

## Young Adults and the Addictive Cycle

### *What Lies Beneath*

CLAUDIA BLACK

Rates of anxiety and depression among young adults have been skyrocketing for years. Unsurprisingly, an increase in addictive behaviors tracks closely. Although most therapists understand how depression and other clinical issues fuel the addictive cycle, they're often not aware of how effective treatment for young people differs from approaches targeted toward adults. In this workshop, presenters explore common experiences negatively impacting this age group as well as practical interventions that elicit and work with young people's core beliefs to direct treatment. You'll discover how to:

- Uncover critical experiences, such as cyberbully, sexual assault, emotional abandonment, and loss, that often underlie co-occurring disorders
- Effectively address clients' deep-rooted views about themselves and the world
- Use practical tools, such as the Addiction Interaction template and Behavioral Acting Out framework, to offer direction for healing and an understanding of the function of addictive patterns related to behavior
- Explore the interplay of trauma and technology

**Claudia Black, PhD**, is a renowned author, speaker and trainer. The clinical architect of The Claudia Black Young Adult Center and Senior Fellow at The Meadows in Arizona. she's one of the founders and serves on the advisory board of the National Association for Children of Addiction and the advisory counsel for the Eluna Foundation. She's the author of over fifteen books.

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### **Learning Objectives:**

1. Analyze five critical experiences that fuel the mental health and addiction problems of young people.
2. Distinguish two practical tools to aid in the disruption of the addictive process.
3. Apply the core elements to a healthy treatment process.
4. Measure the interplay of various forms of trauma with use of technology.

### **Outline -**

1. Identify five critical experiences that fuel the mental health and addiction problems of young people.
  - \* Physical Abuse
  - \* Sexual Assault
  - \* Emotional Abandonment
  - \* Loss and Grief
2. Apply the core elements to a healthy treatment process.
  - \* Community
  - \* Gender Specific Programming
  - \* Experiential Modalities
3. Describe the interplay of various forms of trauma with use of technology.
  - \* FOMO (fear of missing out)
  - \* Cyber Bullying
4. Describe practical tools for clinical use
  - \* Addiction Interaction Template
  - \* Behavioral Acting-out Framework

### **Reference List -**

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