

The Role of Self-Disclosure in the Practice of Addiction Psychiatry

Submission ID 3003958

Submission Type Workshop

Topic Addiction- Substance Use Disorders: Identifying, Diagnosing, Treating, and/or Managing

Status Submitted

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SUBMISSION DETAILS

Workshop Summary This workshop will explore the potential benefits and harms of self-disclosure in the practice of addiction psychiatry. Psychiatrists are trained to minimize self-disclosure, and while there are sound reasons for this approach, there is often little opportunity to explore the potential benefits for patients. Within the field of substance use disorder treatment, self-disclosure is common among some disciplines, but addiction psychiatrists tend to adhere to the restrictive approach they learned during training. Most addiction psychiatrists will have experience with the use of intoxicating substances and some will have personal or family experiences with substance use disorders. We will explore in depth the unique potential benefits and harms of self-disclosing when working with people with substance use disorders and their families. In addition, we will discuss other potential career impacts of self-disclosure and how to manage those risks.

Workshop Interaction and Engagement Methods Skill-Building Exercises – incorporating tools such as hands-on training, quizzes, toolkits, worksheets, facilitated small group discussions or breakouts., Case Discussion - Use of cases to engage the audience in brainstorming about diagnosis, treatment planning, clinical issues.

Interactive Plan Description We will break the audience up into small groups to discuss their own experiences with self-disclosure. Audience participants will be provided a worksheet that has a series of questions to help guide the small group discussions.

Writing Educational Learning Objectives

Please list at least three (3) brief learning objectives below.

Learning Objective 1 Review basic ethical principles of approaching self-disclosure from a traditional psychiatric training perspective.

Learning Objective 2 Be able to discuss the unique challenges of clinician self-disclosure in treating people with substance use disorders.

Learning Objective 3 Be able to understand the unique benefits and harms both to patients and clinicians when self-disclosing to people receiving substance use disorder treatment.