



Taunton
Association for
Psychotherapy

TAP Workshop Saturday October 7th 2017

An Introduction to Modern Addictions:

The Financial, Work, Sex and Love Addictions. How do they work and how can we treat them?

A presentation by Paul Sunderland



Ordinarily, when we think about addiction we think of substance abuse where mood altering chemicals such as alcohol or other drugs are used for mood altering purposes. However, we are increasingly seeing what we now call Process Addictions. These involve behaviour that interacts with physiology to generate brain chemical changes in order to alter mood. For example: Compulsive Spending and/or Under-earning; Workaholism and Busyness addictions, and the Sex and Love addictions.

This presentation will introduce these compulsive traits, discussing the clusters of behaviour that characterize them and offering practical ideas for addressing them in the consulting room.

Paul Sunderland is an addictions psychotherapist, consultant and trainer with over 30 years of experience in the treatment of addictions. He is Clinical Director of Outcome Consulting and has previously held the posts of Head of Treatment at Clouds House in Wiltshire and Clinical Director at Crossroads Centre, Antigua. He has acted as a consultant in the setting up of treatment centres around the world and is an expert in the treatment of process addictions. He has a special interest in developmental trauma in particular relinquishment and adoption, and early boarding syndrome. Paul has spoken at TEDx and is a regular presenter at international addiction conferences.

Time: 10am to 1pm (coffee at 11am)

Location: Friends Meeting House, Bath Place, Taunton. Public car park nearby.

Cost:

£25 per TAP Member

£30 per non-member

CPD Certificates available

To book a place at this presentation please contact: Suzie Grogan, TAP Administrator, on taplimited@hotmail.co.uk or by phone on 01823 661601