POST ACUTE WITHDRAWAL

GET YOUR GAME ON
Managing Post Acute Withdrawal Syndrome

Therapeutic Value of 12 Step Recovery Principles to Decrease Anxiety Related to External and Internal Stressors Through Cognitive Restructuring and Behavior Modification Techniques

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Every coach knows to prepare for the championship you must know the strengths, weaknesses, and strategies of the opponent.

Recovery is the Goal
Post Acute Withdrawal is the opponent and knowing the enemy is half the fight!
Post Acute Withdrawal Syndrome

A group of sobriety based symptoms resulting from brain dysfunction documented in 75-95% of recovering addicts and alcoholics that is a major contributor to relapse.

- **Post** means after
- **Syndrome** is group of symptoms
Terrance Gorski is noted for his work in relapse prevention published in, Living Sober, and defines PAWS as a bio-psycho-social syndrome.

**BIO**--COMBINATION OF DAMAGE TO THE CENTRAL NERVOUS SYSTEM CAUSED BY DRUGS AND ALCOHOL

**PSYCHO-SOCIAL**-- MENTAL AND EMOTIONAL STRESSORS OF COPING WITH LIFE AFTER DRUGS OR ALCOHOL.
The severity of PAW is dependent on two factors:

1. THE SEVERITY OF BRAIN DYSFUNCTION CAUSED BY THE ADDICTION.

2. THE AMOUNT OF PSYCHOSOCIAL STRESSORS EXPERIENCED IN RECOVERY.

- Recovery causes a great deal of stress
- Stress aggravates brain dysfunction that increases PAW symptoms
- This Creates a painful cycle that is unnecessary if proper treatment is received.
Symptoms of PAW grow to peak intensity over 3-6 months but the damage is reversible and major symptoms will go away with time if proper treatment is received.

1. CNS DAMAGE CAN LAST 6-24 MONTHS

2. HEALING CAN BE ACCELERATED WITH THE ASSISTANCE OF HEALTHY RECOVERY PROGRAM

3. MOST IDENTIFIABLE CHARACTERISTIC IS THE INABILITY TO SOLVE USUALLY SIMPLE PROBLEMS

4. SYMPTOMS CAUSE FEELINGS OF INCOMPETENCY, EMBARRASSMENT, AND
Diminished self-esteem and fear of failure interfere with productive challenging living and healthy relationships.
Types of Post Acute Withdrawal Symptoms

1. Inability to think clearly
2. Memory Problems
3. Emotional Overreactions or numbness
4. Sleep Disturbances
5. Physical Coordination Problems
6. Stress Sensitivity
Inability To Think Clearly

Several Thought Disorders are Experienced

1. Intelligence is not affected, sometimes the brain malfunctions and sometimes it works alright.
2. Concentration is the most common symptom.
3. Impairment of abstract reasoning of a non concrete idea is another.
4. Rigid or repetitive thinking is another.
Memory Problems

Short term memory problems are very common

1. You may hear and clearly understand something and forget it 20 minutes later or be given an instruction and know exactly what to do but it becomes cloudy or disappears as soon as you walk away.
Emotional Overreaction and Numbness

Persons may at times be hypersensitive and when things happen that require two units of emotional reaction they react with exponentially.

- They become angry over what may later seem trivial
- Feel more anxious or excited than reasonable
- The emotional overreaction puts even more stress on the CNS and there is an emotional shutdown and they become numb
Sleep Problems Are Common in Recovery

Unusual or disturbing Dreams and Sleep Patterns

- Dreams may interfere with the restful sleep you need but, they become less severe and less frequent.
- Changes in sleep patterns, too much or too little
- Problems falling asleep or staying asleep

Physical Coordination Problems

1. Clumsiness and accident proneness though not as common is a very serious PAW problem.

- Symptoms are dizziness, poor balance, poor hand eye coordination, and slow reflexes
SAFETY SENSITIVE POSITIONS
STRESS SENSITIVITY CNS

DISTINGUISHING BETWEEN LOW- STRESS AND HIGH-STRESS SITUATIONS

1. Recognising low levels of stress.
2. Overreacting completely inappropriately for the situation which increases stress.
3. Elevated stress intensifies PAWS
Understanding the Stress Cycle and PAWS Prevents Relapse
If you are well rested, relaxed, eating properly, and getting along well with others you will probably appear to be fine

Thoughts will be clear, emotions appropriate, memory all right
If you do not understand the relationship of stress to PAWS you may develop shame and guilt, which leads to diminished self-esteem and isolation.

High Stress May Suddenly Shut the Brain Down
- you experience thinking problems
- inappropriate emotions
- memory problems

YOU MAY THINK YOU ARE GOING CRAZY. YOU ARE NOT!

These Symptoms are a Normal Part of Recovery
- Thoughts become confused and chaotic and there is an inability to concentrate, and trouble remembering or solving problems.
- This painful cycle is avoidable if you understand what is
Choose Your Weapon
External Factors Increase Stress on the Central Nervous System
Healthy Recovery Program Reduces External Stressors

Factors That Block CNS Homeostasis

- Limited Support
- Multiple Stressors
- Extreme Sensitivity

Knowledge is Power

- Understanding this is a Temporary Normal Process
Tools for Success

● Ongoing Support while getting reestablished with the family and in the community
● Increase Coping Skills
● 12 Step Orientation
● Referrals

Family Counseling

● Poor Communication
● Trust Issues
● Disease Concept

Tongue Tied
A Disease Of Perception

WHAT HE SAYS
HELLO!

WHAT WE HEAR
BLAH!! WHARL*
*BLARBLA*!!
Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Became entirely ready to have God remove all these defects of character.
7. Humbly ask Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends wherever possible.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, praying only for the knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we carry this message to those who suffer and practice these principles in all of our affairs.
Spiritual Awakening - It's All About Attitude
Psychic Change - personality change sufficient to bring about a profound alteration in one's reaction to life.

A Change So Profound That It Could Hardly Have Been Brought About By Years of Self-discipline

The newcomer realizes he has tapped into an inner resource that some refer to as a "God Consciousness"
Why Am I Sooo Depressed?
Who Loves You Baby?

Clinical Depression

● Damaged CNS
● Damaged Relationships
● Trauma
● Guilt
● Shame
● Employment Stress
● Financial Stress
● Legal Issues
● Custody Issues
● Fear of Failure

Recovery Programs
Prevent Isolation which can Lead to Relapse
"Abandon yourself to God, as you understand God. Confess your faults one to another and clear away the wreckage of your past. Join us as we trudge the road of happy destiny"...in other words get ready to .......

Rock and Roll