

PRACTICAL APPROACHES TO MARIJUANA ADDICTION TREATMENT

Glossary of Selected Terms

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

Anhedonia is defined as the inability to experience pleasure from activities usually found enjoyable, e.g. exercise, hobbies, music, sexual activities or social interactions

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. Research has shown that the concentration of Cannabidiol rises as the levels of Delta-9-tetrahydrocannabinol drop and vice versa.

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-9-tetrahydrocannabinol (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.

Comorbidity: Also referred to as Co-occurring Disorder. These terms are most often used to describe a fairly common circumstance where AOD (Alcohol and Other Drug) use disorder diagnoses are accompanied by other mental health diagnosis (es). Note, These terms have replaced the formerly used term of “dual diagnosis” since research has shown that individuals with 2 diagnoses will statistically be more likely to have 3 or more.

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). Contingency Management techniques have shown to be effective for keeping people in treatment and promoting abstinence.

Dabbing: Dabbing is a simple concept: a small amount of super-high concentrate -- hash oil, wax, or another compound where so much of the marijuana plant's plant material is removed that what's left is between 50-to-80 percent active ingredients, a sort of grain alcohol to a bud's wine -- is put on a heated surface. A puff of smoke is emitted, and then the user inhales the entire puff of super-concentrated smoke.

Delta-9- tetrahydrocannabinol (THC): This is the main psycho-tropic ingredient in marijuana. It is the cannabinoids substance in marijuana that produces the "high."

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

Dysphoria: Dysphoria is a profound state of unease or dissatisfaction. In a psychiatric context, dysphoria may accompany depression, anxiety, or agitation. Common reactions to dysphoria include emotional distress, in some cases, even physical distress is seen. The opposite state of mind is known as euphoria.

Hashish (hash): This is a product of compressing the collected trichomes, stalked resin glands, from the flowers of the cannabis plant. It has a higher concentration of THC and comes in a solid or paste-like form depending upon how it was prepared

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.

Marijuana-infused Products: These are products containing marijuana or marijuana extracts intended for human use.

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.

Post Acute Withdrawal Syndrome (PAWS): See Protracted withdrawal.

Protracted withdrawal: Strictly defined, this is the presence of substance-specific signs and symptoms common to acute withdrawal but persisting beyond the generally expected acute withdrawal timeframes

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

Psychotropic: adjective 1. affecting mental activity, behavior, or perception, as a mood-altering drug. noun 2. a psychotropic drug, as a tranquilizer, sedative, or antidepressant.

Schizophrenia: A psychotic disorder characterized by symptoms that fall into two categories: (1) positive symptoms, such as distortions in thoughts (delusions), perception (hallucinations), and language and thinking and (2) negative symptoms, such as flattened emotional responses and decreased goal-directed behavior

THC: Delta-9-tetrahydrocannabinol (THC) is the main active ingredient in marijuana, which acts on the brain to produce its effects. It is the ingredient that produces intoxication and has been identified as the one most responsible for documented side effects. .

Schizophrenia: Schizophrenia is a mental disorder characterized by abnormal social behavior and failure to understand what is real. Common symptoms include false beliefs, unclear or confused thinking, hearing voices, reduced social engagement and emotional expression, and a lack of motivation. People with schizophrenia often have additional mental health problems such as anxiety disorders, major depressive illness, or substance use disorder. Symptoms typically come on gradually, begin in young adulthood, and last a long time.

Valence: 1. with regard to the field theory of Kurt Lewin, valence is the subjective worth of an occurrence, item, individual or other being in the life space of the person. An entity which draws the person nearer has positive valence, while one which repels the target has negative valence. 2. With regard to particular theories of motivation, valence is the expected gratification of reaching a specific objective or result.

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