

Andrew Tatarsky, PhD

Harm Reduction Psychotherapy and Training Associates

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Integrative Harm Reduction Psychotherapy Activities 2010

Harm Reduction Psychotherapy Group has openings

This group is open to adults with a range of substance use issues who are in a variety of stages of change. The group will provide a safe, supportive space to explore the nature and meaning of members' substance use and how it relates to the full range of other personal and life issues people face. The group also has a strategic focus on assessing harm, embracing ambivalence about change, setting harm reduction goals and developing individualized plans for positive change. A general goal might be for members to develop their healthiest relationship to substances whether that is safer use, reduced use, moderation or abstinence. The group enables open exploration, sharing of strategies and focus on interpersonal process in the group. A variety of techniques are taught including: "Urge Surfing", awareness and relaxation training, self-monitoring, Decisional Balance, "Microanalysis" of use patterns, the "Ideal Use Plan", the "Game Plan" and "18 Alternatives". We also explore how relational issues get enacted in the group and can get reworked in the group process.

Tuesdays 6-7:30 PM

Fee: \$75.00

Supervision and Training

Monthly Supervision Training Group on Integrative Harm Reduction Psychotherapy (IHRP) for Professionals has Openings

This group provides training and case supervision in my approach to Integrative Harm Reduction Psychotherapy for people with drug and alcohol concerns. My approach understands substance use problems as being intertwined with the unique complexity of the person in context. IHRP is based on an integration of relational psychoanalytic and cognitive-behavioral theory and technique. IHRP blends a skills building focus on cognitive and behavioral change with an exploration of the multiple meanings and functions of substance use and other risk behaviors in the context of a therapeutic relationship that anchors the process and is also an agent of change.

The approach reflects my 30 years of work in the area of substance use specializing over the last 15 years in applying harm reduction philosophy to psychotherapy. The harm reduction principles that inform this approach are: meeting the patient as a unique individual, the primacy of the therapeutic alliance, abandoning the abstinence requirement and any other preconceived agenda for the patient, special attention to social, personal and induced countertransference, working collaboratively to assess and identify problems, clarify goals and strategies that best suit the patient's needs, recognizing small incremental positive change as success and meeting the patient with empathy, respect, acceptance and flexibility. In this spirit the form, structure and timing of the therapy emerge out of the therapeutic process rather than being predetermined.

The group combines case presentation with selected readings as appropriate to the members.

Fee: \$60.00 The group meets currently on a monthly basis on Mondays, 12-1:30 PM.

The Center for Integrative Psychotherapy of the Addictions and Psychological

present:

Integrative Harm Reduction Psychotherapy and Transformational Chairwork

A one-day combined introductory training in these two approaches and how they complement each other by:

Andrew Tatarsky, PhD and Scott Kellogg, PhD

When: **Friday, May 14th, 2010**, from 10:00 AM to 4:00 PM

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

Fee: \$80

Dr. Andrew Tatarsky is a leading developer of Harm Reduction Psychotherapy. His integrated approach to treatment utilizes the best of the psychodynamic, harm reduction, cognitive-behavioral, and experiential traditions in addiction treatment. This approach is very useful because it empowers the psychotherapist to simultaneously treat problems with substance use and the emotional difficulties that may underlie or drive it. His training will include a didactic overview and case consultation with material provided by attendees.

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

Drawing on the clinical wisdom and practice of a wide range of Gestalt and integrative psychotherapists, Dr. Kellogg will introduce therapists to the art and science of chairwork, or psychotherapeutic dialogues, in an active, creative, and clinically-useful manner.

Using didactic presentations, scripted and unscripted role-plays, and live demonstrations, participants will learn how to use this technique with addictive disorders and when treating problems related to loss and grief. More information about his work can be found at: <http://transformationalchairwork.com>

If you are planning on attending, it would be helpful if you would let us know in advance. Please e-mail Dr. Tatarsky at: atatarsky@aol.com

For more information, please call 212-633-8157.

Integrative Harm Reduction Psychotherapy Workshops and Trainings

Over the last several years I have been offering workshops and trainings in the U.S. and internationally for groups that wish to get a deeper immersion in harm reduction philosophy, it's epidemiological and outcome research support, theoretical basis and applications to psychotherapy and counseling. This approach integrates a skills building focus to cognitive and behavioral change with an exploration of the multiple meanings and functions of substance use and other risk behaviors in the context of a therapeutic relationship the anchors the process and is also an agent of change. There is an emphasis on group participation and learning both theory and technique. Trainings are delivered in the collaborative spirit of harm reduction. These trainings can be delivered from half day to five full day formats depending on the needs of the group. Trainings can be tailored to the specific needs of the agency and client population.

Modules include:

History and Evolution of Harm Reduction Philosophy and History

Clinical Challenges and Limitations of Traditional Treatment

Clinical and Epidemiological Rationales for Harm Reduction Psychotherapy

Theoretical Basis of Harm Reduction Psychotherapy

 Biopsychosocial Process Model of Addiction

 Multiple Meanings of Drug Use

 Motivational Stages of Change

Clinical Philosophy of Harm Reduction Psychotherapy

Overview of Integrative Harm Reduction Psychotherapy

Building Alliances with Drug Using Patients for Physicians

Therapeutic Tasks

- Establishing and Maintaining the Therapeutic Alliance

- Therapeutic Relationship as Agent of Change

- Facilitating Self-management Skills: Curiosity, self-awareness and affect tolerance

- Assessment as Treatment

- Exploring and Embracing Ambivalence

- Harm Reduction Goal Setting

- Techniques for Facilitating Positive Change

For more information call 212-633-8157. More information on my approach can be found on my website, www.andrewtatarsky.com