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A Venn diagram heuristic for working with co-occurring disorders and trauma


Julio I. Rojas 

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Abstract

Co-occurring disorders and trauma are common among patients who present at substance abuse and mental health treatment centers and associated with a more complex course. The lack of a framework for understanding recovery from these chronic, complex, and inter-related conditions is a significant obstacle to clinicians and patients. The author describes a framework for understanding the unique and inter-related aspects of addiction, psychiatric illness, and trauma. The Venn diagram heuristic

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clinical disorders results in increased collaboration, increased understanding of how treatment interventions target the patient's concerns and a greater sense of self-efficacy in patients.

Keywords: [co-occurring disorders](#) [co-occurring disorders treatment](#) [co-occurring disorders recovery model](#)
[psychiatric comorbidity](#) [trauma](#) [Venn diagram](#)

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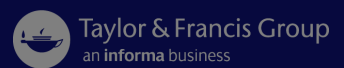
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