

4th International Conference and Exhibition on **Addiction Research & Therapy**

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Mindful drinking: A clinical case study of non-abstinence AUD treatment

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The talk will address non-abstinence treatment options for alcohol use disorder (AUD) within an outpatient setting. General treatment modalities will be discussed along with monitoring and outcome measurement approaches. A clinical case presentation for a male patient (age=29) with severe AUD will be used in the presentation in order to provide examples of current application within an intensive-outpatient setting in Los Angeles, CA. Data obtained over the course of eight (8) months from daily mobile-breathalyzer readings and tailored mobile-assessments will be presented along with more extensive baseline and monthly assessment batteries. Baseline and monthly assessments were comprised of a range of psychological instruments such as the Beck Depression Inventory (BDI-Depression), Barratt Impulsiveness Scale-(BIS Impulsivity), PANAS-X (Affect) and Rumination Responses Scale (RRS-Rumination) with intervals of the Addiction Severity Index (ASI) given at month one (1), three (3) and six (6). All results and analysis were completed using SPSS 20. Our analysis indicated significant decreases in depression, anxiety and negative affect as well as increase in positive affect and general health that continued to significantly improve even after the reintroduction and moderate use of alcohol. Implications for the future of structured non-abstinence treatments for AUD will be discussed and explored.

Biography

Adi Jaffe has received his PhD from the University of California, Los Angeles (UCLA) in 2010. Even before he graduated, his name had become known through his online and academic writing. His views on addiction and his research on the topic have been published in dozens of journals and online publications and he has appeared on several television shows and documentaries discussing current topics in addiction and the problem of addiction as a whole. He also teaches courses at UCLA that address addiction specifically or biological psychology and behavioral neuroscience more generally. His view is a holistic one, drawing from the best and most recent research to bring as complete a solution to addiction clients. At Alternatives, he serves as the Director of Research, education and innovation and is in charge of client monitoring, technology solutions and data collections and outcomes research.

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