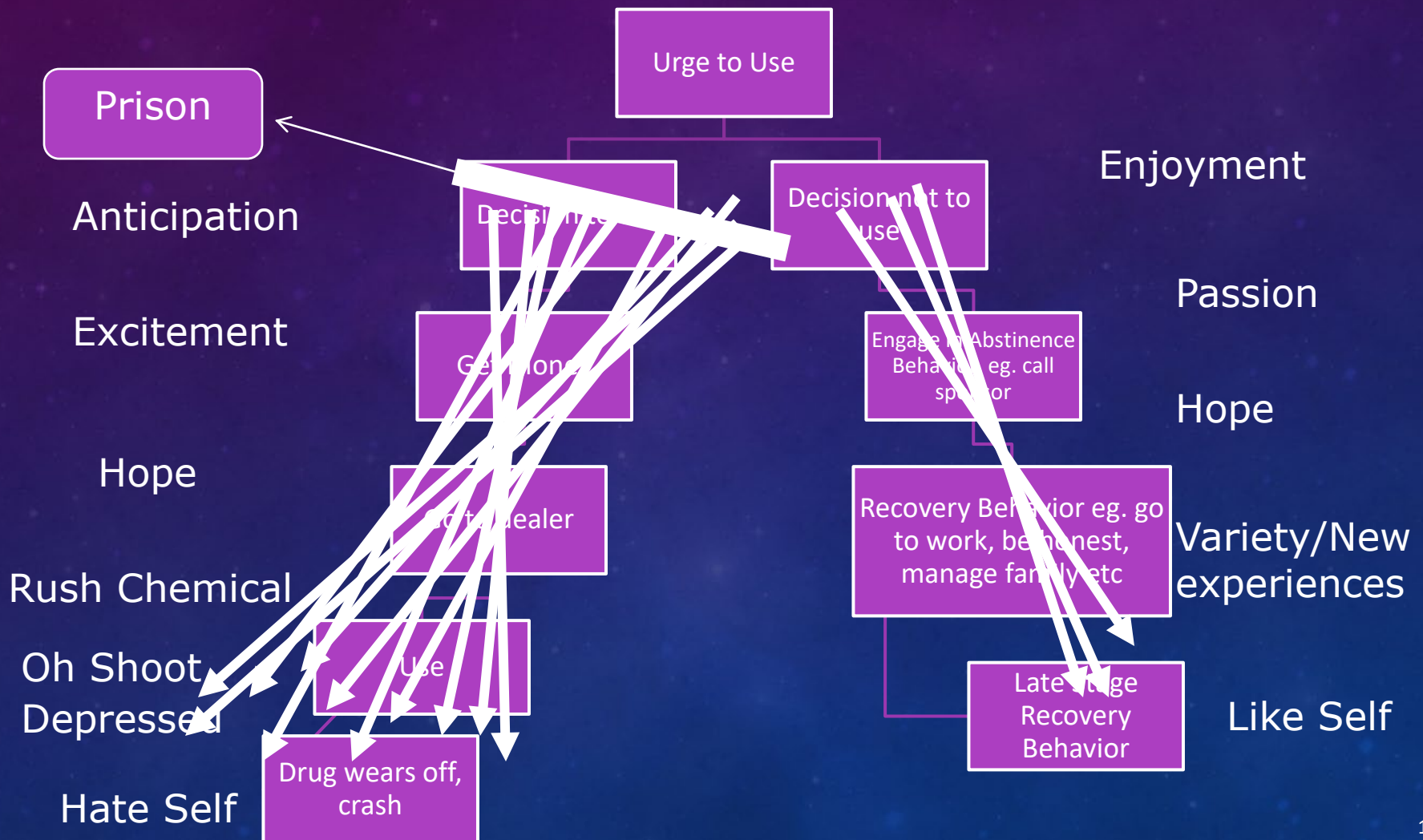
BIOLOGY

EXAMPLE OF 2 BRAIN PATHWAYS



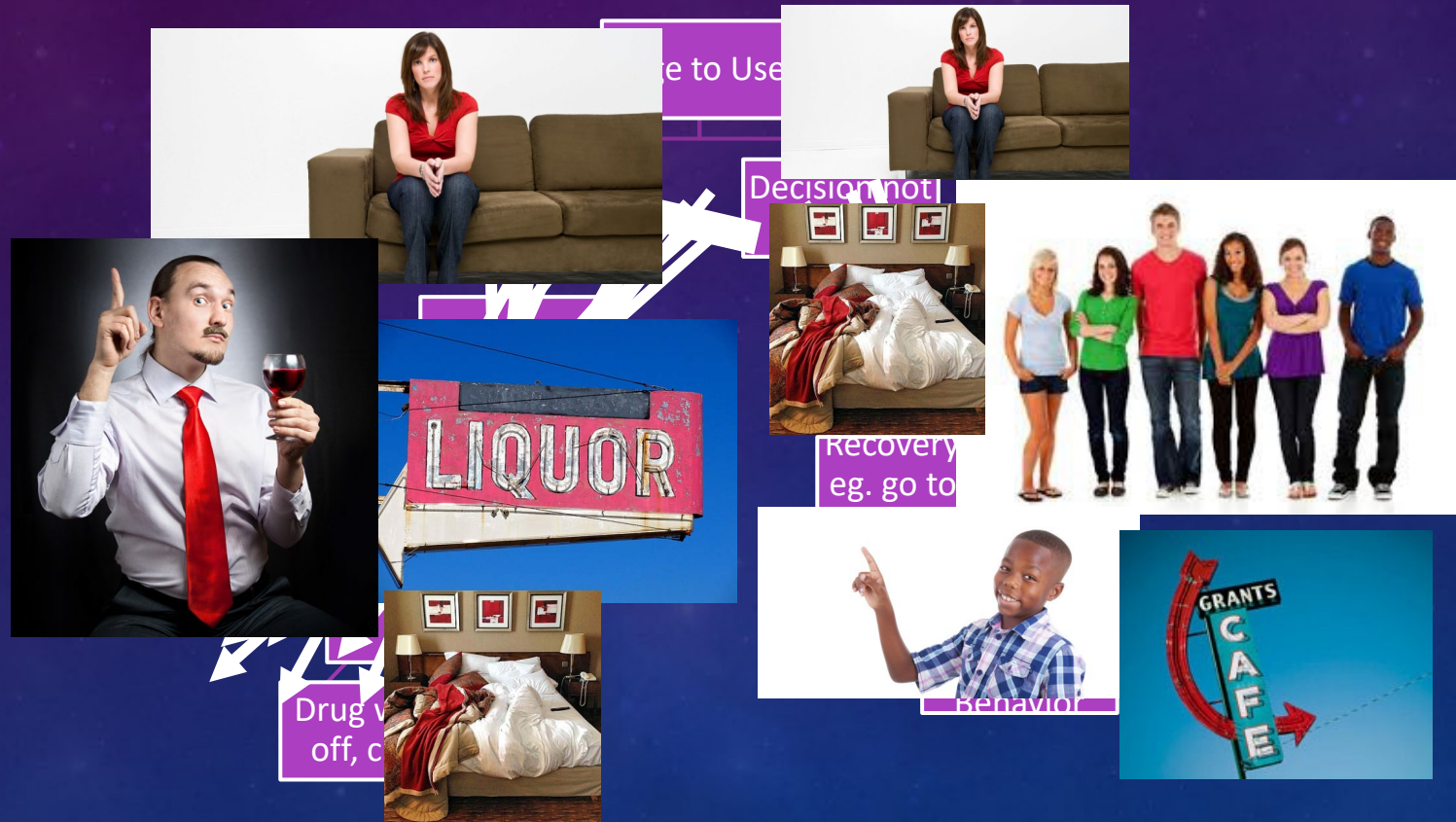
BIOLOGY

EXAMPLE OF 2 BRAIN PATHWAYS



BIOLOGY

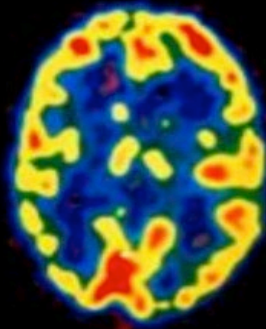
EXAMPLE OF 2 BRAIN PATHWAYS



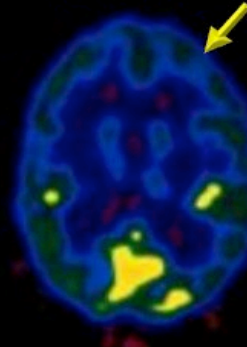
WHICH BRAIN DO YOU WANT?

