LCAS Study guide new solution 2024

Reality Therapy - William Glasser was the founder, goal is to help the client return to moral reality by making responsible choices

Gestalt Therapy - Fritz Perls was the founder, goal is to focus on the here and now; famous for the empty chair technique

Albert Ellis - Founder of Cognitive- Behavioral Therapy

Cognitive Processing Therapy - A manualized 12 session approach involving exposure therapy- can be used in group settings or individual therapy

Mushrooms, Peyote, DMT, Nutmeg, Mace, Nightshade, Morning Glory Seeds - Examples of naturally occurring hallucinogens

Morphine, Codeine - Naturally occurring opiates

Serotonin - Depleted during use of MDMA

Limbic System - Abused drugs act on this part of the brain

Dream-like state with hallucinations - What occurs during the use of ketamine?

5-7 hours - Length of time that the effects of caffeine last

Nausea, sleep issues, tremors, nervousness, sexual problems - Common side effects of SSRIs

Linking - a group leader assists members in recognizing their similarities

Flumazenil (Romazicon) - drug used to treat benzo overdose

Substance Use Disorder, Mild - client meets 2-3 criteria in the DSM for SUD

Substance Use Disorder, Moderate - client meets 4-5 criteria in the DSM for SUD

Substance Use Disorder, Severe - client meets 6 or more criteria in the DSM for SUD

In group settings, "dependency" or "forming" - the first stage in the group process

ASAM - American Society of Addiction Medicine

Trauma-Informed Treatments - minimize the risk of re-traumatization or replicating prior trauma dynamics

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RJ Shavelson

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