

Craig Strickland, PhD

1. **Title:** Traumatic Exposure and Addiction: why do they co-occur?
2. **Description:** A simple explanation for why trauma and addiction co-occur is this: self-medication. However, the processes and the neurobiology behind these clinical conditions overlap quite a bit and may point to a more core explanation for co-occurrence. This workshop looks at what systems and structures in the nervous system, the brain in particular, are involved in both the symptoms of traumatic exposure (TE) and addiction. Finally, traumatic exposure and addiction will be looked at from a learning theory perspective.
3. **Learning Objectives:**
 - a) Summarize nervous system involvement in TE and addiction.
 - b) List three ways TE and addiction are similar in terms of cue reactivity
 - c) Describe recovery from addiction/TE in the context of Dr. Judith Herman' Triphasic Theory
 - d) List at least three resources/teaching aids which can help clients in their own healing process.
4. **Outline:** (this is a 3-hour online seminar)
 - Welcome and overview
 - Why are we here?
 - Define models of addiction
 - Define terms
 - Etiology of addiction: a disease?
 - The trauma (TE) model
 - Re-defining trauma
 - The brain and trauma (and ACES)
 - The triune brain model
 - Aspects of learning theory applied to TE/addiction
 - Cue reactivity and priming
 - How can we help: the work of Dr. Judith Herman
 - Q/A
5. **Brief Instructor bio**

Dr. Strickland graduated from Bryn Mawr College with a Doctorate in Psychology and a focus on experimental research and neuroscience. Past positions include a faculty position at the Medical College of Pennsylvania and affiliate faculty positions at Widener University and Springfield College. He currently has guest lecturer privileges at the Bryn Mawr Graduate School of Social Work and Social Research, the Rutgers School of Social Work and an Affiliate Professor position at Thomas Jefferson University, East Fall Campus in the Community and Trauma Counseling program. Dr. Strickland is the owner of Biobehavioral Education and Consultation, LLC.