

## **The Chi Farm Acupuncture Clinic, Publications and Seminars**

David R Wurzel, PE, MAc, LAc

8370 Court Avenue

Ellicott City, MD, 21043

Phone: 443-812-1665

FAX: 443-830-1469

email: [dave@TheChiFarm.com](mailto:dave@TheChiFarm.com)

Website: [www.TheChiFarm.com](http://www.TheChiFarm.com)

### **The Nature and Physiology of Addictions**

*Approved for 6 1/2 NCCAOM PDA Points*

#### **Purpose:**

The purpose of this course is to increase the trainee's knowledge of the Western Medical viewpoints of substance abuse, addictions and recovery so that he or she may better serve his or her clients with issues in these areas by being able to recognize the behaviors associated with each and to be able to make appropriate referrals when needed.

#### **Objectives:**

To successfully pass this class, the trainee shall:

- participate during in-class discussions on addictions and recovery;
- experience giving up an addiction of his or her own for one-week;
- attend three different 12-step meetings;
- demonstrate an appreciation of the complex socioeconomic and psychosocial issues surrounding substance abuse, addictions and recovery;
- learn to clearly differentiate the difference between addictions and dependence.

#### **Outcomes:**

At the end of this three-day course, the trainee will:

- understand the Western medical view on substance abuse, addictions and recovery;
- know that an addiction is a physiologic disease and must be treated as such.

#### **Syllabus:**

The following topics will be covered during this training:

- The nature of addictions and substance abuse;
- The conflicts and challenges of recovery;
- Models for stages of change and family dynamics;
- Pharmacology of addictive substances as related to addictions and recovery;
- The Brain disease model of addictions;
- Working within the recovery population

#### **Attendance policy:**

The trainee must attend the entire day to receive PDA credit. The seminar runs 9:00am – 5:00pm with a lunch break 12:30pm – 1:45pm. This is one 15-minute break in the morning and one in the afternoon.

#### **Assignments:**

1. During the week following the end of this course each trainee is to give up an addiction of his or her own. This addiction must fit all 4 characteristics of an addiction as given in class. Trainees are then to write a 1 to 2 page written summary of the experience and email it to David Wurzel.
2. During the same week each trainee is to attend three 12-step meetings and submit a one-paragraph summary of his or her experience along with the addictions summary. Trainees are to attend a meeting for the addict (AA, NA, etc.), one for family members (Al-Anon, Narc-anon, etc.) and one behavioral addiction meeting (OA, CODA, SLA, etc.)