The Brain and Cocaine Use

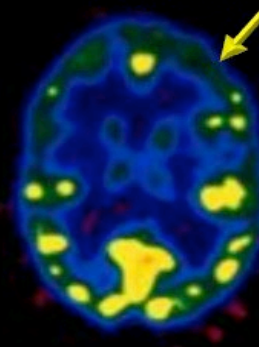
**Comparison
Subject**



**Cocaine Abuser
(1 week)**

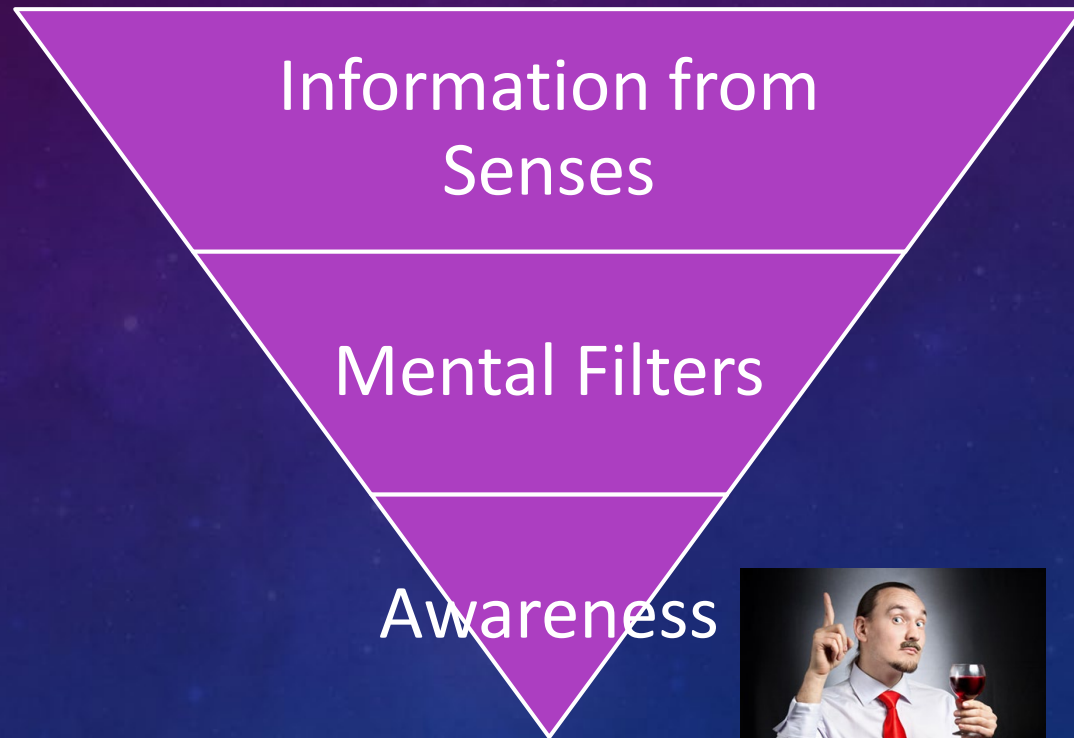


**Cocaine Abuser
(3 months)**



**Low frontal metabolism may contribute to the loss
of control seen in addiction**

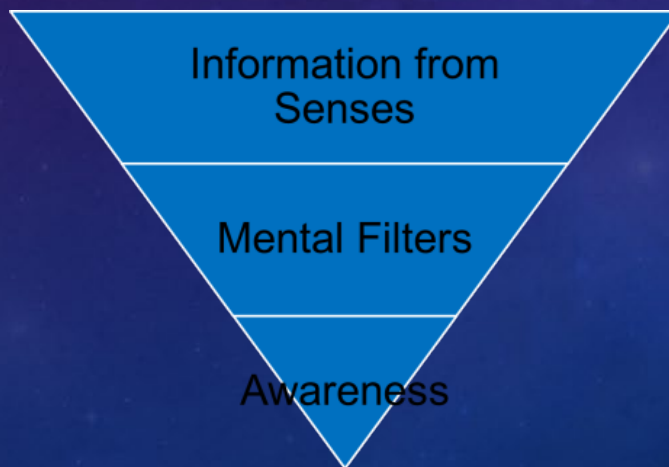
MENTAL FILTERS



MENTAL FILTERS

- **State Dependent Memory:**
 - It is easier to remember sad memories when you are sad and easier to remember happy memories when you are happy.

Can you see only the options you expect, or can you direct awareness to see option C, D, E...



THE ROLE OF FEAR IN THE MAINTENANCE OF AN ADDICTION PROCESS, AND THE ESTABLISHMENT OF RECOVERY?



OVERVIEW OF FEAR AND ADDICTION

Development

- Fear leads to discomfort which can lead to escape in SUD
- Chronic fear alters the brain and makes us susceptible to SUD (Parekh et al., 2023)
- Stressful life events (ACES) can increase likelihood of SUD (Liu et al., 2020)
- Fear of social stigma and discrimination can prevent individuals with SUDs from seeking treatment and support (Benz et al, 2021).

During SUD

- Fear of Withdrawal (Pergolizzi, 2019).
- Fear of facing other mental health condition, grief, etc. (Liu et al., 2021).

Relapse

- Feeling overwhelmed by daily stress in recovery (Kitzinger, et al, 2023).
- Treatment approaches that reduce fear such as CBT can reduce relapse risk. (Armstrong & NAPP, 2022)

