



BP – Addiction and Connection

http://www.huffingtonpost.com/entry/neuroscientist-addict-addiction_563b63f1e4b0411d306fc5d7

Neuroscientist and Former Addict Explains What We Get Wrong About Addiction

He says addiction is "not a disease" -- and recognizing that may be the first step to better treating it.

Carolyn Gregoire Senior Health & Science Writer, The Huffington Post

EXCERPTED:

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Ben Goode via Getty Images

The **prevailing view** that addiction is a disease, just like depression or diabetes, is wrong, according to a leading neuroscientist.

Marc Lewis, the author of *Memoirs of an Addicted Brain* and *The Biology of Desire*, insists that addiction is *not* a disease and that presenting it as such is harmful.



The brain changes seen in addiction have more to do with learning and development -- not a chronic brain disease, said Lewis, who became addicted to opiates during his undergraduate years at Berkeley but got clean at age 30 and earned a PhD in developmental psychology. Viewing addiction as a behavioral issue, which has drawn [critics and supporters](#), may pave the way for new approaches to recovery that target the psychological roots of addictive behavior.

What's wrong with the disease model of addiction?

“I know what scientists are looking at when they say addiction is a disease. I don't dispute the findings, but I dispute the interpretation of them. They see addiction as a [chronic brain disease](#) -- that's how they define it in very explicit terms.

My training is in emotional and personality development. I see addiction as a developmental process. So the brain changes that people talk about and have shown reliably in research can be seen as changes that are due to learning, to recurrent and deep learning experiences. But it's not an abnormal experience and there's nothing static or chronic about it, because people continue to change when they recover and come out of addiction. So the chronic label doesn't make much sense.”

What's problematic about the way we treat addiction, based on the disease model?

“Well, lots. The rehab industry is a terrible mess -- you either wait on a long list for state-sponsored rehabs that are poorly run or almost entirely 12-Step, or else you pay vast amounts of money for residential rehabs that usually last for 30-90 days and people often go about five to six times.

In the case of any type of addiction, what's going on in the brain?

The main region of interest is the striatum, and the [nucleus accumbens](#), which is a part of the striatum. That region is responsible for goal pursuit, and it's been around since before mammals. When we are attracted to goals, that region becomes activated by cues that tell you that the goal is available, in response to a stimulus. So you feel attraction, excitement



and anticipation in response to this stimulus, and then you keep going after it. The more you go after that stimulus, the more you activate the system and the more you build and then refine synaptic pathways within the system.

The other part of the brain here that's very important is the prefrontal cortex, which is involved in conscious, deliberate control -- reflection, judgment and decision-making. Usually there's a balance between the prefrontal cortex and the striatum, so that you don't get carried away by your impulses. With all kinds of addictions -- drugs, behavior, people -- the prefrontal system becomes less involved in the behavior because the behavior is repeated so many times. It becomes automatic, like riding a bike.” **(Con't page 4)**

So, **with a lack of awareness of our capacities and our myriad options for choosing/assigning meaning** [MP-Research-Meaning], **we are stuck in a default mammalian/animal/emotional/limbic level of perception and reaction.** We are not exercising **frontal lobe** [BP – Frontal Lobe] capacities for deep deliberation when it comes to the apex capacity of choosing/assigning meaning. We may deliberate which route to take home or whether we need to do laundry before running errands, and which errands, but that's about logistics. We may deliberate how we respond to a situation, but we generally and automatically accept consensus meanings as to whether the situation is “good” or “bad.”

We are wired to seek transcendent meaning – to connect with dimensions of the universe, ourselves and others that are far more than just chemical, neural or electromagnetic, more than physical/material, more than just 3 dimensions + time. There is no physicist today that thinks there are only 3 dimensions + time. If there are more wouldn't it make sense our brain is equipped to navigate them...especially if half our brain (**right hemisphere** [BP – Hemispheres]) is specialized for transcendent thinking?

