



CTP Concentration

Subject Title: Working with Addictions

Presenter: Nalini Elisa Ramlal, PhD, RP, OCT

Location: The Centre for Training in Psychotherapy

21 Randolph Ave. Suite 200, Toronto, ON M6P 4G4

Subject Length in Hours 30

Saturdays Monthly 1:30 – 4:30

Working with Addictions: Drugs, Behaviour, and Treatment Approaches

This course is intended as an introduction to the understanding, assessing, and treatment of addictive behaviours, including both substance use and behavioural addictions. Students will explore the root causes and contributing factors associated with addiction, as well as the range of substances and behaviours that individuals may develop problematic relationships with. The course will also examine major theories and treatment models in the field, with attention to how these approaches can be applied in practice through a psychodynamic lens. Through preparing and presenting materials in group seminars, class discussions, and writing a term paper, students will widen their knowledge base of theory and develop skills and strategies that they can use in sessions with clients who have experienced substance use problems and related emotional and relational challenges.

Required Texts:

Csiernik, R. (2021). *Substance use and misuse: Everything matters*. (3rd Edition). Canadian Scholars.

Maté, G. (2010). *In the realm of hungry ghosts: Close encounters with addiction*. North Atlantic Books.

Suggested Additional Readings: (Dropbox Folder)

TBA

Additional Recommended Texts:

Lembke, A. (2023). *Dopamine nation: Finding balance in the age of indulgence*. Dutton.

Morgan, O. J. (2019). *Addiction, attachment, trauma and recovery: The power of connection*. WW Norton & Company.

Smith, D. C., & Hunt, D. J. (2021). *Understanding addiction: Know science, No stigma*. Visualize Publishing.

Szalavitz, M. (2016). *Unbroken brain: A revolutionary new way of understanding addiction*. St. Martin's Press.