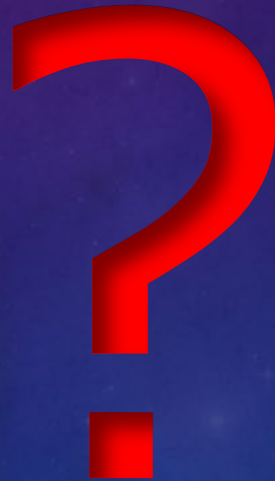
THE ROLE OF FEAR IN THE MAINTENANCE OF AN ADDICTION PROCESS, AND THE ESTABLISHMENT OF RECOVERY

- Common fears associated with addiction
- The role of fear in addiction

COMMON FEARS OF INDIVIDUALS WITH ADDICTIONS

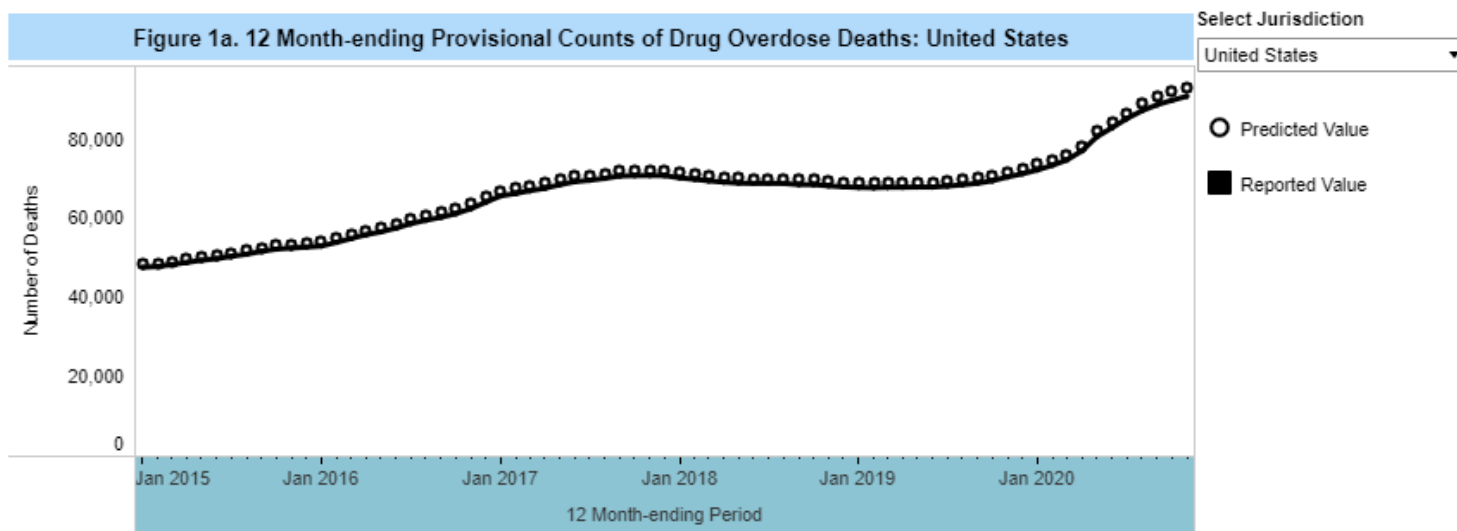
- Fear of withdrawal symptoms
- Fear of relapse
- Fear of facing the consequences of their actions
- Fear of losing control
- Fear of losing their relationships or support systems
- Fear of being judged or stigmatized by others
- Fear of not being able to cope with emotions without substances
- Fear of being powerless to their addiction
- Fear of not being able to have fun or enjoy life without substances
- Fear of being alone or isolated without substances
- Fear of facing trauma or painful experiences without substances
- Fear of not being able to handle stress or pressure without substances
- Fear of not being able to perform tasks or work without substances
- Fear of being unable to sleep or relax without substances
- Fear of not being able to function socially without substances
- Fear of losing their identity or sense of self without substances
- Fear of losing their job or financial stability
- Fear of facing legal consequences
- Fear of physical or mental health problems caused by addiction
- Fear of not being able to quit or change their behavior