Just as many come in with natural aptitude for a STEM curriculum, **many come into this world more naturally attuned to creative, non-linear thinking, and other dimensions, their brains struggle with the 3 R's or math, science and verbal skills** (**left hemisphere** [BP-Hemispheres]). Or they had significant adverse childhood experiences - which may include being labeled with a learning disability and feeling dumb and unseen. Who wouldn't want to escape that feeling, and likely get addicted to emotional pain avoidance behaviors/substances?



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We need to develop self-awareness/introspection and transcendence - very right hemisphere. It takes us beyond the physical descriptions of circumstances and allows us – with self-observation – to see a bigger picture and level of meaning. Things happen for a reason. And **we have the tremendous capacity and responsibility to perceive/choose reasons and meanings. That's at the heart of the Observer Effect** [BP-Observer Effect] (**collapsing of quantum waves of potential into 3D singularities**). Where we put our attention - and whether it is a consciously self-aware and self-directed attention or a reactive attention - is paramount. Tragically we have become “**attention deficit disorder**” [BP-ADHD], which is a windfall for pharmaceutical companies and distraction manufacturers.

We have internal resources to change brain chemistry, our neural network, even our gene expression, but schools are now only beginning to scratch the surface with Mindfulness training. **We need to change our fundamental operating assumptions about how the world (and everything in it) works. We've been conditioned to believe it is a vast and indifferent.**

“Science is complex and chilling. The mathematical language of science is understood by very few. The vistas it presents are scary—an enormous universe ruled by chance and impersonal rules, empty and uncaring, ungraspable and vertiginous.”— Isaac Asimov

Us against them, me against the world, rats in a race, cogs in the wheels...the mechanistic/materialist paradigm makes people lose their minds and so mindfulness in that paradigm is a just a temporary reprieve from the grind. We need a new relationship to the universe. One that allows us to effectively navigate the 3 dimensions and more.

“We used to think of the universe as “out there,” to be observed as it were from behind the screen of a foot-thick slab plate of glass, safely, without personal involvement. The truth, quantum theory tells us, is quite different...the observer is inescapably promoted to participator. In some strange sense this is a participatory universe.” Princeton **Physicist John Wheeler (Richard Feynman's mentor)**. His delayed choice experiment and conclusions have been upheld.

The universe is more like a mirror than a machine, and we are co-creators not cogs. But we are educated as cogs and the creative and/or sensitive ones in particular who don't fit the conventional school cog boxes, or who have emotional struggles no one is effectively addressing, are made to struggle. It's depressing and would enrage many who are labelled, marginalized, and alienated when they need to be seen with broader vision.

The left hemisphere [BP- Hemispheres] **is logical and sees separation and categorization, ranks according to material standing, and focuses externally on physical parts, pieces, and causes. The right hemisphere** [BP-Hemispheres] **is creative and sees the connections between**



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things. The left is focused on details, things, steps and dots. The right is more about the transcendent big picture, focused on relationships and connecting the dots. At this time, we seem insufficiently developed to recognize that “out there” is intimately interconnected with “in here”. **Our limited 5 senses and left hemisphere capacities are unable to perceive the interconnectedness that transcends the physical appearance of separation.**

That illusion and delusion creates and feeds fear and insecurity...which feed addiction.

We are wired to seek that transcendence, and the peace and sense of connection which comes from it. If we aren't supported in that “requirement” then people seek alternate means of transcendence and escape from our perceived imprisonments.

"A human being is a part of the whole, called by us "Universe". He experiences himself, his thoughts and feelings, as something separated from the rest - a kind of optical illusion of his consciousness. This delusion is a prison restricting us to our personal desires and to affection for a few persons nearest to us. We must widen our circle of compassion to embrace all living creatures and the whole of nature in its beauty." Albert Einstein

Einstein asked how an intelligent person could stay away from the Greeks. Greek philosopher scientists warned that our 5 senses deceive us and the material world is an illusion.

Society and our educational system instill and reinforce a very constrained view of reality and self as fundamentally physical, and give no effective support for **emotional intelligence** [BP-Emotional Brain]. There is so much more to intelligence than **left hemisphere** [BP-Hemispheres and Learning] skills, which is not to say they aren't very important. **We need education for connection, not just categorization.**

(HuffPost/Marc Lewis Con't) What would a scientifically informed approach to addiction look like?

