



Professional Holistic Addiction Medicine online training 2021, overview.

“If you want to know medicine, know addiction” Source Unknown, USA 1987.

2021 it will be 36 years since I was first introduced to addiction medicine and for the past 27 years I have treated “food addiction” which I now call “sugar addiction” (sugar, flour/grains and processed foods). Over the years I have treated thousands of people and trained hundreds of professionals in sugar addiction. In 2012 I started a one-year training program of Holistic Addiction Medicine (in Sweden) for professionals who counsel people affected by sugar/flour/processed foods. In 2014 I began training professionals for the sugar addiction assessment tool - SUGAR®.

What is the online Holistic Addiction Medicine?

Holistic Addiction Medicine is the integration of different addiction treatment paradigms in order to ensure treating addiction with a holistic approach. This includes areas of traditional medicine, Addiction Medicine based on neuroscience, Metabolic Medicine, Low Carb High Fat/Keto field, Integrative/Orthomolecular, Relapse Prevention, Support groups and more.

SUGAR® – Sugar Use General Assessment Recording is an evaluation tool for sugar addiction and has been proven to be an extremely effective tool for motivational work with those with sugar addiction and as a basis for treatment planning. The instrument is based on ICD 10/ ICD 11 and DSM 5. It is part of the training but can be done separately.

SUGAR-adolescent is currently being developed and will be available in the near future.

Se separate information.

In this course you will learn about the American Association of Addiction Medicine's definition of addiction based on Neuroscience and the central roles of nutrition and the brain in this disease. You will learn how to build a successful treatment plan, based on Neuroscience, and you will receive tools that will help you lead your clients on the path to lifelong recovery.

Here you will acquire unique knowledge and a holistic view of addiction. The main focus of this course is on sugar addiction because it is usually the starting point of the entire addiction development. But the training also includes Addiction Interaction Disorder and screening for alcohol, prescription drugs, street drugs and gambling addiction.

Who is eligible for this course?

Healthcare professionals, SUGAR and ADDIS certified/licensed professionals, doctors, nurses, physiotherapists, addiction counselors, obesity and nutritional counselors, dieticians, health educators, naturopaths, personal trainers, coaches, social workers, psychologist and other mental health therapists, etc. If you have



another background and want to expand your knowledge in addiction medicine, email me.

Application process:

Each applicant will be required to undergo a formal application process in order to participate in this program detailing education, professional background and work experience. A recovering addict should detail their recovery process. Acceptance to the course will be based on this information and a personal interview. Please note that there are minimum requirements in order to be accepted on the program.

Topics covered in Holistic Addiction Medicine:

BLOCK 1, SUGAR

- Screening, assessment, evaluation and diagnostic tools – Separate information

BLOCK 2, Biochemical repair

- Detoxification/withdrawal from sugar substances
- Biochemical repair of the brain. What is it and how to do it.
- Mitochondria fatigue.
- The Addicted brain. The disease concept.
- Addiction memory circuit and euphoric recall, craving management.
- Knowledge of the brain and brain nutritional needs.
- Nutrition from A-Z and a food plan for the addicted brain and discussion of the similarities and differences between different “abstinence” food plans. We work with LCHF/Keto food plans for #sugaraddicts.
- Understanding and treating hyperinsulinemia, insulin resistance and metabolic syndrome.
- Treatment of obesity and type 2 diabetes.
- Sugar sensitivity, harmful use versus pathological use.
- Addiction Interaction Disorder, one illness many outlets.
- Different expressions of sugar addiction, such as volume eating, bingeing, dieting, excessive exercise, restriction, e t c. Process addictions.
- Oxytocin’s role, especially with respect to volume eating.
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BLOCK 3, 4day Intensive IRL BRISTOL UK, separate information

BLOCK 4, Relapse prevention,

- Treatment, lifelong, different stages.
- 12-Step and other recovery support groups.
- The role of conscious breathing in recovery.
- The role of shame in addiction.
- Relapse prevention and treatment.
- Behavioral changes, thoughts, feelings, urges and actions.
- Recovery skills.
- Why group is superior one-to-one when working with addicts.

BITTEN JONSSON Reg. Nurse, Leg.SSK

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On expert panel www.dietdoctor.com



BLOCK 5, Case management certification, separate information

- How to avoid burn-out working with these clients.
- Summary inventory of skills.
- How to start working with clients.