WHAT ARE YOU AFRAID OF?



12 Month–ending Provisional Number of Drug Overdose Deaths

Based on data available for analysis on: 6/9/2021



CDC 2021

COMMON COUNSELOR FEARS

- Fear of relapse in clients
- Fear of client resistance or hostility
- Fear of not being able to help clients effectively
- Fear of burnout or compassion fatigue
- Fear of making mistakes or providing incorrect information
- Fear of encountering ethical dilemmas
- Fear of personal safety in working with clients who have a history of violence or aggression
- Fear of negative feedback or criticism from colleagues or supervisors
- Fear of losing one's job or professional reputation
- Fear of personal issues or biases interfering with work performance
- Fear of being judged or stigmatized for working in the addiction field
- Fear of relapse in oneself or colleagues
- Fear of not having enough resources or support to help clients
- Fear of being overwhelmed by the emotional intensity of the work
- Fear of not being able to maintain boundaries with clients
- Fear of being sued or facing legal repercussions
- Fear of encountering clients with complex mental health issues
- Fear of encountering clients with trauma or abuse histories
- Fear of encountering clients with multiple or severe addictions
- Fear of encountering resistance or lack of support from family members or loved ones of clients

BEWARE OF PARALLEL PROCESS AND TRIGGERS

	<u>Client Fears</u>	<u>Our Fears</u>
<u>Development</u>	Facing the consequences of my actions	Fear of how individuals react to limits/confrontation
	Being judged or stigmatized by others	Fear of those in active addiction
<u>Treatment</u>	Being seen, “found out”, vulnerable	Client resistance or hostility
	Being powerless to their addiction	Not being able to help clients effectively
	Not being able to quit or change their behavior, helplessness	Burnout or compassion fatigue
	Losing control	Personal safety
	Being alone or isolated without substances	Not having enough resources or support, isolated
	Facing trauma or painful experiences without substances	Clients with trauma or abuse histories
	Losing their job or financial stability	Losing one's job or professional reputation
<u>Recovery</u>	Fear of relapse	Fear of relapse in clients
	Fear or relapse in loved ones	Relapse in oneself or colleagues

CONSIDER?

