

Shifting from Chaos to Harmony: Mastering Arousal Regulation in Addiction Treatment.

Authors:

Jessica Epifanio Ferreira¹, Sally Bruce¹

¹Odyssey House, Sydney, Australia.

Presenter's email: jessica.ferreira@odysseyhouse.com

Background: Arousal dysregulation is a common challenge faced by those struggling with addiction, often manifesting as hyperarousal or hypoarousal. This dysregulation can contribute to the initiation, maintenance, and relapse of addictive behaviours. Recognising the critical role of arousal regulation in addiction recovery, this workshop provides professionals with assessment skills, and practical tools and strategies for their practice.

Description of Model of Care/Intervention: This workshop presents an innovative approach to addiction treatment, drawing upon a combination of Sensorimotor psychotherapy, Sensory Motor Arousal Regulation Treatment and Mindfulness practices to assist individuals in regulating their arousal states. Through experiential exercises and group discussions, participants will explore the connection between arousal states and its representation on the physiological state, gaining insights into how assess and work with clients. They will learn practical strategies for enhancing body awareness, identifying internal and external resources, and implementing grounding techniques to manage overwhelming arousal states.

Effectiveness/Acceptability/Implementation: Preliminary research suggests that Sensorimotor, Mindfulness and Sensory Motor Arousal Regulation frameworks can be effective in supporting arousal regulation. By integrating these approaches into their clinical practice, professionals may enhance treatment outcomes and improve clients' overall well-being. Participants will have the opportunity to apply these techniques in practical contexts, fostering confidence in implementation and assessing among their clients.

Conclusion and Next Steps: This workshop highlights the importance of addressing arousal dysregulation in addiction treatment and introduces a combined of three different frameworks as a promising model for achieving this goal. By equipping professionals with practical tools and strategies, this workshop aims to enhance their capacity to support individuals with addiction in identifying their arousal state and regulating them. Therefore, achieving sustainable recovery.

Implications for Practice or Policy: By adopting a holistic approach that considers the body-mind connection, professionals will be required to understand and consider how body cues have different meanings in diverse populations. By working with clients' awareness of their body responses, professionals are also assisting clients to bring narrative to their experience.

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