



AA/ 12-Step Programs for Stress & Addictive Behaviors

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Substance abuse is the most commonly thought of compulsive/addictive disorder. Other self-destructive compulsive behaviors such as smoking, overeating, gambling, acting out sexually, etc. are also prevalent in physicians and health professionals, and adversely affect their health. Compulsive behaviors such as these are very common in many people, but most have little understanding what drives them to engage in such behaviors, and how to stop or diminish them. This unique seminar examines such issues in depth, including the definition of compulsive behaviors, underlying reasons for them, and their relationship to stress and addiction. Strategies for changing these behaviors to healthier ones, and 12-Step Programs – very effective for these problems and which few clinicians are knowledgeable about – are discussed. A comprehensive list of 12-Step program resources is also distributed. This session is not only critical personally for physicians and health professionals themselves, but also provides information that is extremely helpful for use with patients.

Seminar Goal: Participants will have an increased understanding of compulsive and addictive behaviors – and be able to identify their own, what motivates people to engage in them, and strategies including 12-Step programs to reverse or reduce them and replace them with healthier behaviors.

Seminar Objectives: At the end of the seminar, participants will be able to:

- *Identify their own personal compulsive/addictive behaviors*
- *Define “compulsion” and “addiction” and list at least 5 examples of these*
- *List 3 underlying reasons why people engage in compulsive behaviors*
- *Realize that “quick fix” behaviors such as smoking or overeating don’t work, and that long-term life-style changes are much more effective*
- *identify personal and professional factors that impede personal change and ways to reverse this*
- *List 3 components of 12-Step programs*
- *Describe the philosophy behind 12-Step Programs*
- *List 5 12-Step support group resources for persons affected by compulsive behaviors and for those affected by others’ compulsive behaviors*

Seminar Topics:

- *Definitions of “compulsions” and “addictions”*
- *Examples such as overeating, smoking, compulsive sex, gambling, substance use, etc.*
- *Relationship between stress and compulsive behaviors as negative coping strategies*
- *Genetic, environmental and personal factors contributing to compulsive behaviors*
- *Becoming more conscious of when and why one engages in compulsive behaviors*
- *Factors that negatively affect one’s ability to change negative habits, and factors that motivate change*
- *12-Step programs and similar strategies to reverse compulsive behavior*
- *Philosophy behind 12-Step programs*
- *History of the development of 12-Step programs*
- *Components of 12-Step programs and how they work*