“That's a really hard question because the fact that we know what's happening in the brain doesn't mean that we know what to do about it.



A lot of recent voices have emphasized that addiction tends to be a social problem. Often addicts are isolated; they very often have difficult backgrounds in terms of childhood trauma, stress, abuse or neglect -- so they're struggling with some degree of depression or anxiety -- and then they are socially isolated, they don't know how to make friends and they don't know how to feel good without their addiction.” ****

The **frontal lobe** [BP – Frontal Lobe] has not been acknowledged for its role as “meaning-assigner” - for the choice it grants humans to determine what something means to them, to assign a reality. Instead we have been conditioned to believe there is just one reality and certain meanings for every event and circumstance. Positive or negative is automatically assigned. We don’t choose our meanings, we are conditioned and educated to perceive and accept the realities and meanings society provides.

We are wired to seek and assign meaning [MP – Research – Meaning] – as a transcendent human capacity. We have the capacity to choose meanings that are greater than our circumstances but we are in a society that puts the power in physical, measurable circumstances by assuming they describe “reality”. We are conditioned to feel insecure, overwhelmed and helpless, our brain secreting correlating chemicals. Changing our perceptions can change our brain.

“The brain is like a pharmacy with dozens of chemicals in unlimited combinations. The prescribing power of the brain is limitless; it has available thousands of combinations of secretions it can pour into the human blood stream. And what makes the human species unique is that attitudes have a great deal to do with the prescribing power.” **Norman Cousins - author, Anatomy of an Illness. His focus at UCLA was the biochemistry of emotion.**

http://www.huffingtonpost.com/johann-hari/the-real-cause-of-addicti_b_6506936.html

The Likely Cause of Addiction Has Been Discovered, and It Is Not What You Think HuffPost [Johann Hari](#) Posted: 01/20/2015 Updated: 01/23/2015



(Heavily) EXCERPTED: "It is now one hundred years since drugs were first banned -- and all through this long century of waging war on drugs, we have been told a story about addiction by our teachers and by our governments. This story is so deeply ingrained in our minds that we take it for granted. It seems obvious. It seems manifestly true. Until I set off three and a half years ago on a 30,000-mile journey for my new book, *Chasing The Scream: The First And Last Days of the War on Drugs*, to figure out what is really driving the drug war, I believed it too. But what I learned on the road is that almost everything we have been told about addiction is wrong -- and there is a very different story waiting for us, if only we are ready to hear it.

If we truly absorb this new story, we will have to change a lot more than the drug war. We will have to change ourselves.

If you had asked me what causes drug addiction at the start, I would have looked at you as if you were an idiot, and said: "Drugs. Duh." It's not difficult to grasp. I thought I had seen it in my own life. We can all explain it. Imagine if you and I and the next twenty people to pass us on the street take a really potent drug for twenty days. There are strong chemical hooks in these drugs, so if we stopped on day twenty-one, our bodies would need the chemical. We would have a ferocious craving. We would be addicted. That's what addiction means.

One of the ways this theory was first established is through rat experiments -- ones that were injected into the American psyche in the 1980s, in [a famous advert by the Partnership for a Drug-Free America](#). You may remember it. The experiment is simple. Put a rat in a cage, alone, with two water bottles. One is just water. The other is water laced with heroin or cocaine. Almost every time you run this experiment, the rat will become obsessed with the drugged water, and keep coming back for more and more, until it kills itself.

The advert explains: "Only one drug is so addictive, nine out of ten laboratory rats will use it. And use it. And use it. Until dead. It's called cocaine. And it can do the same thing to you."

But in the 1970s, a professor of Psychology in Vancouver called [Bruce Alexander](#) noticed something odd about this experiment. The rat is put in the cage all alone. It has nothing to do but take the drugs. What would happen, he wondered, if we tried this differently? So Professor Alexander built Rat Park. It is a lush cage where the rats would have colored balls and the best rat-food and tunnels to scamper down and plenty of friends: everything a rat about town could want. What, Alexander wanted to know, will happen then?



