

Welcome To

Calvary Addiction

Recovery Center

Family Training

Curriculum

- Disease of Addiction
- **Delayed Emotional Growth**
- Healthy Helping
- Process of Recovery
- Aftercare Planning

ADDICTION: The Disease Concept

- Definition
- 1954 – A.M.A.
– Disease Model
- Diabetes Analogy
- ABC's of Addiction
- Program of Recovery



Disease of Addiction is like the Disease of Diabetes

- How long do you have it?
- Is there a cure?
- How can you live a *happy* life with it?



ABC'S of Addiction

■ **A**nything

■ **B**ut

■ **C**hange



Delayed Emotional Growth

- Estimated 90% of Re-habilitation Clients
- Traits of D.E.G. Client
 - Insecure
 - Morals of convenience
 - Childish and self-centered
 - Never really “left home”
- Cause = Early Substance Abuse
- Effect = Feeling Helpless About Change



Delayed Emotional Growth Traits:

Feels Insecure

- Feels incapable of being a fully functioning "Adult"
- Takes a "No" too personally

Morals of *Convenience*

- Lies
- Steals
- Breaks Promises

Delayed Emotional Growth Traits (cont.)

Childish and Self-Centered

- Resents "Authority"
- Wants Instant Gratification
- Has desperate need to be "In Control"
- Excessively angry (Not always obvious)
- Refuses to accept full responsibility
- Lifestyle of Un-Healthy Selfishness & Un-Healthy *Un-Selfishness*

Delayed Emotional Growth Traits (cont.)

Never really "left home"

- **Afraid to live alone sober**
- **Someone always there to rescue**

Delayed Emotional Growth

Cause:

Got into substance
abuse in twenties,
or younger.

Delayed Emotional Growth Effect:

- Hopelessness comes from having 2 different *problems* operating together, at the same time, and causing the same difficulties (both have the same ABC's).
 - Problem #1: Addiction
(often difficult to identify)
 - Problem #2: Arrested Emotional Growth
(often impossible to identify)
- Hope comes from a client's willingness to make genuine changes as they work on *both* problems at the same time.

Delayed Emotional Growth

Remedy = Maturity

Turning weaknesses into capabilities by taking mature actions that produce growth.

Maturity

Feeling More "Self-Secure"

- Capable of living a fully functioning adult life
- Capable of accepting a "no" when necessary

Having Healthy Morals

- Capable of telling the truth
- Capable of earning instead of stealing
- Capable of keeping commitments

Maturity

Being less Self-Centered and more Tolerant

- Capable of submitting to authority, when appropriate
- Capable of being patient, when necessary
- Capable of giving up control, when it's best to do so
- Capable of managing his/her anger
- Capable of accepting responsibility for his/her own life
- Capable of practicing "Healthy Selfishness"
- Capable of practicing "Healthy Un-Selfishness"

Maturity

Finally Leaving Home and Becoming His/Her Own Person

- Capable of living alone sober
- Capable of facing the consequences of their actions, and learning from them

To develop these capabilities, a client must make positive life-changes. Recovery helps clients overcome their resistance to making these changes.

Resistance to Change

Resistance to all change is natural and normal (even desired change).

Because of this, motivation may be necessary to help you to overcome your resistance to the changes you desire. Are you welcoming that motivation, or complaining about it?

Denial...

- **D**on't

- **E**ven

- **N**otice

- **I**

- **A**m

- **L**ying

ABC'S of Recovery

■ **A** — Ask for Help

■ **B** — Be Willing To Listen

■ **C** — Choose To Do
What's Suggested

Healthy Helping

■ Roles

- Family > Old Role vs. New Role
- Addict > Old Role vs. New Role

■ 2 Different Guidelines

- “How to Help a Loved One”
- How to Help an Addicted Loved One”

■ Enabling

- Guilt: 2 kinds
 - True vs. Artificial
- Kidney Disease Example



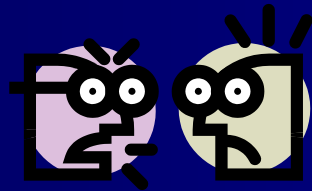
■ Boundaries

- Saying “NO”
- “Age” of Mental Picture

Role of Family Members in Healthy Helping Relationships

OLD (force control)

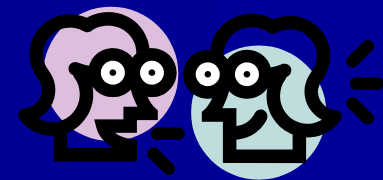
- Enabler
- Lecturer
- Rescuer
- Enforcer
- Ignorer
- Punisher
- Controller
- Jailer



