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Family trauma and clinical intervention approaches - The power of intervening and exposure within family systems with complex trauma and mental health issues

Patricia M Pike

CanAm Interventions, USA

Family trauma and clinical intervention approaches and modalities include; the Solution-Focused Therapy Model, Model of Change, Narrative Therapy, Motivational Interviewing, the Disease Model, Attachment Theory, Cognitive Behavioral Therapy (CBT), and Surprise & Family Systemic Intervention Approaches, with the goal directed towards treating the whole family. Her credentials are well-rounded, enabling her to provide excellence in service delivery based on best practices. With over 23 years as an Addiction Specialist, Intervention Professional and Educator, she worked in many different roles in both nonprofit and private sectors in both Canada and the U.S. Her direct experience includes; Addiction Inpatient & Outpatient programs, Addiction & Intervention Educator, working with many research based Community Medical agencies. In 2009 she moved into private practice, found her passion for working in the area of interventions and family case management, and now has offices both in Vancouver, British Columbia, Canada and San Francisco, California.

patti.pike@gmail.com

Application of pharmacogenetics testing with co-occurring clients

Patricia Allen

University of Pennsylvania, Philadelphia

More than 65% of those with substance use disorders also suffer from a mood or anxiety disorder. For the past decade pharmacogenetics has emerged as a promising clinical tool for the treatment of those with co-occurring disorders. This testing enables individualized treatment and offers the client and practitioner valuable information that can positively impact the course of treatment. Many of our clients come to us with unresolved or worsening symptoms, a history of treatment non-compliance, or premature discontinuation of prescribed medications due to the medication not working or intolerable side effects. Genetic testing guides the prescriber, individualizes care, educates the client and facilitates a clinical partnership that empowers the client and supports recovery. With the advances in medication assisted treatment for addictions, genetics testing can help us work with our patients to design the most successful recovery program. When patients have appropriate treatment from the beginning, they are more likely to remain in treatment and recovery. Current use of genetic testing is helping us to achieve retention rates greater than 90% in our treatment programs. Case studies which demonstrate the clinical value of genetic testing, its impact on clinical outcomes for clients with co-occurring disorders, and reduces the stigma that is a barrier to treatment.

patriciaallen@summithelps.com