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In Rat Park, all the rats obviously tried both water bottles, because they didn't know what was in them. But what happened next was startling.

The rats with good lives didn't like the drugged water. They mostly shunned it, consuming less than a quarter of the drugs the isolated rats used. None of them died. While all the rats who were alone and unhappy became heavy users, none of the rats who had a happy environment did.

At first, I thought this was merely a quirk of rats, until I discovered that there was -- at the same time as the Rat Park experiment -- a helpful human equivalent taking place. It was called the Vietnam War. *Time* magazine reported using heroin was "as common as chewing gum" among U.S. soldiers, and there is solid evidence to back this up: some 20 percent of U.S. soldiers had become addicted to heroin there, according to a study published in the *Archives of General Psychiatry*. Many people were understandably terrified; they believed a huge number of addicts were about to head home when the war ended.

But in fact some 95 percent of the addicted soldiers -- according to the same study -- simply stopped. Very few had rehab. They shifted from a terrifying cage back to a pleasant one, so didn't want the drug any more.

Professor Alexander argues this discovery is a profound challenge both to the right-wing view that addiction is a moral failing caused by too much hedonistic partying, and the liberal view that addiction is a disease taking place in a chemically hijacked brain. In fact, he argues, addiction is an adaptation. It's not you. It's your cage.

This gives us an insight that goes much deeper than the need to understand addicts. **Professor Peter Cohen argues that human beings have a deep need to bond and form connections. It's how we get our satisfaction. If we can't connect with each other, we will connect with anything we can find -- the whirr of a roulette wheel or the prick of a syringe.** He says we should stop talking about 'addiction' altogether, and instead call it 'bonding.' A heroin addict has bonded with heroin because she couldn't bond as fully with anything else.

So the opposite of addiction is not sobriety. It is human connection.

This has huge implications for the one-hundred-year-old war on drugs. This massive war -- which, as I saw, kills people from the malls of Mexico to the streets of Liverpool -- is based on the claim that we need to physically eradicate a whole array of chemicals because they



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hijack people's brains and cause addiction. But if drugs aren't the driver of addiction -- if, in fact, it is disconnection that drives addiction -- then this makes no sense.

Ironically, the war on drugs actually increases all those larger drivers of addiction. For example, I went to a prison in Arizona -- 'Tent City' -- where inmates are detained in tiny stone isolation cages ('The Hole') for weeks and weeks on end to punish them for drug use. It is as close to a human recreation of the cages that guaranteed deadly addiction in rats as I can imagine. And when those prisoners get out, they will be unemployable because of their criminal record -- guaranteeing they will be cut off even more. I watched this playing out in the human stories I met across the world.

There is an alternative. You can build a system that is designed to help drug addicts to reconnect with the world -- and so leave behind their addictions.

This isn't theoretical. It is happening. I have seen it. Nearly fifteen years ago, Portugal had one of the worst drug problems in Europe, with 1 percent of the population addicted to heroin. They had tried a drug war, and the problem just kept getting worse. So they decided to do something radically different. They resolved to decriminalize all drugs, and transfer all the money they used to spend on arresting and jailing drug addicts, and spend it instead on reconnecting them -- to their own feelings, and to the wider society. The most crucial step is to get them secure housing, and subsidized jobs so they have a purpose in life, and something to get out of bed for. I watched as they are helped, in warm and welcoming clinics, to learn how to reconnect with their feelings, after years of trauma and stunning them into silence with drugs.

This isn't only relevant to the addicts I love. It is relevant to all of us, because it forces us to think differently about ourselves. Human beings are bonding animals. We need to connect and love. **The wisest sentence of the twentieth century was E.M. Forster's -- "only connect." But we have created an environment and a culture that cut us off from connection, or offer only the parody of it offered by the Internet. The rise of addiction is a symptom of a deeper sickness in the way we live -- constantly directing our gaze towards the next shiny object we should buy, rather than the human beings all around us.**

The writer George Monbiot has called this "the age of loneliness." We have created human societies where it is easier for people to become cut off from all human connections than ever before. Bruce Alexander -- the creator of Rat Park -- told me that



for too long, we have talked exclusively about individual recovery from addiction. We need now to talk about social recovery -- how we all recover, together, from the sickness of isolation that is sinking on us like a thick fog." **Follow Johann Hari on Twitter:** www.twitter.com/johannhari101

<http://www.education-reform.net/alienation.htm>

Alienation In The Life Of Students (no posting date)

Shaun Kerry, M.D.