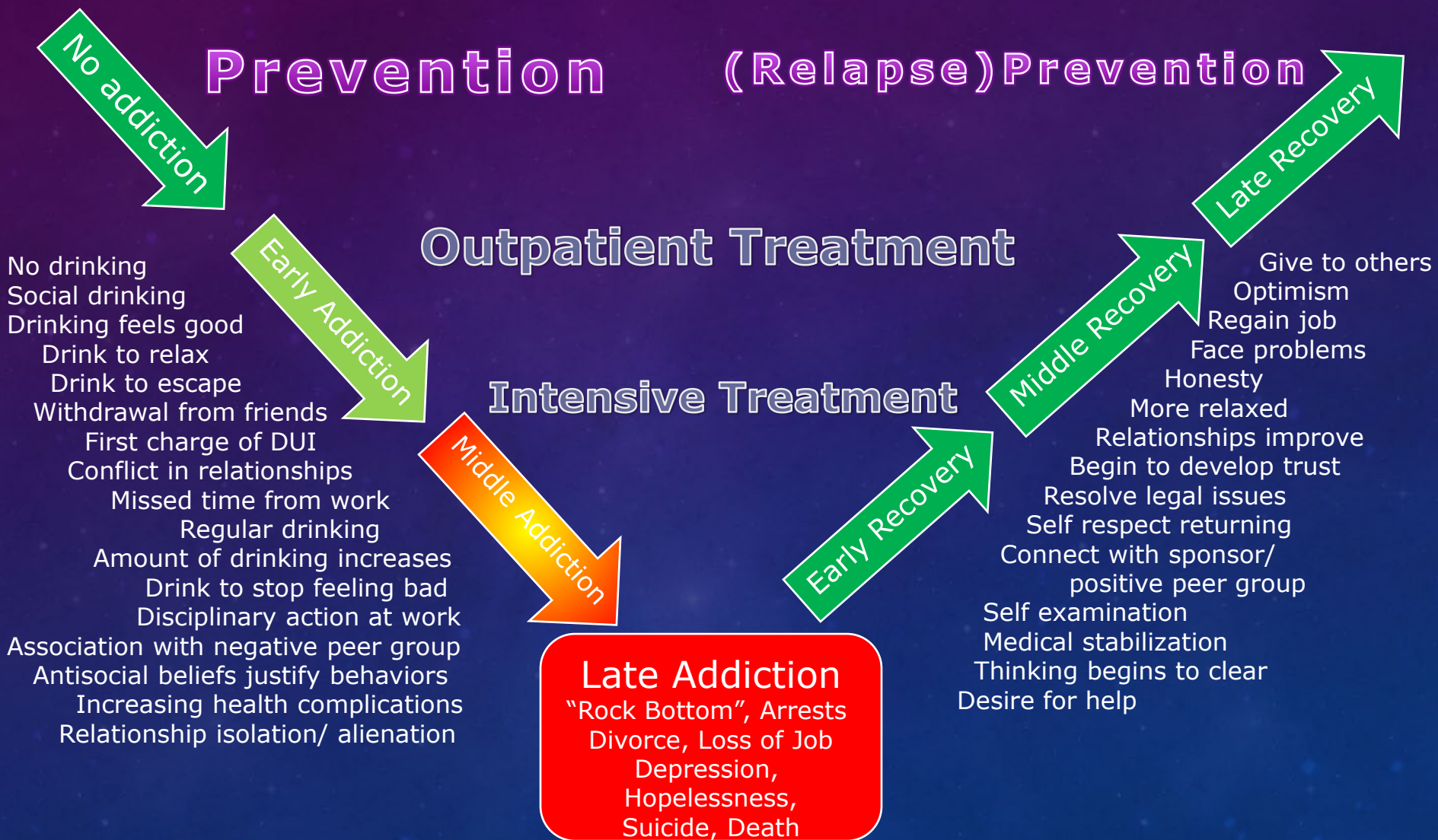
FEAR \neq RESISTANCE

Steps to Change

- 1) Wake Up
- 2) Live in the Present
- 3) Get Free From the Past
- 4) Create a Vision for Tomorrow
- 5) Set Today on the Path for Tomorrow
- 6) Repeat Often



Progression of a Disease and Recovery



TOOLS AND TECHNIQUES TO MANAGE FEAR EFFECTIVELY.

Managing Fear:

- Techniques for managing fear in daily life
- Developing healthy coping mechanisms
- Learning to tolerate discomfort

Evidence Based Care: An Environment to Take Root and Grow

Biology

Clinically appropriate use of medications

Recovery Management

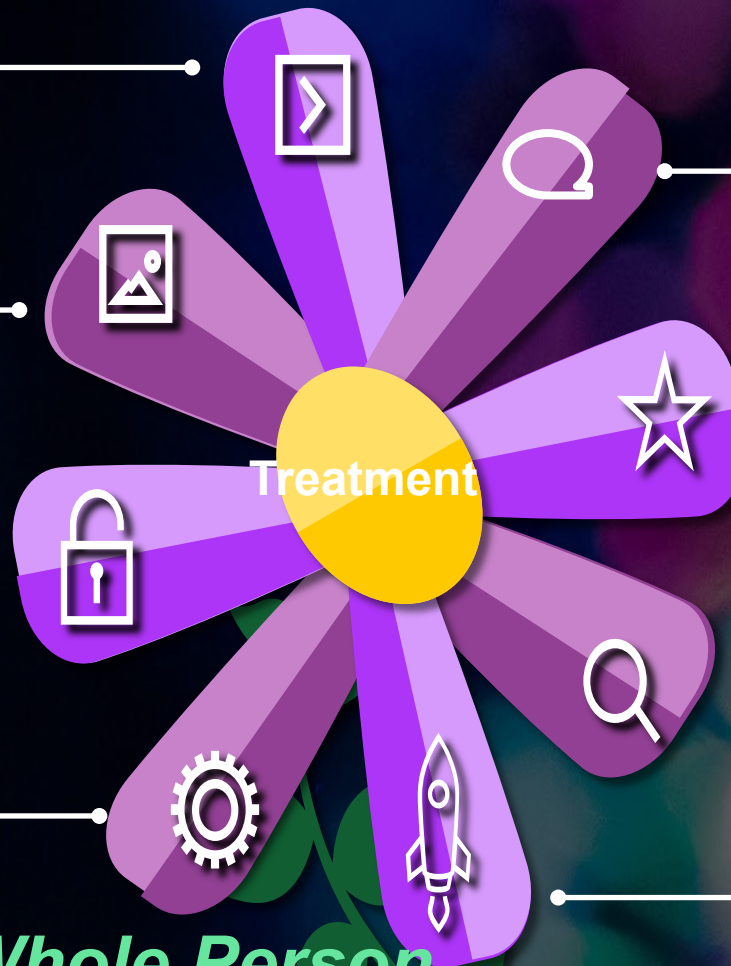
Tools to manage triggers and urges

Trauma

Trauma informed care

Spiritual

12-Step supports, Spiritual services



Beliefs

Address cognitive distortions

Motivation

Engage and increase motivation for success

Emotion

Addressing emotional triggers

Relationships

Group Therapy, Peer Support

Treating the Whole Person

Through Fear to Recovery

<u>Fear</u>	<u>Behavior</u>	<u>Belief</u>	<u>Recovery Goal</u>
Being “Found Out”	Secrets	It is safer to avoid than face my problems	Courage, Direct, Honest
Trusting Others	Isolation	If I am around others they may judge me	Trust, Vulnerability
Fear of Relapse	Frozen in pattern of addictive behavior	I can’t change	Actions, Hope
Fear of Failure	Defensive	I am not good enough	Self-confidence, self-respect

Example Beliefs

- I need to drink.
- I tried to stop, but I'm afraid I can't do it.
- Getting high makes life tolerable.
- Gambling isn't the problem, I have a money problem. Gambling is the solution.

Example Beliefs

- I need to gamble
- I tried to stop, but I'm afraid I can't do it.
- Getting high makes life tolerable.
- Gambling isn't the problem, I have a money problem. Gambling is the solution.

