



Behavioral Health Association of Providers


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www.bhap.us




Recovery Resilience vs. Shame and Stigma

Dr. Bob Weathers




Necessary Innovations in Addiction Treatment


www.drbobweathers.com




Syneidesis =
“with-knowing”




-Science + Con- =
Conscience




What is
recovery
resilience?




Sustained success,
free from addiction,
in bouncing back
from stress



Why is it important
that we understand
recovery resilience?




Connectedness to
others & self =
“with-knowing”




What is
addiction?

An abstract graphic on the left side of the slide. It features a grey shape in the top-left corner and a larger, light blue shape below it, both with curved, organic edges. The text is positioned to the right of these shapes.


Short-term relief,
long-term suffering




Addictus =
“bond-servant”




Why is it important
that we understand
addiction?



What does addiction
have to do with
shame and stigma?



Perceived threats to social acceptance & self-acceptance




How do we address
shame and stigma in
addiction treatment?



Exercise in self-regulation




Exercise in co-regulation



What is one change
we could make in
addiction treatment?




Collaborative vs. hierarchical



What is one change
we could make in
academic preparation?




Strengths focus vs. pathologizing



What is one change
we could make in
clinical supervision?




Integral:
Both science &
interiority



What is one change
each of us might
make more personally?



Practice base: Embodied cognition



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an email will be sent out in the next
few business days to access the CE quiz
coming from @bhap.us