

The Center for Integrative Psychotherapy of the Addictions and Psychological Present:

Treating Substance Users Across the Treatment Continuum

**An Introduction to Integrative Harm Reduction Psychotherapy:
Rationale, Theory and Therapeutic Process**

A Workshop by Andrew Tatarsky, PhD

When: Friday, September 17, 2010, from 10:00 AM to 4:00 PM

Where: The Ellis Institute, 45 East 65th Street, NYC, NY 10065-6508

Fee: \$100.00

Harm reduction provides a framework for effective psychotherapy with substance using patients across the spectrum of severity. Harm reduction views of problem substance use as reflecting the interplay of biology, personal and interpersonal meaning and social context, is evidence based and is effective.

This workshop will explore my most current thinking on Integrative Harm Reduction Psychotherapy. We will explore how the therapeutic relationship facilitates the exploration of the multiple meanings of substance use and supports an active self-management focus on positive behavior change. The therapy is collaboratively negotiated by patient and therapist so the form, pacing and focus emerge out of the therapeutic dialogue.

We will review the basic tenets of the harm reduction model, its history, evolution, epidemiological and clinical rationales and supporting theory.

We will also explore IHRP's seven therapeutic tasks:

- Maintaining the therapeutic alliance
- Therapeutic relationship as agent of healing
- Strengthening self-management skills (curiosity, mindfulness and affect tolerance)
- Assessment as treatment
- Embracing ambivalence
- Harm reduction goal setting
- Strategizing for positive change.

Participants are encouraged to bring clinical material and questions for discussion.

More information about his work can be found at: <http://www.andrewtatarsky.com/>

For further information and to register, email atatarsky@aol.com or call 212-633-8157.

Bio:

Andrew Tatarsky has a private practice in New York City as a psychologist specializing in integrative harm reduction psychotherapy with substance users and their families. He is co-director of Harm Reduction Psychotherapy and Training Associates, a treatment and training organization in New York City. He has specialized in the field of substance use treatment for almost 30 years working as a counselor, psychologist, program director, trainer, advocate and author. He is a founding member and past president of the Division on Addiction of New York State Psychological Association, Chairman of the Executive Board of Moderation Management Network, founding executive board member of the Association for Harm Reduction Therapy and founding chairman of Mental Health Professionals in Harm Reduction. He is a member of the Clinical Advisory Panel to the New York State Office of Alcoholism and Substance Abuse Services. His book, *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems*, has been released in paperback, published in Poland by the Polish Office of Drug Prevention and is currently being translated into Spanish and Russian. He trains nationally and internationally.