Caution: Treat to the issue

- Medication doesn't fix these beliefs
- Treatment plans don't fix these beliefs
- Progress notes don't fix these beliefs
- Education on the harm of a drug/gambling doesn't fix these.
- Four days in Withdrawal Management doesn't fix these beliefs

Caution: Treat to the core issues

Addressing these alone will not:

- Build relationships
- Establish self respect
- Identify core values
- Find passion/pleasure in life
- Build hope

BELIEFS

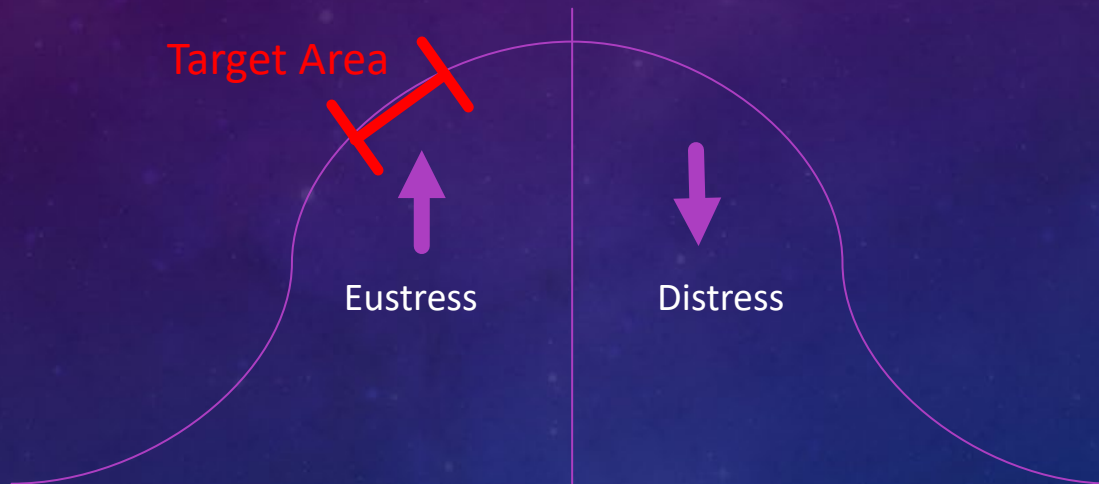
Core Beliefs Shape Reality:

- Filter incoming stimuli based on expectations
- Steer responses/behaviors
 - The world is a safe place
 - The world is a dangerous place
 - I need this drug.
 - I want this drug.
 - I want this life.
 - Whether you think you can or you can't, you are right.

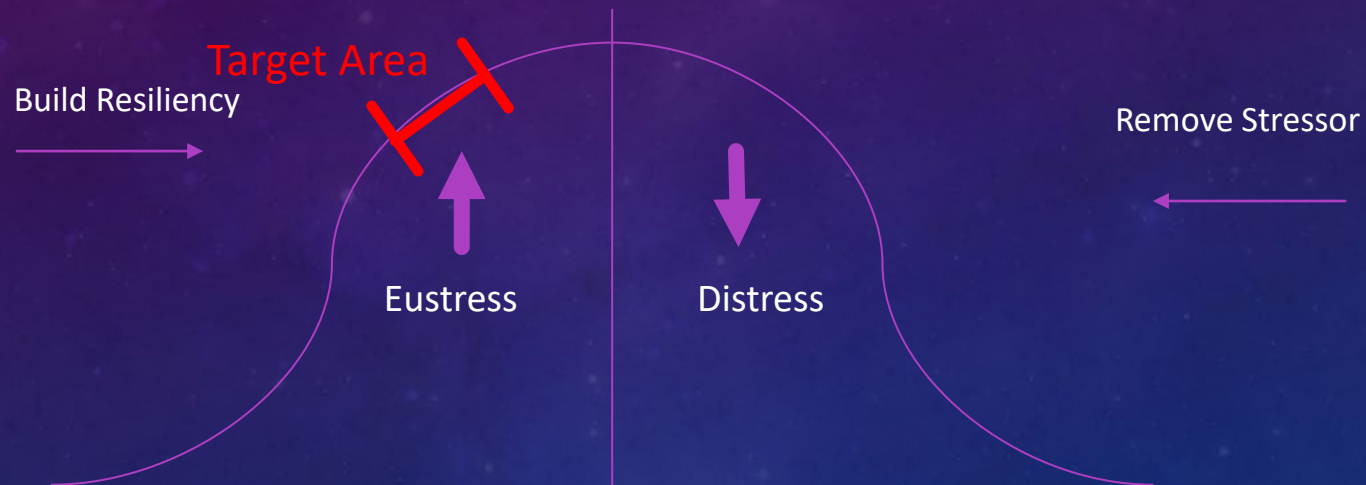
Emotions: Stress Management



Emotions: Stress Management



Emotions: Stress Management



Fear: Tolerating Discomfort

Tools to Remove Stress

- Therapy
- Behavior change
- Belief Change
- Emotional Awareness
- Imagery Change
- Recovery