You can do the whole training or certain blocks depending on your background and current level of training

1. SUGAR certification/licensing.
2. Biochemistry. February-May at your own pace.
3. 4-day intensive IRL, May 11th to 14th in Bristol UK.
4. Relapse Prevention: September to November, at your own pace.
5. Summary and Case Management Certification, during December 2021.

Faculty:

Director: Bitten Jonsson Reg. Nurse Addiction specialist, SUGAR, ADDIS certified

Lecturers and guest lecturers:

BLOCK 2 BIOCHEMISTRY

Nicole Avena Ph.D. Assistant professor of Neuroscience, Mount Sinai School of Medicine, Visiting Professor of Health Psychology, Princeton University

Paul Earley MD, President of ASAM, FASAM, Author of Recovery Mind Training and Recovery Skills Manual. <https://paulearley.net/>

Robert Lustig, MD Professor emeritus of pediatrics, Division of Endocrinology, UCSF author of the new book Metabolical and more www.robertlustig.com

Börje Dahl, Degree of Bachelor of Science in Social Work

CEO at Dahl & Dahl, Specialist in addiction & synthetic internet drugs. ADDIS, GAMES certification/licensing. www.addis.se www.dahlochdahl.se

Anders Olsson, Breathing expert, author and lecturer, www.consciousbreathing.com

Kerstin Uvnäs Moberg, Prof, M.D. Oxytocin specialist, www.kerstinuvnasmoberg.se

Birgitta Brunos M.D. Specialist in Multiple Sclerosis and Neuro Nutrient therapy, <http://brunes.se>

Regina Gysel MD, amino acid therapy workshop

Anna Fruehling, Sugar/processed food addiction specialist, Primal Health Coach, SUGAR C/L

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**Heidi Giaever, Nutrition Consultant & Lifestyle Medicine Practitioner, X-PERT
 Diabetes Health Coach, Certified and Licensed Food Addiction Counselor.
www.Huntsland-Nutriton.com**

**Vera Tarman MD, addictions pECIALIST <https://www.addictionsunplugged.com/>
 author of Food Junkies.**

**David Unwin MD , GP, metabolic syndrome and dysfunction, diabetes expert
 LCHF/KETO**

**Georgia Ede. MD Metabolic psychiatry. Specialist in Keto for mental health,
www.diagnosisdiet.com**

BLOCK 4 RELAPSE PREVENTION AND RECOVERY

**Roger Nilson, M.D Cert.Addiction Interaction Disorder specialist and more ,
 sex and relationship addiction specialist, SSRI/SNRI detox**

**Jen Unwin, Chartered Clinical Psychologist, Psy D, FBPSs, C Psychol SUGAR
 C/L**

**David Wolfe, Reg. Dietitian, Sugar Addiction Coach, SUGAR C/L
www.triggerfreenutrition.com**

**Paul Earley MD, President of ASAM, FASAM, Author of Recovery Mind Training
 and Recovery Skills Manual.**

Judy Wolfe, Cert Food addiction and HAM counselor, SUGAR C/L

BLOCK 5 CASE MANAGEMENT CERTIFICATION, SUMMARY

Bitten Jonsson Reg. Nurse Addiction specialist, SUGAR, ADDIS certified

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 CEO at Dahl & Dahl, Specilist in addiction & synthetic internet drugs. ADDIS,
 GAMES certification/licensing. www.addis.se www.dahlochdahl.se**

References: HAM & SUGAR C/L

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Jayn Steele steelejayn@gmail.com, Canada

Jen Unwin Jenunwin@hotmail.co.uk, UK



Paymentplan

Course	Price USD, GBP	Payment plan
Holistic Addiction Medicine BLOCK 2, 4, 5.	USD 4150	Can be split in two or ask for another payment plan.
BLOCK 3 4-day IW for trainee's Bristol UK	See separate information	
BLOCK 1 SUGAR	See separate information	Join when you want

I will send you an invoice and you can do a bank transfer or use paypal.

I If you like any other payment plan please contact me and we can discuss it.

NOTE: Modifications might occur due to circumstances beyond my control

Format:

Webinars are online, using Zoom, YouTube, Dropbox and closed Facebook group.
 Several lectures are pre-recorded and you watch at your convenience. All live
 webinars are recorded.

Registration form, schedule and literature list upon request.

25th of January 2021, Bitten Jonsson