Diplomate, American Board of Psychiatry and Neurology

Adolescents are the most frequent victims of these feelings of estrangement. The alienated teenager has been a familiar cultural icon since James Dean's movies of the 1950s.

The alienation often associated with the adolescent's quest for identity commonly involves a distrust of adults, a rejection of adult values, and a pessimistic worldview. Estranged adolescents feel that they have little control over the events that shape their seemingly meaningless lives. They tend to feel isolated from adults, their peer group, and even themselves.

The wave of school shootings by teenagers in the US - there have been at least seven such incidents in the past 15 months - is a symptom of a deep social disorder. An ever-growing number of politicians and other officials have been forced to acknowledge the true depth of the problem.



In response to the Springfield killings, John Kitzhaber - the Governor of Oregon - commented, "All of us should look at how we have failed as a society and how this could happen in the heart of Oregon. It has been a priority to build prison cells and prison beds--after the fact. These actions in no way prevent juvenile violence."



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Unless such tragedies are viewed as the outcome of a complex interaction between social life and individual psychology, no headway will be made in grasping the essence of these events. Human beings are the products, in the broadest sense, of their social relations.

Alienation is produced in the classroom, when the administration determines the curriculum and the mode of learning. Students are expected to conform and to listen, but neither their voices, nor more importantly their feelings, are heard. By the time the student becomes an adolescent, he has often developed a deep distrust of other people and their motives, and has lost touch with his sense of self.

Unfortunately, most politicians have yet to grasp the intimate connection between public education and the high incidence of mental illness in our society.***

There are answers around us but we can't see them because we're raised/trained/educated/oriented/conditioned to look at physical, material parts and pieces. Modern education thinks of itself as bias free, but teaches a scientific **philosophy of materialism** [BP – Paradigms] in which life and humans are fundamentally physical matter, and separateness is the one true reality.

Our eyes see only a tiny sliver of the light spectrum but we assume the sliver we see is the whole of "reality." There are clearly more than 3 dimensions but we repress the capacity and drive to navigate beyond them. And we wonder why materialism, alienation, and depression are epidemic?

Why there are so many school, theater and mall shooters? They are the Western version of suicide bombers, and considered the worst of what we call mental illness. Modern Western society is making people ill, angry, and violent. **70% of US adults are on at least one medication and 20% are on 5 or more, and the US has the largest prison population in the world, while pharmaceutical companies** [Big Pharma] **and prisons are fast-growing industries (sobering statistics** [BP-Sobering Statistics]).

Those are neon signs that something is wrong with our fundamental operating assumptions.

There's something terribly wrong with education when 7K kids a day drop out of school, and of the remainder far too many get put on medication or sent to special ed...which has been called a pipeline to prison. When do people demand a fundamental re-think?



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Addiction, mental illness, school drop outs, special ed, and incarceration are all symptoms of the same underlying paradigm problem.

"Major problems cannot be solved with the same consciousness that created them." Albert Einstein

Excerpts from the 2006 edition of the book *Other People's Children: Cultural Conflict in the Classroom*, by education executive Lisa Delpit, about how our increasingly narrow view of intelligence is leaving more and more kids out in the cold. Not just kids of color.

"As I pen this introduction to *Other People's Children* over a decade after its first publication...I write now with a sense ...we have missed a very important boat. **We have given up the rich meaningful education of our children in favor of narrow decontextualized, meaningless procedures that leave unopened hearts, unformed character, and unchallenged minds...we in education have allowed politicians to push us to act as if the most important goal of our work is to raise test scores.**

When we strip away a focus on developing the humanity of our children, we are left with programmed mechanistic strategies designed to achieve the programmed goal of raising text scores. Nowhere is the result more glaring than in urban classrooms serving low-income children of color, where low test scores meet programmed, scripted teaching. The reductionism spawned has created settings in which teachers and students are treated as non-thinking [for themselves] objects to be manipulated and "managed".