NEW

(motivate/collaborate)

- Partner
- Encourager
- Listener
- Positive Communicator
- Boundary Setter
- Caring Coach



Role of Family Members in Healthy Helping Relationships

OLD (force control)

- **Enabler** – Has a strong need to take care of, and please the client
- **Lecturer** – Uses lecturing, criticizing, or advice to get the client to change
- **Rescuer** – Inadvertently keeps the client in a dependent position
- **Enforcer** – Plays the part of the “policeman” for the client
- **Continued...**

Role of Family Members in Healthy Helping Relationships

OLD (force control)

- ...Continued
- Ignorer – Gives up because “nothing works”
- Punisher –Tries to use punishment to force the client to change
- Controller – Tries to help the client change by controlling all their decisions
- Jailer – Tries to help the client change by keeping them safe at home

Role of Family Members in Healthy Helping Relationships

❖ Who will you pick to help you learn a new role?

(Note: It's best to ask for input from several sources)

❖ In your new role, what new behaviors (actions) will

Alcoholic/Addict "ROLES"

(In active addiction & early recovery)

- **Intimidator – uses anger to drive people away**
- **Intellectual – mistakes knowledge for understanding**
- **Victim – blames negative events for addiction**
- **Blamer – blames other people for addiction**
- **Playing Dumb – “I don’t understand”**
- **Avoider – tries to keep a low profile**
- **Socialite – keeps a high profile, but is superficial**
- **A.A. Expert – speak in slogans, but doesn’t get personal**
- **Bible Expert – quotes scripture, but doesn’t get personal**
- **Continued...**

Alcoholic/Addict "ROLES"

(In active addiction & early recovery)

- **...Continued**
- **Con Man – thinks he (or she) is fooling people**
- **Closed-Minded – “I know what I have to do”**
- **Magic Bullet - “I know what caused my addiction”**
- **“Yeah, But” – “That’s a good idea, but it won’t work”**
- **Deflector – tries to focus attention away from self**
- **Lip Service – agrees to follow through, but never does**
- **Controller – tries to control the course of their recovery**
- **Suspicious – “What will you do with this information?”**

Positive Roles for addict/alcoholic in *early* stages of Recovery

- Disciple – Apprentice
- Willing Student
- “Discerning” Follower
 - What role
 - Who I pick (Should not be a family member)
 - Who will you pick to lead and guide you?
 - What changes you will see
 - What new behaviors (actions) will people notice you’re doing in your new role?

**THE
GAME
IS
UP**

.....family member:

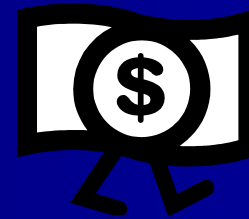
**"I HEREBY
RESIGN MY
POSITION AS
YOUR RESCUER"**

.....The addict:

**"I HEREBY
RESIGN MY
POSITION AS
THE VICTIM"**

3 Rules for Healthy Helping *

1. NO MONEY



2. NO GIFTS



**3. NO ROOM
& BOARD**




**When called for...*

BOUNDARIES

“Boundaries, limits,
and consequences are
to take care of me –
NOT to hurt you.”

LOVE

My  love for you is
unconditional;
however, my
involvement with you
is not.

Process of Recovery

■ Time Frame

- Two year “foundation” concept

■ Re-Building Trust

■ ABC's of Recovery

■ Addictive vs. Healthy Lifestyle

- Lifestyle of *healthy* selfishness
- Life-balance model

A Balanced Life

- $\frac{1}{4}$ = Love and Family

- $\frac{1}{4}$ = Work

-----*Line of Survival*-----

- $\frac{1}{4}$ = Recreation ("Imitation vs. True")

- Alone

- With Family

- With Friends

- $\frac{1}{4}$ = Self Improvement and Recovery

- (12 step, church, counseling, etc.)

Aftercare Planning

- **Definitions:**

- **Aftercare**
- **Re-Entry (Half-way House)**
- **Relapse Prevention**

**“It’s okay to do
what you want to
do until it is time
for you to do
what you were
meant to do.”**

A New Way of Life

“A new way of life is not given for nothing. It has to be paid dearly for, and can only be acquired with much patience and great effort.”

CHANGE

=

AWARENESS

+

NEW ACTION

**"I'm Changing
how I help you;
in order to help
you even
better"**

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved.”

-Helen Keller