Understanding Substance-Related and Addictive Disorders: Diagnosis, Treatment and Prevention

A 6-Hour Home Study Program for Health Professionals

The program provides an updated understanding of disorders related to alcohol, cannabis, opioids, sedatives, hypnotics, anxiolytics, stimulants, tobacco, and addictive aspects of eating disorders and obesity. Participants completing this program should be able to:

1. Recognize how addictive drugs and disorders alter reward systems of the brain.
2. List ways to prevent substance use disorders in youth and adults.
3. Treat substance use disorders with psychological and pharmacological interventions.
4. Discuss ways to minimize risks of using potentially addictive drugs (e.g., opioids, sedatives, cannabis) for medicinal purposes in medical, dental, and behavioral health practices.
5. Outline ways to facilitate recovery from substance use disorders outside of formal treatment programs.

The Addicted Brain
- Binging and intoxication • withdrawal and negative affect
  • preoccupation and anticipation • rewiring the Brain
  • punishment-resistant behavior • risk factors

Alcohol Use Disorder
- Key features • role of serotonin receptors • development and course
  • genetic and physiological risk factors • how alcohol alters the developing and adult brain

Cannabis Use Disorder
- Newly recognized risks of severe and prolonged withdrawal symptoms similar to PTSD
  • high incidence of acute psychosis
  • complex pharmacology of THC and cannabidiol
  • comorbid bipolar and anxiety disorders • risks and benefits

Opioid Use Disorder
- Genetic, physiological, and environmental factors • suburban
  and profession-specific risk • prescribing practices in medical and dental use that reduce risk of misuse and dependence

Sedative, Hypnotic, or Anxiolytic Use Disorders
- Functional consequences • comorbidity and aging-related risks
  • the complex challenge of overcoming withdrawal and dependence

Stimulant-Related Disorders
- Benefits of slow release (e.g., for ADHD) but risks of rapid release formulations
  • medical and dental consequences of abuse
  • challenge of prolonged cognitive impairment for treatment

Tobacco-Related Disorders
- Elevated presence of psychotic, bipolar, depressive, anxiety, and obsessive-compulsive disorders among individuals unable to quit
  • Combining behavioral and pharmacological treatments

Eating Disorders
- Eating disorders and obesity share changes in dopamine reward circuits found in major addictive disorders
  • Faming the cycle of negative affect, craving, and excessive eating
  • Keys to altering the habit brain

Pathways to Recovery
- Effective pharmacotherapies • effective psychosocial treatments
  • Core components of effective treatments
  • Counterproductive strategies • relapse prevention

About the Instructor
Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical Professor at Stanford University School of Medicine in the Department of Psychiatry and Behavioral Sciences and the Center for Health Policy. She directs national evaluation and mental health program implementation initiatives for the VA’s program for the treatment of post-traumatic stress disorder (PTSD). She is a member of the Board of Directors of the American Occupational Therapy Association, Inc. (AOTA). Dr. Trafton has published over 150 peer-reviewed articles and book chapters and is a noted speaker and educator in the field of substance use disorders and addiction. She is a member of the American Psychological Association (APA) and the American Society of Addiction Medicine (ASAM). She has presented at numerous national and international conferences and has received several awards for her research and teaching. Dr. Trafton is a member of the editorial board of the Journal of Addictions Nursing and the Journal of Substance Abuse Treatment. She is a fellow of the American Psychological Association and the American Psychological Society. She is a fellow of the American Academy of Addiction Psychiatry and the American Academy of Clinical Neuropsychology. She is a fellow of the American Academy of Sleep Medicine and the American Academy of Addiction Psychiatry. She is a fellow of the American Academy of Clinical Neuropsychology and the American Academy of Sleep Medicine. She is a fellow of the American Academy of Sleep Medicine. She is a fellow of the American Academy of Sleep Medicine. She is a fellow of the American Academy of Sleep Medicine.

© 2021 IBP
Policies and Procedures

1. You may order the audio CDs or audio-visual DVDs before the planned expiration date listed on the program brochure. You will have at least one year from the date you placed your order to complete the program for continuing education credit.

2. Course materials including CDs or DVDs, course outline and handouts, evaluation form, and post-test are delivered to you within 5-7 days from the date we receive your order. You will need a CD player to listen to the lecture on CDs and a DVD player to view it on DVDs.

3. Successful completion to receive continuing education credit includes 1) watching or listening to the recorded lecture and reviewing the course handouts, 2) submission of the evaluation form and post-test, and 3) receiving a passing score of 70% on the posttest. No partial credit is given.

4. Post-tests are usually scored within 5 workdays of their receipt; please allow 10 workdays. You may retake the posttest without penalty or fee.

5. Course evaluation form and completed posttest can be submitted to us by email at ceu@4brain.org, fax at (209) 710-8306, or by mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

6. A certificate of completion is provided upon successful completion. Please indicate whether you wish to receive the certificate by email, fax, or mail on the registration form.

7. If you are not completely satisfied, you may return the course materials in a resalable condition within 30-days of your purchase and exchange it for another home study program of equal value or obtain a full refund minus a $15 processing fee by submitting a refund request in writing or by email at refund@ibpceu.com. Tuition for continuing education credit is not refundable. Course materials should be returned to us at IBP Distance Learning, 245 W Pacheco Blvd. Ste. C, Los Banos, CA 93635.

Dedicated Customer Service

Call (888) 202-2938 to inquire about course content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. Institute for Brain Potential complies with ADA requirements.

The IBP Experience

Our non-profit organization, tax ID 77-0026830, is the leading provider of accredited programs concerning the brain and behavioral sciences. We have been providing informative and practical continuing education programs since 1984. Our programs include fascinating and informative presentations by outstanding and highly qualified faculty.