Clinical Addiction Psychiatry

Edited by
David Brizer and Ricardo Castaneda
Contents

Contributors vii
Preface ix

Part 1 – Theory

1 Death, drugs, and rock & roll 3 David Brizer
2 The disease concept – controversies and integration 12 Mark Schenker
3 Medical sequelae of addiction 24 Michael Weaver
4 Suicide and substance abuse 37 Samoon Ahmad
5 Abstinence as a goal 45 Laurence M. Westreich
6 Ibogaine therapy for substance abuse disorders 50 Deborah C. Mash
7 Therapeutic communities in the new millennium 61 George De Leon
8 Cosmetic psychopharmacology: drugs that enhance wellbeing, performance, and creativity 72 Richard N. Rosenthal & Laurence M. Westreich
9 Psychotherapeutic paradigms and the prescription pad: treating drug addiction with drugs 88 Ed Paul
10 Six key areas when working with addicts 92 Kathleen Tracy

Part 2 – Real World

11 The twelve-step approach 97 Marc Galanter
12 Alcoholism 102 Jerome Levin
13 Alcoholism in primary care 125 Mack Lipkin, Andrea Truncali & Joshua D. Lee
14 Nicotine addiction and smoking cessation 133 Neil Hartman
15 Clinical aspects of cocaine and methamphetamine dependence 137 Arnold Washton
16 Methadone treatment 147 Robert Maslansky
17 Psychoactive prescription drug abuse 154 Bernard Salzman & Peter Micheels

Part 3 – Praxis

18 Pain management and addiction treatment 163 Robert Maslansky
19 EEG neurofeedback therapy 169 Siegfried Othmer & Mark Steinberg
20 The new pharmacotherapies for alcohol dependence 188 Barbara J. Mason & Marni Jacobs
21 Dialectical behavior therapy adapted to the treatment of concurrent borderline personality disorder and substance use disorders 207 Lisa Burckell & Shelley McMain
22 Addiction and emergency psychiatry 218 Richard Gallagher, Gregory Fernandez & Edward Lulo
23 Ear acupuncture in addiction treatment 230 Michael Smith

Index 251
 CONTRIBUTORS

Samoon Ahmad, MD
Bellevue-NYU Medical Center, New York, NY, USA

David Brizer, MD
Mind-Meds.com, Nyack, NY, USA

Lisa Burkell
University of Toronto, Toronto, Ontario, Canada

Ricardo Castaneda, MD
New York University School of Medicine, New York, NY, USA

George De Leon, MD
National Development and Research Institutes, New York, NY, USA

Gregory Fernandez
Westchester Medical Center, Valhalla, NY, USA

Marc Galanter, MD
Professor of Psychiatry, New York University School of Medicine, New York, NY, USA; Research Scientist, Nathan Kline Institute for Psychiatric Research

Richard Gallagher, MD
Department of Psychiatry, Westchester Medical Center, Valhalla, NY, USA

Neil Hartman, MD
VA Medical Center, Los Angeles, CA, USA

Marni Jacobs, MPH
Scripps Institute, La Jolla, CA, USA

Joshua D. Lee, MD Msc
New York University School of Medicine, New York, NY, USA

Jerome Levin, PhD
The New School, New York, NY, USA

Mack Lipkin
New York University School of Medicine, New York, NY, USA

Edward Lulo, MD
Psychiatrist, Danbury, CT, USA

Shelley McMain, PhD
Centre for Addiction and Mental Health, Department of Psychiatry, University of Toronto, Toronto, Ontario, Canada

Deborah C. Mash, PhD
University of Miami Medical Center, Miami, FL, USA

Robert Maslansky, MD
Bellevue-NYU Medical Center, New York, NY, USA

Barbara J. Mason, PhD
Scripps Institute, La Jolla, CA, USA

Peter Micheels, MD
Bellevue-NYU Medical Center, New York, NY, USA

Siegfried Othmer, PhD
Mark Steinberg, PhD and Associates, Los Gatos, CA, USA

Ed Paul, MD
New York, NY, USA

Richard N. Rosenthal, MD
Bellevue-NYU Medical Center, New York, NY, USA

Bernard Salzman, MD
Bellevue-NYU Medical Center, New York, NY, USA

Mark Schenker, PhD
Caron Treatment Centers, New York, NY, USA

Michael Smith, MD
Lincoln Hospital Medical Center, Bronx, NY, USA
Contributors

Mark Steinberg, PhD
Mark Steinberg, PhD and Associates, Los Gatos, CA, USA

Kathleen Tracy, MD
Bellevue-NYU Medical Center, New York, NY, USA

Andrea Truncali, MD MPH
New York University School of Medicine, New York, NY, USA

Arnold Washton, PhD
Recovery Options, New York, NY, USA

Michael Weaver, MD
Virginia Commonwealth University, Richmond, VA, USA

Lawrence M. Westreich, MD
Bellevue-NYU Medical Center, New York, NY, USA
Preface

We do not yet know whether our century will yield encyclopedists comparable in scope and stature to the historic champions of the genre such as Larousse and Diderot.

