



universität
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Faculty of Psychology

Colloquium lecture by Dr. Amy Wachholtz

From Lab to Treatment: The Journey to Develop STOP (Self-regulation Therapy for Opioid addiction and Pain)

Developing a novel psychotherapy treatment for a complex medical population first requires an understanding of the physiological and psychological processes that affect the patient. In order to develop a psychotherapy treatment that addresses both the biological and psychological components of patients with chronic pain and opioid use disorder, we had to start with a series of psychophysiological studies to find the unique characteristics of this complex patient population. Using this information, we developed a model of co-morbid pain and opioid use disorder. Based on this model, we then built a new psychotherapy approach to meet patients where they are at biologically as well as psychologically and address multiple components of this complex medical condition.

Dr. Amy Wachholtz

University of Colorado Denver



**This lecture takes place at Liebiggasse 5, 1010 Vienna,
Lecture Hall G 2nd floor and will be streamed.**

Thursday, January 25, 2024; 3pm