Tools to Build Resilience

- Breathing
- Meditation
- Exercise
- Diet
- Sleep
- Relationships





















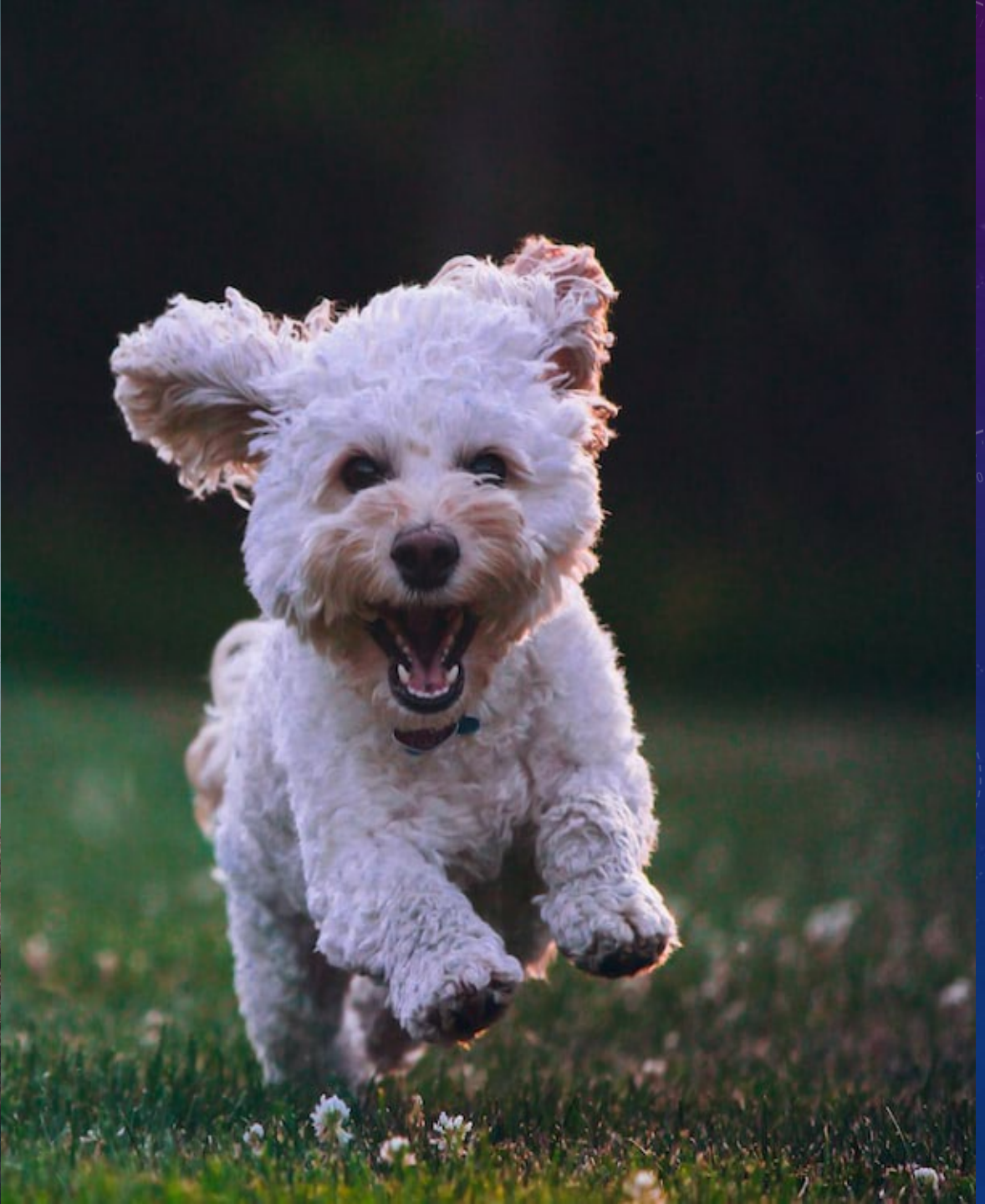
AWARENESS- INTERNAL EXPERIENCE

JOIN ME TO EXPLORE AN INTERNAL MEMORY

**OUR BODY RESPONDS TO STRESS IMMEDIATELY.
MEMORIES TRIGGER THE GUILT OF OUR PAST AND FEAR OF OUR FUTURE.
EMOTIONS CHANGE RAPIDLY AND EASILY
BE AWARE, PRACTICE, AND REPEAT OFTEN.**

PSYCHOSOCIAL APPROACHES

- Visualization, Hypnosis, Grounding approaches
 - What is it?
 - An altered state of consciousness used to alter perception and other conditions
 - How does it work?
 - Range of techniques to address associated suffering and adjustment to pain



PSYCHOSOCIAL APPROACHES

- Meditation/Mindfulness/ACT
 - What is it?
 - Often practiced with yoga or by itself
 - Practice of extended concentration.
 - Formal practice typically involves sitting still and focus on a specific focus such as breath, a word/phrase, or candle flame.
 - Informal related practices include focused mindfulness in other activities such as walking meditation
 - How does it work?
 - Stress management reduces hyperarousal
 - Increased mental control teaches abilities for distraction/diversion from triggers
 - Reduces tension/anxiety/depression which can be triggers
 - Improves ability to control subjective monitoring of reactions

PSYCHOSOCIAL APPROACHES

- Meditation/Mindfulness
 - Indications/Contraindications?
 - Also found to relieve depression/anxiety
 - Has been found to support SUD treatment approaches
 - No known contraindications. Can be more challenging at first for patients with Attention Deficit Disorder

Relationships

**Addiction is a
disease of
isolation....**



Therapeutic Alliance

- As counselors, our role is to:
 - Model a safe and trusting relationship, a core antidote to fear
 - Foster individual change
 - Facilitate development of these relationships in the individual's system of recovery supports
 - Maintain cultural competency and context

Therapeutic Alliance

- As counselors, we can do many things to help such as:
 - A safe space to explore difficult emotions
 - Time and consistency
 - Empathy
 - Warmth
 - Genuineness
 - Open communication
 - Balance support, with courage to alter difficult emotions

Peterson et al. (2019)

Into the Future...

**Practice, Practice,
Practice**





“NOW THAT WE LOVE. HOW DO WE MAKE LOVE STAY?”

JAMES TAYLOR

- Practice, Practice, Practice.
... And what happens when we practice?

GOAL SETTING AND THE BRAIN



- Direct the thinking to the positive/solutions
- Practice positive solutions: gratitude, pride etc.
- Brain does not understand “no”
 - Cannot stop addiction
 - Can create recovery
- Direct thinking to specifics
 - Use as many senses as possible to rehearse material
- Use Goal-Directed questions
 - What else can I do to help my recovery today?
 - What else can I successfully accomplish today?
 - How many things can I do today that I can be proud of?
 - How many new things can I do today to celebrate my recovery?
- Compare to questions like:
 - Why did you do that?