Clinical Addiction Psychiatry is not an encyclopedia. Thirty or forty years ago such a project would have been feasible: now, however, thanks to the convergent vectors of molecular biology, psychopharmacology, sound clinical research, and the demand for outcome measures, the addiction field has literally exploded.

The book’s table of contents overflows like a Vesuvius, each chapter covering one or more of the dozens of provocative, fascinating, and essential subdomains of the field.

Granted, editorial decisions (such as what to include, what to exclude, what to emphasize, whom to subpoena to Grammarians’ Court) can be arbitrary, whimsical, even random at times. We have attempted to avoid these kind of lapses by addressing three major topics in addiction.

Part 1, Theory, takes us to the 21st century – and beyond. It is fairly safe to assume that most, if not all, clinicians in the field have discussed the ‘causes’ of addiction with concerned patients and families. The ‘addictive personality’ discussion comes up perennially and reliably, appearing on talk show television, the cover of Newsweek, and in the minds of successive generations of students and teachers. The section emits both fire and ice.

For example, the first chapter – standing on the shoulders of giants long gone – temperately explores the “co-variance” of drug use, passion, and art. The succeeding chapter on the disease concept brings a (still) fairly new perspective into intelligent and contemporary focus. Like most diseases, the disease of chemical dependence often features numerous and at times deadly consequences. Readers – including those with an MD! – will find the chapter on medical sequelae of addiction to be fresh, informative, and very much up to date.

Some of the theoretical constructs described in Part 1 are very recent. Is drug addiction a crime, a disease, or both? (Or is it none of the above?) The chapter on dual diagnosis emphasizes current research and clinical approaches and perhaps just coincidentally proves that mentally ill chemical abusers cannot and should not be viewed from a dualistic point of view!

No doubt the book does leave some stones unturned, but ritual ibogaine use (and ibogaine’s potential utility for addiction treatment) and ‘cosmetic’ psychopharmacology are not among them. Most clinicians would agree: DSM axis I disorders are just the tip of the epidemiological iceberg. For each patient with major depression, there are probably ten others with “subclinical” mood and/or anxiety disorders who never surface. As our field evolves, the overlap between “treating” illness and pharmacologically enhancing wellbeing and creativity will increase. The arrival of buprenorphine on the scene demands a new look at more traditional approaches to opiate/opioid addiction (such as therapeutic communities). Dr. Galanter’s contribution is a most welcome gift.

Dr. Levin’s chapter on alcoholism (which kicks off Part 2, Real World) is encyclopedic. Whoever said that understanding alcoholism was pretty much equivalent to understanding all of medicine happened to be right. But the story doesn’t end there. Understanding alcoholism also requires righteous attention to psychology, genetics, family interactions, neurophysiology – and more.

The chapters on cocaine, nicotine, and methadone are sumptuous and are a pleasure to read. The respective contributors have brought together history, street culture, and medical science in their masterful discussions of these drugs.

The book’s third and final section is about Praxis. Praxis makes perfect! Dr. Maslansky’s chapter on the protean dimensions of pain (and painkillers) and methadone is a gift from a true expert in the field. Dr. Mason’s chapter on the new anticraving drugs provides further proof that psychopharmacology can
subdue demons (such as smoking) long written off as unshakeable.

Dr. Michael Smith's chapter on the use of acupuncture in treating addictions represents the robust and extremely promising outcome data of more than two decades of clinical experience.

*Clinical Addiction Psychiatry* is not a fashion victim. The book is not an anthem to pharmacology. Mind matters! Dr. McMain's chapter on dialectical behavior therapy (DBT) tells the tale of a new but very powerful kid on the block. Those who are unfamiliar with DBT will find the complex blend of spirituality and cognitive behavioral therapy absolutely fascinating. Dr. Gallagher brings extensive experience to his excellent chapter on emergency scenarios in addiction.

We hope that this collection of essays by the experts in the field inspires readers to always question more, know more, and do more (or less!)

*David Brizer, MD and Ricardo Castaneda, MD*

April, 2010