

Let's STOP pathologising addictions! The BSP Crocodile Set Ups to resolve clients unwanted behaviours!

- Dr. Roby Abeles, is an accomplished, in demand psychotherapist with 35+ years of experience in diverse clinical, academic, government, and human services environments in the USA & Australia
- Roby is a recovering addict/alcoholic (36 years) who developed both the BSP & Addictions with the Narrative Therapy "Crocodile" Set Ups to address compulsive behaviours, & The Hero's Journey with BSP MultiFocal Set Up which moves clients into post addiction/trauma growth.
 1. Experts views on defining 'addiction'
 2. Understand main brain problem in stopping unwanted behaviours
 3. Understand why its necessary to do both Crocodile Set Ups, double spot & expansion spot
 4. Learn how to do both Crocodile Set Ups
 5. Understand link between attachment and addictive/compulsive behaviours

I've stopped calling addiction, addiction.

I've been an addiction and trauma therapist for over 35 years. I now call addiction a 'self-soothing behaviour' or 'a behaviour that once had positive value but now has negative value' or "the behaviour you'd like to change".

Therapists need to change the lens through which compulsive self-soothing behaviours are seen. We don't terminate our anxious or depressed clients if they come into our office and say "I'm still anxious and depressed and I've been coming to you for a month now" or "I spent the day in bed" or "I had a panic attack in the street".

Yet, many are taught to withhold/terminate treatment from our "addicted" clients if they relapse, or say "I'm still struggling with my addiction".

I see these compulsive behaviours as an attempt not only to soothe pain, which it most definitely is, but also as an attempt for a secure attachment relationship. I see addiction, as more of an attachment-based issue which needs to have attachment repair integral to each treatment session – either explicitly or implicitly.

I use Narrative therapy & the metaphor of "The Crocodile and The Pearls" to 'externalise' and depathologise the compulsive 'behaviour' and reduce shame initially.

Together, we will have an overview of these topics, then, after teaching you the BSP Crocodile Double Spot and the BSP Freedom Expansion Spot Set Ups, I will do a demo of both set ups with a volunteer. There will be some time for Q & A at the end.

Cited material (3-5) in APA format. (scholarly or scientific publications that were used to create the abstract)

1. Ainsworth, M., Blehar, M., Waters, E. and Wall, S., (2015). *Patterns of attachment*. 3rd ed. New York: Psychology Press, pp.203-209.
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3. Lewis, M.D. (2013) *Memoirs of an addicted brain: a neuroscientist examines his former life on drugs*. New York: Public Affairs.
4. Lewis, M. (2015). *The biology of desire: Why addiction is not a disease*. New York, NY: Public Affairs.
5. Maté, G. (2008). *In the realm of hungry ghosts: Close encounters with addiction*. Toronto: Knopf Canada.
6. Szalavitz, M. Genetics: No more addictive personality. *Nature* **522**, S48–S49 (2015). <https://doi.org/10.1038/522S48a>
7. Szalavitz, M. (2017) *Unbroken brain : a revolutionary new way of understanding addiction*. New York : Picador St. Martin's Press.
8. White, M. and Epston, D., (1990). *Narrative means to therapeutic ends*. New York: Norton.
9. Wise, A. (1996), *Neurobiology of Addiction, Neurobiology of Psychology*, **6**: 243-251 Concordia University, Canada.

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