

Targeted addiction therapy

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This will aim to propose a new eclectic approach of psychological therapy where individual needs are assessed and treatments offered from an eclectic perspective. The essence of Targeted Addiction Therapy is to tailor the concepts from suitable evidence based approaches to the patient needs and utilising 'Target wheel' for improving outcomes. This will also summarise the utility of Motivational Interviewing workshops in an addiction service with potential for utilising technology- podcasts and Smartphone applications to improve the range of modalities to keep learnt skills for professionals from decay.

Biography

Raman Sakhujia is a Consultant Psychiatrist in General Adult Psychiatry and Addictions Psychiatry in Cardiff, UK. He is an Honorary Lecturer in Psychiatry with the Cardiff School of Medicine. He is also the Chair of Addictions Faculty- Royal College of Psychiatrists in Wales and the Chair of General Adult Faculty- Royal College of Psychiatrists in Wales. He has a Cardiff University Bond Solon Certificate of Expert Witness and is a Tier 1 Expert- Association of Personal Injury Lawyers. He has a special interest in Alcohol addiction, Pregnancy and Substance Misuse, Pain management and addictions and Psychological Trauma. Having trained in various schools of psychotherapy including EMDR, Transactional Analysis, Solution focussed therapy with principles of CBT and Motivational Interviewing, he works in an eclectic way to tailor to the individual needs. Having brought in the clinical governance framework and setting up a regular training programme for the local service along with various other leadership projects, he has developed further leadership and management skills by recently finishing his MBA. Taking his clinical and management interests forward, he has been interested in Novel treatments for mental health and addictions and is currently working to introduce Transcranial Magnetic stimulation in Wales.