BUILDING A PRACTICE

Form

1. Declaration
2. For the sake of
3. Detail practice
4. Reminder
5. Support

Example

1. I will,
2. for the sake of [whom],
3. I will [practice],
4. and remind myself by [reminder],
5. with support from [whom]

Be Specific, Plan to follow-up afterwards

SAMPLE PRACTICE

I will, for the sake of Joe, my 42-year old spouse,

[Practice] Write three things I am grateful for in my journal every day, before bed.

[Reminder] I will remind myself by placing my gratitude journal under my pillow

[Partner] I will ask Janet, my best friend, to check in with me discuss with me how I am progressing every Monday morning once the kids go to school.

If I am successful, I get a hug from Janet, if not, I give Janet a hug.

SAMPLE PRACTICE

I will, for the sake of Mary, my 12-year old daughter,

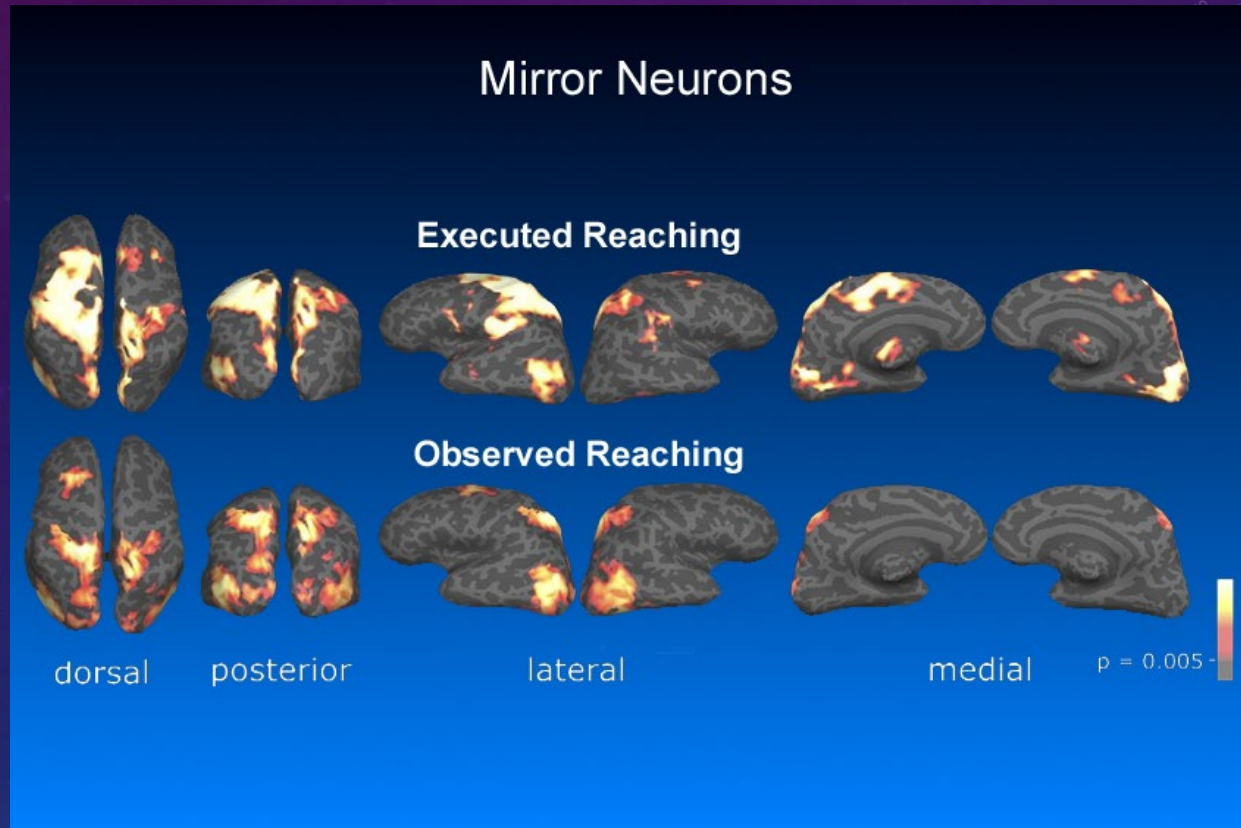
[Practice] Ask my family how their day was and practice listening for 5 minutes every day, at the beginning of dinner time.

[Reminder] I will remind myself by placing flowers on the table

[Partner] I will ask Jane, my best friend, to check in with me discuss with me how I am progressing every Saturday morning over coffee.

If I am successful, I get a cookie (or *cookies*) to go with it. If I am not successful, I buy a cookie for Jane.

RELATIONSHIPS AND THE BRAIN?



RELATIONSHIPS AND THE BRAIN?

- Relationships are key predictors in the success of treatment.

- Why?

- Mirror Neurons:

- What we observe in others is reflected in our brain
 - What if we observe other's anger? Judgment etc?

- Benefit:

- Observation is an effective learning tool.
 - What happens if a colleague/other group member is punished? Rewarded?



PERSONAL SKILLS TO REMEMBER

- Awareness of my personal bias versus research/reality
- Awareness of relationships and emotional skills
- Comprehensive treatment
- Maintenance of skills built
- Ongoing personal skills building continuing education

RESEARCH LITERACY BASICS

- Seek original sources not third hand data
- Look for trends across theories
- Look for research with decades of support/replications
- Look for long term outcomes (5 years)
- Look for funding source/disclosures of conflicts
- Be cautious of statements without research reference

WHAT CAN I DO? 5 SIMPLE STEPS

- Be aware of my own fears
- Build a compassionate relationship to manage client fears
- Build a range of tools for management of fears
- Guide clients through fear to recovery
- Practice, practice, practice

**What if
we were
wrong?**



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THANKS!

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Free Tools

<https://tiny.one/MTOOLS>

