

IV CONGRESO INTERNACIONAL SOBRE PREVENCIÓN, TRATAMIENTO Y CONTROL DEL CONSUMO DE CANNABIS Y SUS DERIVADOS

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EARLY-LIFE ADVERSITY AND YOUTH CANNABIS USE: IS RESILIENCE A KEY FACTOR IN RECOVERY?: A CASE STUDY



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PSICOTERAPIA

JUSTIFICATION

Stress and early-life adversity impacts brain development, leading to enduring effects on stress response pathways, emotional regulation, and the reward system. These alterations intensify susceptibility to addictive behaviors (al'Absi, 2020). However, individual or familial resilience factors can protect individuals who have encountered early-life traumatic events from addictive disorders (Cadet, 2016). In this way, therapeutic interventions like the stress resilience training system have been employed to ensure favorable outcomes in addiction treatment (Volkow & Boyle, 2018). The following case examines the connection between childhood traumatic events, resilience, and a cannabis use disorder in a young woman.

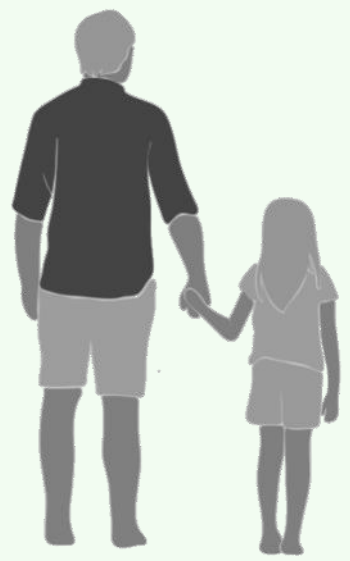
CLINICAL CASE



A 25-year-old woman with cannabis use disorder since the age of 14. She had previously tried to cease usage twice at ages 16 and 20 without success.

Family with a history of substance use:
- Mother with alcohol use disorder
- Father with cocaine use disorder

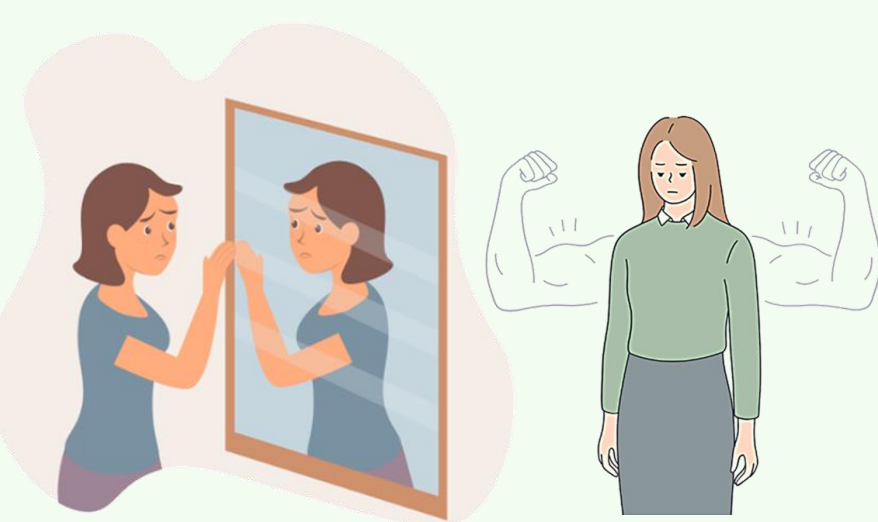
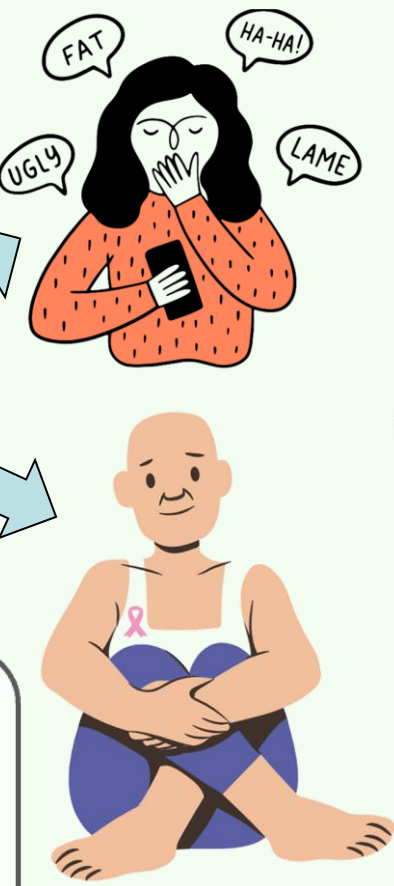
Physical and psychological abuse from her mother since she was a child.



After her parents separated, she began living with her father at the age of 14.



Since adolescence, she has been receiving psychological treatment for:
- Problems at school (**bullying**)
- Her relationship with her mother, who is currently **terminally ill with cancer**.



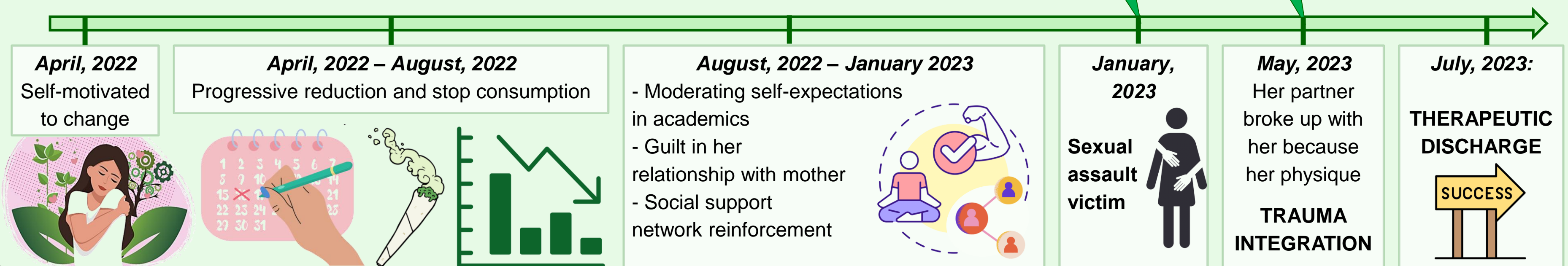
Risk factors: impulsive sexual behaviors, emotional dependence and emotional instability.
Protective factors: Resilient traits & strong social support network.

THERAPEUTIC APPROACH



- **Online intervention.**
- Motivational interviewing.
- Cognitive-behavioral therapy.
- 3rd generation therapies (DBT, ACT & Mindfulness)
- Relapse prevention.
- Stress resilience training:
 - ✓ Self-identification of emotional response to stress
 - ✓ Risk factors
 - ✓ Relaxation techniques
 - ✓ Improves basic health habits

THERAPEUTIC MONITORING



CONCLUSION

Resilience is a protective factor in cannabis use treatment, even when traumatic experiences occurred during both childhood and youth. Stress resilience training proves to be an effective intervention by equipping individuals with tools to manage the emotional impact of trauma and encouraging the adoption of alternative coping strategies, reducing reliance on substance use.

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