

## Glossary of Selected Terms

**Addiction:** A chronic, relapsing disease characterized by compulsive drug seeking and use and by long lasting changes in the brain.

**Cannabidiol (CBD):** This is a cannabis compound that has significant medical benefits, but does not make people “stoned.” It can actually mitigate and counteract the psychoactivity of THC. It has been shown to mitigate the side effects of marijuana.

**Cannabinoids and Cannabinoid Receptors:** A family of chemicals that bind to specific (cannabinoid) receptors in the brain to influence mental and physical functions. Cannabinoids that are produced naturally by the body are referred to as endocannabinoids. They play important roles in development, memory, pain, appetite, among others. The marijuana plant (Cannabis Sativa) contains delta-9tetrahydrocannabinol (THC) that can disrupt these processes, if administered repeatedly or in high enough concentrations.

**Carcinogen:** Any substance that causes cancer.

**Cognitive Behavioral Therapy (CBT):** A form of psychotherapy that teaches people strategies to identify and correct problematic behaviors in order to enhance self-control, stop drug use, and address a range of other problems that often co-occur with them.

**Contingency Management (CM):** A therapeutic management approach based on frequent monitoring of the target behavior and the provision (or removal) of tangible, positive rewards when the target behavior occurs (or does not). CM techniques have shown to be effective for keeping people in treatment and promoting abstinence.

**Delta-9- tetrahydrocannabinol (THC)** This is the main psycho-tropic ingredient in marijuana.

**Dopamine:** A brain chemical, classified as a neurotransmitter, found in regions of the brain that regulate movement, emotion, motivation, and pleasure.

**Hippocampal formation:** This is a compound structure in the medial temporal lobe of the brain. This formation is thought to play a role in memory, spatial navigation and control of attention.

**Motivational Enhancement Therapy (MET):** A systematic form of intervention designed to produce rapid, internally motivated change. MET does not attempt to treat the person, but rather mobilize their own internal resources for change and engagement in treatment.

**Psychosis:** A mental disorder (e.g., schizophrenia) characterized by delusional or disordered thinking detached from reality; symptoms often include hallucinations and delusions.

**Schizophrenia:** A psychotic disorder characterized by symptoms that fall into two categories: (1) positive symptoms, such as distortions in thoughts (delusions), perception (hallucinations), and

## **PRACTICAL APPROACHES TO MARIJUANA ADDICTION TREATMENT**

language and thinking and (2) negative symptoms, such as flattened emotional responses and decreased goal-directed behavior

THC: Delta-9-tetrahydrocannabinol; the main active ingredient in marijuana, which acts on the brain to produce its effects.

Withdrawal: Adverse symptoms that occur after chronic use of a drug is reduced or stopped.