

Symposium | Trauma : [Symposium 46] The Path to Recovery: Trauma's Impact on mental health and Therapeutic Interventions

🏠 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏠 Session Room 5 (Conference Room A)

[Symposium 46] The Path to Recovery: Trauma's Impact on mental health and Therapeutic Interventions

Moderator: Masahide Koda (Co-learning Community Healthcare Re-innovation Office, Graduate School of Medicine, Dentistry and Pharmaceutical Sciences, Okayama University), Nahoko Harada (Department of Nursing Science, Graduate School of Interdisciplinary Science and Engineering in Health Systems, Okayama University)

[SY-46-03] The Path to Recovery: Trauma's Impact on Mental Health and Therapeutic Interventions. Current situation of Alcoholic Addiction in Spain, Europe.

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Keywords : Alcohol Use Disorder、Spain、Trauma、Mental illness、Multifamily counseling therapy

Background: During the last few decades, there has been a notable increase in drug addiction in Spain, particularly alcohol use disorder (AUD). A high proportion of individuals with alcohol use disorder present a history of psychological trauma, often stemming from childhood abuse, neglect, or family conflict. Trauma is not only a risk factor for the development of AUD, but also a major obstacle to long-term recovery.

Aims: Focusing on cross-cultural mental health, this symposium examine trauma's clinical role in addiction, with a particular emphasis on alcohol dependence in Spanish culture. Additionally, it will explore culturally sensitive strategies for treatment and support, highlighting multifamily counseling and individual therapy sessions as therapeutic model in the rehabilitation of alcohol – dependent patients.

Methods: This study uses data from the 2024 EUDA (European Union Drugs Agency) report on alcohol use trends in Europe, highlighting the current epidemiological context of alcohol addiction in Spain. Additionally, clinical data was collected from a multifamily therapy program implemented in the province of Teruel. Outcomes were analyzed based on patient progress, relapse rates, and family system engagement.

Results: Trauma-related factors - especially within dysfunctional family systems - consistently appear as primary contributors to alcohol use disorder. Multifamily counseling not only helps identify and process these underlying issues, but also reconstructs the patient's support system. Compared to individual therapy alone, multifamily sessions demonstrate stronger outcomes in emotional regulation, relapse prevention, and long-term sobriety.

Discussion: Multifamily counseling creates a therapeutic space where patients and families can confront shared trauma narratives. Through collective reflection, emotional

validation, and skills training, this approach fosters resilience and responsibility. For sustained recovery, treatment must go beyond abstinence and address the root psychological injuries that fuel addiction.

References: Alcohol and Primary Health Care: Training and Patient Materials. Eur Addict Res, 2024; 21(1): 6–18. Gual Solé, A. Assessment & Treatment of Addictions: New Tools for Old Problems. J Clin Med, 2019. Memoria de actividades. ABATTAR, 2024. Mounteney, J. et al. The Drug Situation in Europe: Overview of 2015 Data. 2016.