And education is not just failing black students. Engaging almost any middle- or high-schooler, regardless of ethnicity or social class, in a real conversation about schools will inevitably leave one with a sense of vacuousness of much schooling...**I cannot help but believe that the past decades phenomenon of white middle-class students turning into assassins [and turning to antidepressants] is connected to the emptiness of what many of our students call schooling.** There continue to be dedicated, thoughtful, committed teachers in our schools but the narrowing focus since No Child Left Behind has driven them to despair as their administrators mandate more and more meaningless, mechanistic goals."

...as if the goal of education is purely to create a workforce.

Kids are treated like economic integers. They are not valued, their gifts go unseen. They are labeled and they are marginalized for behaviors that arise from emotional pain, which unfortunately is not effectively addressed, often only to pathologize and punish and medicate. Or use rational/cognitive therapeutic approaches that don't reach or open the



emotional dimensions. One of the reasons animal therapy is so effective is that animals directly reach people emotionally and bypass the intellect which can be very helpful but too much can get in the way of deeper self/emotional-awareness necessary for a healthy recovery. Same with groups and the ability to be heard; it's the emotional connection that supports healing.

From the book *The Creation of Dangerous Violent Criminals*, by Lonnie Athens -

The ultimate goal behind Athens' research was to develop a new theory for explaining the creation of dangerous violent criminals. One critical assumption, contrary to current theory, was that social EXPERIENCES (as opposed to social or economic conditions per se) are the defining factor...also as opposed to bio-physiological (body/brain) factors.

"Criminologists do not study violent criminals' social experiences, either the significant or trivial ones. Instead some study factors which play upon violent criminals from inside their bodies, such as chromosomes, hormones or brain waves, either alone or together with those that which play upon them from outside their bodies in their environments, such as social stratification or subcultures...as a result, the sources of criminal conduct are falsely dichotomized into the separate parts of organic body [and/or brain] and social environment.

As a consequence of [reducing social experiences to numbers] the appearance of precision is almost always gained, but at the unacceptable expense of sacrificing the very heart of the meaning of the social experiences studied, and the basic integrity of social experience is routinely violated" in order to force them into bio-physiological or social environmental spheres.

There is another closely related reason for ignoring the significant social experiences of violent criminals on the part of criminologists. In order to excavate violent criminals significant life experiences, rapport with them must be established and maintained. True rapport is achieved only when events can be accurately communicated, even if unsavory. The only way to establish such rapport is through prolonged and close contact and intimate sharing.

The fact is that the social scientists who have done most of the research on violent criminals are academics. Most academics find the violent criminal so alien and repugnant they don't want any face-to-face contact let alone establish rapport. Moreover, academics often cast aspersions upon those researchers who can establish rapport with such persons."

Athens goes on to lay out three stages: 1) brutalization (which I believe may be physical or emotional and where tremendous fear and pain (emotional/physical) set in), 2) belligerency (anger, despair, perceived helplessness and tremendous resentments set in based on the realization that "there is a



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huge gap between the ideal and real way in which people interact, although he is unable to conclude with any certainty why this should be the case"), and 3) violent performances (expressing/venting the now fully internalized, embodied, blinding and overwhelming anger and resentments).

Athens' research fits 100% with experiences and relationships with and observations of the violent criminals Continuum Executive Director Jane Barrash has worked with, and is movingly supported by the book *The Jack-Roller: A Delinquent Boy's Own Story*, by Clifford Shaw. **No one heaps pain on anyone else unless they have had pain heaped upon them. However, compassion does not mean condoning, explaining is not excusing, and accountability is equally important.**

The good news is, **it's possible to address and heal the underlying emotional pain, and the depressing "reality" we constructed as an outgrowth, which have us addicted to overwhelm, distraction, and medication.**

Addicted to Distraction

By TONY SCHWARTZ

How I lost, and found, my focus.

