


**Recovery  
Resilience vs.  
Shame and  
Stigma**



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**Necessary  
Innovations in  
Treating  
Substance Use  
Disorders**



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***Syneidesis* =  
“With-Knowing”**



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***-Science + Con-* =  
Conscience**



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**What Is  
Recovery  
Resilience?**



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**Sustained Success,  
Free from Addiction,  
in Bouncing Back  
from Stress**



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**Why Is It Important  
That We Understand  
Recovery Resilience?**



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**Connectedness to  
Others & Self =  
“With-Knowing”**



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**Cortisol**



**Dopamine**



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**Dopamine**



**Cortisol**



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**Vicious Cycle of Addiction**



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**Latin *Addictus* =  
Bond-Servant  
or Slave**



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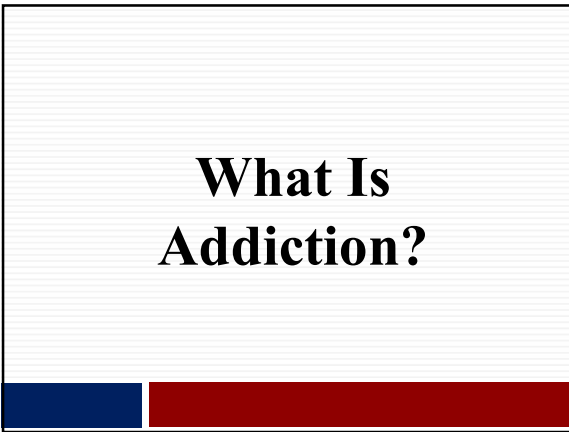
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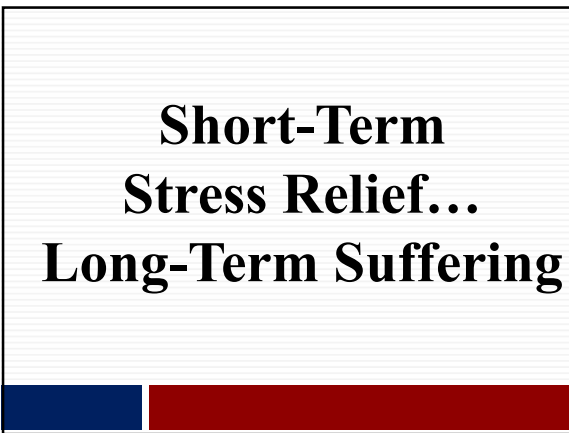
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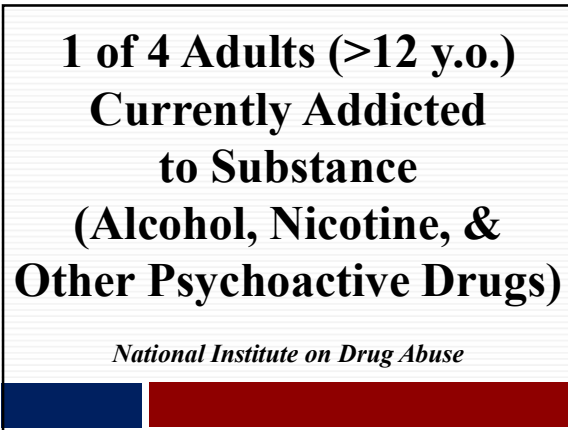
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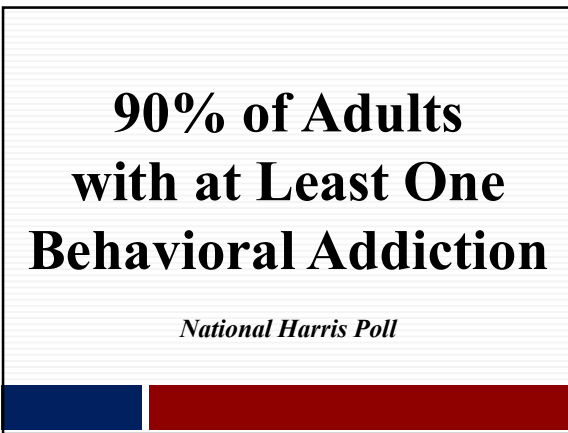
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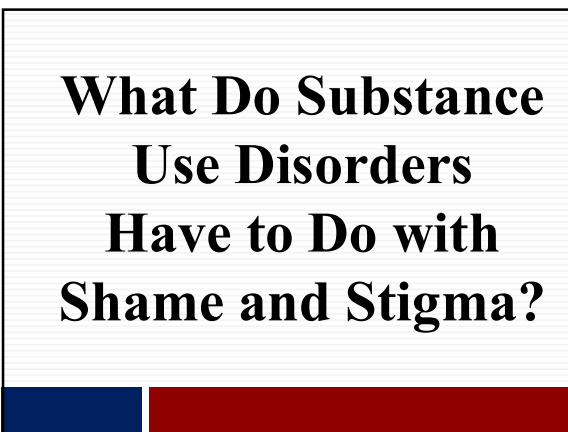
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***Threats to:***  
**1) Social  
Acceptance**  
  
**2) Self-Esteem**



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**2/3 Have  
Family Member  
Who Is Addicted  
to Drugs**  
*Faces and Voices Recovery Campaign*



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**2/3 Too Ashamed  
to Share  
with Anyone**  
*Faces and Voices Recovery Campaign*



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**Significantly More  
Stigma Toward  
Addicted Individuals  
Than Other Mental Illness**

*Johns Hopkins  
School Of Public Health*



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**Only 10% of People  
with an Addiction  
Receive Treatment**

*National Institute on Drug Abuse*



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**#1 Trigger  
for Relapse =  
*Stress***



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***Shame:***  
**Highest**  
**Cortisol**



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**How Do We Address**  
**Shame and Stigma in**  
**Treating Substance**  
**Use Disorders?**



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**Exercise in**  
**Self-Regulation:**  
**Forgiveness**  
**Practice**



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**Exercise in  
Co-regulation:  
Gratitude  
Practice**



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**What Is One Change  
We Could Make in  
Treating Substance  
Use Disorders?**



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**Collaborative  
vs. Hierarchical**



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**What Is One Change  
We Could Make in  
Academic  
Preparation?**



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**Strengths Focus  
vs. Pathologizing**



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**What Is One Change  
We Could Make in  
Clinical  
Supervision?**



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**Integral:  
Both Science &  
Interiority**



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**What Is One Change  
Each of Us Might  
Make More  
Personally?**



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**Practice Base:  
Embodied Cognition**



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