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Course Title:

Meaning, Stress, & Disease (Including Addiction)

Course Description:

Review the definition of the Disease of Addiction, specifically within the context of stress and the stress response. Highlight the latest research exploring stress which leads to structure function changes in the body (e.g. HPA Axis and Neurobiological Mechanisms). Explore how these physiologic changes contribute to disease states and most importantly seek to understand how stress and the stress response exist within a context of meaning. Finally, address the research on meaning and how meaning relates to healing and recovery.

Goal:

Participants better understand the stress signatures/stress response within the context of meaning and how that effects the initiation, maintenance, and recovery from disease.

Course Objectives:

At the conclusion of the lecture, participants will be able to:

1. Identify the stress response along both the HPA Axis and Neurobiological Mechanisms.
2. Describe how the stress response along these two pathways relates to the formation of disease states.
3. Identify stress response signatures that are unique to both genetic and environmental conditions.
4. Identify stress response signatures within a context of meaning.
5. Possible implications and solutions for treatment.