Addiction: The Family Disease

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Families

• What makes up a family?
• Significant differences
• Little research to date outside of Euro-American population
• Regardless of ethnicity

The Family System

• _______________ – natural tendency of a system to maintain balance, structure and stability
• Addicted – homeostatic mechanism designed to withstand change
• Addicted – members maintain balance through repressing feelings and developing survival behaviors
Family Roles

- Roles – Family members will often fall into identifiable roles

- ______________
  - Usually the other adult
  - Purpose is to maintain appropriate appearances to the outside world
  - Negative – never takes the time to assess

Family Roles

- ______________
  - Usually the ___________________
  - Accomplishments compensate for the addict's behavior
  - Raises the esteem of the family
  - Negative – ________________ for anything besides achievements; therefore, inner needs are not met

Family Roles

- ______________
  - Disappears from the activity of the family
  - Favorite places are ______________________ as well as in his/her room
  - Tends to have issues with weight
  - Does not place added demands on the family system.
  - Negative – he/she ________________ than is vocalized
Family Roles

• ________________
  – Usually the youngest child
  – Often the "____________________" in school
  – The most popular person in the family
  – Provides levity to the family, keeps it light, the master of distraction
  – Negative – ________________________ rather than producing it

Family Roles

• ________________
  – Assigned all the family’s ills (___________)
  – Typically has issues with authority figures
  – Pulls the focus away from the addiction thereby allowing the addict to continue using
  – Usually have their own addiction issues
  – Negative – ___________________________ as an issue

Family Roles

• These roles serve to ________________ through a variety of means
  • Roles are not fixed
    – Children may be in ________________ role at a time or change roles as needed
    – Dysfunctional and maladaptive in that children are not allowed full expression of feelings
Family Rules
- Like roles, rules serve to maintain homeostasis
- 3 D’s
  - Don’t ______, Don’t ______, Don’t ______
- Extremely rigid
- Deviation results in serious consequences
- Rules protect the family from ___________ which is viewed as extremely dangerous

Family Boundaries
- ___________ – define one’s space and govern interaction between members or subsystems
- Tend to be overly rigid or overly diffuse
  - ______ = disengaged
  - ______ = loss of autonomy or enmeshment

Marital/Couple Subsystems
- Communication is hostile, critical and disapproving
- As substance abuse progresses, system becomes increasingly hostile and resentful
- Tends toward extremes
- Symbiotic
- High risk of _____________________
Common Relationship Systems

- The following are common relationship systems found in addicted couples
  - Enmeshment
  - Isolation
  - Codependency
  - Addiction
  - Codependency with Enabling
- The goal is to help couples reach:
  - ____________________________________

Hula Hoop Relationships

Individual #1  Individual #2

The Coupleship

Enmeshment
Codependency with Enabling

Mutual Interdependence

Parent-Child Subsystems
- Mother-son: frequently ________________
- Mother-daughter: hostile, chaotic, ________________
- Father-son: hostile or ________________
- Father-daughter: may become enmeshed to the point of ________________
Counseling Addicted Families

- Four stages of family therapy
  - _______________/labeling addiction as a problem
  - _______________ of the addiction from the home
  - Focusing on ___________ that is left when addictive use is stopped
  - Maintain _______________ around new way of life free of the addiction
- Incorporate all systems – this can mean extensive involvement in certain ethnic groups
- Anticipate collusion and efforts to maintain homeostasis

Counseling Addicted Families

- Common Tx goals:
  - Education concerning roles/responsibilities
  - Restore functional ______________ patterns
  - Breaking out of roles and assuming _______ _______ of behavior
  - What will happen if the addict returns to use?
  - Work through the ______________ hurts and pain
  - Get members involved in their own support group

Impacts on Children

- Common issues with children from addicted homes
  - Parental ________________
  - Conflicting messages
  - Covert expressions of feeling
  - ________________
Impacts on Children (continued)

- Children from addicted homes may develop_____________ related to consistent rejection
- May________________ for parental AOD use
- Can lead to social isolation, poor self-concept
- Hopelessness, fear and worthlessness are common

Impacts on Children (continued)

- As many as ____% as adolescent suicides come from addicted homes
- __________-like symptoms in serious cases
- Greater difficulty in school, more likely to repeat a grade or drop out, more likely to be referred to school counselor or psychologist
- Problems with absenteeism, behavior, attitude
- Require_____________ and focus on self-esteem

ACOA-Adult Children of Alcoholics

- Clinical Characteristics
  - Excessive use of denial
  - All or nothing thinking
  - Exaggerated need for control
  - Avoidance of feelings, self-disclosure
  - Lack of trust
  - Difficulty with intimate relationships
  - Depression/anxiety
  - Isolation
  - Rage
  - Survival guilt
  - Sleep disturbances/ Nightmare
  - Intrusive thoughts
Counseling the ACOA

- ACOAs are at high risk of developing their own addictive disorders
- If your client has an addictive issue…
  - First goal is to __________ problem use
  - Second goal is to identify __________ behaviors and coping skills that predispose ACOAs to addictive disorders
  - Careful with __________ ACOA – not necessarily accepted
  - ACOA 12 step groups do exist

Co-dependency

- The quick definition – preoccupation and dependence upon another person to the __________.
- A condition that emanates from an addictive process (a disease of __________)
- This term has generated great interest and controversy
- Does this pathologize typical female roles?

Co-dependency (the long definition)

- An emotional and behavioral pattern of interactive coping resulting from one’s protracted exposure to a restrictive environment that does not allow the open or direct expression of feelings about oneself or other family members.

(Friel & Friel, 1990)
The Co-dependent Client

- Emotional characteristics
  - Fear, shame and guilt, prolonged despair, anger, denial, rigidity, impaired identity development, confusion, mistrust

Some Common Beliefs

- My good feelings about who I am stem from being liked by you
- My mental attention is focused on you and on protecting you
- My mental attention is focused on manipulating you to do it my way
- My self-esteem is bolstered by solving your problems / by relieving your pain
- My own hobbies/interests are put to one side. My time is spent sharing your hobbies/interests
- I am not aware of how I feel. I am aware of how you feel.

Some Common Beliefs

- I am not aware of what I want - I ask what you want. I am not aware - I assume
- The dreams I have for my future are linked to you
- My fear of rejection and/or of your anger determines what I say or do
- I use giving as a way of feeling safe in our relationship
- My social circle diminishes as I involve myself with you
- I put my values aside in order to connect with you
Treating the Co-dependent Client/Couple

- Considerations for treatment:
  - Recognition of ____________________
  - Learning ______________________
  - Assertiveness training and communication skills
  - Focus on self-esteem and boundary issues
  - Labeling *may* allow for normalization
  - Be careful __________________________ – you may illicit resistance

Co-dependency and Helping Professionals

- Helping professionals and co-dependency
  - Students in professional helping programs show more ____________________ than students in other grad programs
  - More likely to come from addicted homes
  - Therefore, many graduates of these helping programs continue to demonstrate similar qualities

- ________________ before you attempt to help others