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The 13th step: Thriving in recovery



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While addiction itself has been widely studied, the process of recovery from addiction has received little attention from the science of psychology. Because, recovery from addiction is a chronic process, it becomes essential to understand the process of recovery and the characteristics of individuals who are successful in recovery maintenance. To help bridge this gap in knowledge, the International Quit and Recovery Registry (IQRR) was developed in 2011 and recruit participants in all phases of addiction recovery. Currently, the IQRR has thousands of registrants from more than 42 countries. After becoming website members, registrants have access to online monthly psychometric assessments. Along with demographics, each assessment asks about recent relapse and includes measures and tasks aimed at understanding the characteristics of people in recovery. Thriving in recovery is informed by examining by three positive psychology assessments included in the IQRR psychometric battery: The Subjective Happiness Scale (SHS), the Satisfaction with Life Scale (SWLS), and the Grit Scale (GRIT), which is a measure of perseverance and commitment to long-term goals. These current results are discussed along with positive psychology interventions that enhance these attributes. Additionally, neuroscientific research provides evidence that addiction is a disease of the brain; that relapses is part of the recovery process; and that a brain in recovery can heal and grow positively due to neuroplasticity. This video presentation provides fundamental information regarding neuroscience in the process of recovery and a method of developing self-directed neuroplasticity.

Biography

Bob Reese has completed his PhD. He is a Professor of Psychology at Jefferson College of Health Sciences in Roanoke, VA. He is currently engaged in research projects on the recovery processes from addiction at Virginia Tech Carilion Research Institute (VTCRI). As part of Dr. Warren Bickel's Addiction Recovery Research Center (ARRC) research team, he was instrumental in helping to create and launch the International Quit and Recovery Registry (IQRR), a novel approach that employs crowd-sourcing technology to establish, maintain, and grow an unprecedented database on the process of recovery. He is the author of *"The 13th Step: Thriving in Recovery"* (AuthorHouse, 2017), (DrBobReese.com).

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