<http://studentsagainstdepression.org/understand-depression/debating-depression/depression-and-the-meaning-of-life/>

Existential questions

"Some of the big philosophical or existential questions facing each of us include:

- **Who am I?**
- **What is the meaning of life?**
- **Is it possible to make meaningful connections with others or are we all fundamentally alone?**
- **How can I make sense of life in the face of pain, suffering and inevitable death?**
- **How can I be sure I am making the right choices for my life?**

There are also serious questions facing the human race as a whole. Global conflict and war, global warming, environmental destruction, devastating natural disasters, famine, genocide, widespread human poverty and other such large-scale issues also challenge us all with difficult questions about our future.



No easy answers

"I wanted to escape or reach for something higher, but I couldn't find any meaning at all. I couldn't find anyone to talk to or share my feelings with."

- Elena

There are no easy answers to any these questions! Most of the time, we live our lives on the basis of answers and meanings which we have not questioned or considered in detail. We grow up with a view of life learnt implicitly in our family, school and cultural environment. But adolescence and early adulthood is often a time when these questions can become very prominent. Sometimes the assumed meanings and answers no longer feel adequate and we can be left feeling that we face a void of meaning."

Today's Video

VIDEO: Drugs and Politics

On the campaign trail, presidential candidates acknowledge the problem of America's growing addiction to legal, prescription and illegal drugs, and discover the bipartisan appeal of drug policy.

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EDITORIAL

[Making Some Painkillers Harder to Get](#)

Widely abused prescription drugs like Vicodin need tighter restrictions to curb the epidemic.

OPINIONATOR | ANXIETY

[It's Still the 'Age of Anxiety.' Or Is It?](#)

By DANIEL SMITH

Medieval Europe had barbarian hordes, famine and plague. We have 46 million people on Xanax.

Continuum Center advocates a shift from our current materialist/mechanistic paradigm - which focuses on physical parts and pieces - because it is fundamentally about categorization, separation and domination (competition and control in a dangerous us-against-them-world out there).



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Hand in hand with that paradigm is the left brain analytical, verbal and intellectual education focus.

The quantum paradigm is all about right hemisphere interconnectedness, the primacy of the inner world and emotions, and the ability to transcend the separation of parts and pieces.

Hand in hand with that paradigm is an emphasis on relationships, emotional intelligence and self-awareness. Self-development intimately involves meaningful relationships with others and all of life.

It's what we're wired for. Transcendent perception, self-awareness/expression, meaningful connections, and optimism. The current paradigm delivers the opposite and we wonder why there's so much addiction and "mental illness".

Cognitive and conventional treatment programs don't work because they have the wrong model of self, and they don't understand these needs for meaningful connection (beyond wound bonding) or optimism, and can't deliver the depth of what's needed.

When studies show that CBT (Cognitive Behavioral Therapy) is no more effective than medication, and that connecting with someone is really the effective ingredient in conventional talk therapies, it's time to step back and **re-think some fundamental assumptions** [BP – New Operating Assumptions].

Not that chemicals or cognitive processes don't affect emotions, but neither addresses the emotional roots of problems for millions of kids and adults. They don't take advantage of the storehouse of internal resources beyond the CBT toolkit, and they don't address our deep need for meaning.

https://www.ted.com/talks/viktor_frankl_youth_in_search_of_meaning

Victor Frankl (logo/meaning therapy) [link to <http://www.viktorfrankl.org/e/lifeandwork.html>] and **Carl Jung** (transcendent collective unconscious) [https://en.wikipedia.org/wiki/Carl_Jung] offered so much practical wisdom yet neither approach is incorporated into today's conventional mechanistic, behavioral, materialist and cognitive systems of education, mental health or corrections. Or in our conventional treatment models which have only a 10% success rate past the first year, as told by someone familiar with their success rates.

Continuum Center and its partners [http://www.continuumcenter.net/?page_id=18] **are not satisfied with current outcomes and statistics on rising rates of dysfunction across age and demographics. Join us to be the paradigm shift.**



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Directly and indirectly social values depend...on whether consciousness is believed to be mortal, immortal, reincarnate, or cosmic...localized and brain-bound or essentially universal.” **Roger W Sperry, Nobel Laureate brain scientist**