

A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter

## Special points of interest:

- PCC Continues to Support Mobile Van Service
- Women Service A Mainstay At The Clinic
- NJSAMS Becoming The One Stop Data Entry Tool For All Clinics
- Team Sessions Add To Quality Treatment Outcomes
- PCC Looking For Top Talent In Counseling Field

## Alcohol Psychosis

Alcohol induced psychosis, as the name suggests, is a disorder widely related to conditions associated with alcohol. Know more about this problem from the following.

Before coming down to the main topic, let us first know about the condition called psychosis. It is defined as any severe mental disorder that influences the way a person processes his/her thoughts, behaves or feelings. It basically affects the person's ability to tell reality from imagination. Although regarded as a condition, it is actually a manifestation of some other mental disorders of the body; most common being schizophrenia or bipolar disorder. Even disorders of the central nervous system such as Parkinson's disease can contribute to the development of this problem. Besides these, substances such as drug or alcohol have also been found as potential triggers of the same. Psychosis is characterized by the person hallucinating (perceive something that is non-existent in reality), having delusions (a firm belief about things that are untrue), having thoughts that are disturbed or not constructive, and lacking a sense of self-awareness.



This article discusses the condition of alcohol induced psychosis, which is characterized by the affected individual exhibiting symptoms as mentioned above, due to acute alcohol intoxication, toxicity or withdrawal. Chronic alcoholism is also known to be associated with this condition.

### Alcohol Induced Psychosis Symptoms

This condition is dominant in about 3% of individuals suffering from alcohol dependence. The symptoms that an affected individual may exhibit include, as already mentioned, hallucinations. Here, the person may see random colors or shapes, or even figures of people or animals that are out of the ordinary. The person may also hallucinate sounds that are unpleasant to hear. In some cases, some patients have even expressed a feeling of insect crawling on their skin. And for some people, even if the food tastes good, they might find it offensive. In short, a person suffering from alcohol induced psychosis may have his five senses distorted or not functioning normally.

Then comes delusion. This symptom can be exhibited in two ways. In one way, the person develops a false fear for life against people or objects. And in another way, the patient may imagine himself to be at a position of high authority or possessing let's say, supernatural powers.

Other symptoms may include disturbed thought flow which may cause the person to speak

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## Alcohol Psychosis (continued)

out of context of the main subject, or suddenly pause in the midst of working on something or speaking to someone. And another important symptom which is usually indicative of severe form of the condition is the person not realizing the fact that he/she is actually suffering from this disorder and showing symptoms such as the ones described above.

Now it cannot be said that all such symptoms are destined to occur in every individual with alcohol induces psychosis. It has been noticed that some people with this condition show symptoms such as less negative or disorganized thought pattern, less distorted awareness and judgment, and less functional impairment, when compared with patients with schizophrenia.

### Alcohol Induced Psychosis Treatment

Fortunately, the condition is self-limiting one and can be drawn off with discontinuation of alcohol use. Most people have shown subsidence of symptoms within several weeks of abstinence. However, repeated alcohol exposure may cause it to recur, and in some people, the problem may become chronic thus, requiring the need for long-term treatment with antipsychotic medication. The treatment mainly focuses on the effect of the treatment of the patient's body, and if psychosis has occurred from intoxication of alcohol, then immediate medical help becomes a necessity. High-potency antipsychotic drugs may be administered to patients, who may be in a state of mind to harm themselves or others. Medications for managing delusions, hallucinations and agitation, may also be administered.

When compared to the problem of alcoholism, alcohol-related psychosis still lacks a more in-depth study and analysis. Doctors are still working to understand the characteristics and effective treatment methods, to deal with the problem. Source [buzzle.com](http://buzzle.com)

## Counseling Profession

A substance abuse counselor is an individual who counsels a person who is suffering from the problem of drug or alcohol addiction. The substance abuse counselor, also known as rehabilitation counselor or substance abuse technician, helps people get out of their addiction by teaching them the mechanics or the skills to cope with their addiction. As getting rid of an addiction is a difficult thing, the job of a substance abuse counselor is one of great responsibility. Hence, if you are considering to take up this profession, it is important that you know the substance abuse counselor job description in detail. Here are some important duties and responsibilities that have to be handled by a counselor specialized in counseling people who are suffering from the problem of substance abuse.

### Job Description for a Substance Abuse Counselor

The substance abuse counselor works at outpatient clinics where patients visit for a few hours of counseling sessions. However, this counselor is also required at treatment centers like narcotics or alcoholic anonymous as well as at hospitals. Some substance abuse counselors are also needed at halfway houses where addicts stay till they are completely cured of their addiction. However, the substance abuse counselor job description is more or less the same at each place. Take a look at some of the job responsibilities of a rehabilitation counselor.

### **Individual and Group Counseling**

One of the main responsibilities of the substance abuse counselor is to conduct individual as well as group counseling sessions. During individual counseling sessions, the counselor makes the patients understand the root cause of their problem i.e. the reason why they turned to drugs or alcohol. The counselor also teaches the patients to understand the factors that trigger their need to indulge in alcohol or drugs and then, help them to avoid these temptations with the help of effective coping skills. On the other hand, during group sessions, the counselor encourages people to share their experiences with people who had undergone similar incidents.

### **Family Therapy**

Apart from the counseling sessions it is also the responsibility of the substance abuse counselor to undertake some therapy sessions for the family of the addict. This is because along with the addict, even his family members have to face a lot of problems due to his addiction. The counselor helps the family members to cope with the patient during his recovery stage. The counseling sessions actually aid the family in dealing with the pain caused by the patient due to his addiction and also help them to lead a normal life. Source: [buzzle.com](http://buzzle.com)