



Risky Business Working with Compulsive and Self-Endangering Behaviors in Trauma Survivors

Presented by

John Briere, Ph.D.

Survivors of trauma and early attachment disturbance are at elevated risk of a variety of compulsive and self-endangering behaviors, ranging from suicidality and self-injury to substance abuse, indiscriminate sexual activities, and binge eating. Dr. Briere presents an innovative, integrated approach to self-endangering behavior, the *Reactive Avoidance model (RAm)*. Calling on new research on memory reconsolidation, implicit processing, and revisions to habituation theory, this treatment system directly targets the memory/dysregulation dynamic, with interventions such as emotional regulation training; mindfulness, metacognitive awareness, and emotion surfing procedures; ReGAINing; implicit memory processing; *in vivo* treatment of implicit memory activations; and harm reduction. A new treatment component, *trigger management*, increases client autonomy, resilience, and problem-solving. Approaches to three risky behaviors will be presented in detail: self-injury, risky sexual behavior, and bingeing and purging. J&K will provide participants with newly developed worksheets and assessment instruments that organize and inform the treatment process.

AGENDA

Self-Endangering Behavior (1:37:05)

- Borderline personality disorder, impulse control disorder(s), and behavioral addictions
- Another (evidence-based) view: The Reactive Avoidance model (RAm)

An overview & Assessing Distress Reduction Behavior (DRB) in context (1:29:25)

- Self-injury, risky sexual behavior, bingeing and purging, reactive aggression
- Non-DRBs that involve maladaptive coping
- Immediate risks and comorbidities
- New assessment tools

Safety, Stabilization, and Harm Reduction (1:34:02)

- Environmental safety and stability
- Safety from self-harm
- Reducing the destabilizing effects of triggered states
- Harm reduction strategies

Acceptance and Mindfulness (1:28:03)

- Settling, metacognitive awareness, and letting go
- Urge and emotion surfing
- Mindfulness applications for DRBs
- A hybrid approach

Trigger management (1:39:49)

- Psychoeducation on triggers
- Identification: Direct and indirect
- Trigger linkage
- Intervening in triggered states

ReGAINing for DRBs (1:18:51)

- Recognize
- Ground
- Allow
- Investigate
- Non-identify

Processing trauma-related and attachment-related memories (1:28:15)

- Emotional processing
- Implications of new reconsolidation research
- Multiple memory targets: Sequential processing
- Processing explicit versus implicit memories
- Steps of processing

Intervening in three forms of compensatory avoidance

- Self-injury (1:35:24)
- Risky sexual behavior
- Food bingeing and purging

Objectives— Participants will be able to:

- Describe the Reactive Avoidance model (RAm)
- List three different distress reduction behaviors
- Outline the central components of trigger management
- Discuss the limitations of classic prolonged exposure and habituation
- Describe two ways in which implicit processing occurs in RAm-based therapy

John Briere, Ph.D.,

John Briere, Ph.D., is a Professor Emeritus of Psychiatry and the Behavioral Sciences at the University of Southern California Keck School of Medicine and the USC Adolescent Trauma Training Center. A past president of the International Society for Traumatic Stress Studies, he is recipient of the *Award for Outstanding Contributions to the Science of Trauma Psychology* from the American Psychological Association and the *William N. Friedrich Lecturer: Outstanding Contribution to the Field of Child Psychology* from the Mayo Clinic. He is author or co-author of over 140 articles and chapters, 15 books, and 9 trauma-related psychological tests. His recent (2019) book with Guilford Press is *Treating risky and compulsive behavior in trauma survivors*. His website address is johnbriere.com.

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