

ADDRESSING THE ADDICTED FAMILY SYSTEM



AGENDA

Today we are going to explore why families get entrenched into an addicted lifestyle.

How to get out of the trench.

How to move them forward.

DEALING WITH THE POWER OF HOMEOSTASIS



What is it?

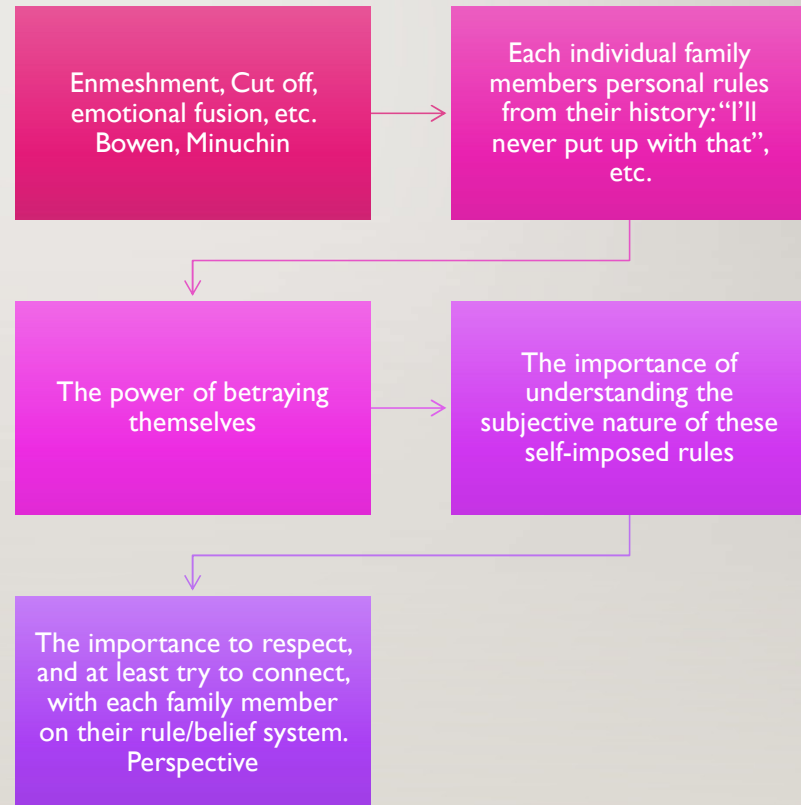


How can we address it?



How can we assist in
“reprogramming” it to a
positive?

HOW DOES HOMEOSTASIS BEGIN



TRAUMA

- Respecting the subjective nature of it.
- Treating it: EMDR, TF-CBT, CPT, Etc.
- Addressing ancillary gain of the Trauma: 1. Family over functioning 2. Under functioning 3. Subjective feelings of disrespect, etc. etc. etc.

UTILIZING THE EMOTIONAL NEED MOTIVATION NEEDS MODEL

Start to create some movement toward more effective behavior.

De-pathologize them

Create a positive vision with the buy-in of the family.

Assist in reducing the power struggle by education on the individual's needs.

Make it normal for everyone to want to feel the way they want to feel.

Utilize other family members (identifying with their needs) to get them on board with meeting the need.

CREATE NEW DIALECT FOR THE FAMILY

- Change right and wrong to effective and ineffective.
- Utilize enactments to help the family experience, in real time, how one person's behavior could affect another family members emotional needs. Perspective...Lets try....
- Teach them the good before, during, and after for the behavior to be effective.
- What behavior meets the need???

MAKE THE COVERT OVERT WITH AS MUCH SMOOTHNESS AS POSSIBLE.



BE CURIOUS



ASK A LOT OF QUESTIONS
LIKE YOU DON'T KNOW
THE ANSWER



SPIT IN THEIR SOUP: ADLER

CREATE A LOOK-FORWARD-TO

Each family member needs one, and it needs to be selfish.



They need to make other members important.
Make each other responsible to help.



Mom and dad date night while older kid watches the younger, etc.

COUPLES HAVING ASSIGNED NIGHT

- When doing couples work, I have each person describe a selfish night and put it on the Calander, for once a week, month, or whatever realistic time they have.
- It is crucial for human beings to see the hope of their need being met in the foreseeable future.
- Helping families is no different just allow them all to have a selfish day/night that is realistic for the family to fulfill.
- HOPE HOPE HOPE HOPE HOPE

QUESTIONS

GROUPS

CASE STUDY

- Michael, age 15, lives with his mother, father, and younger sister. His father has struggled with opioid addiction for several years. Michael excels academically, participates in multiple extracurricular activities, and frequently cares for his younger sister when his parents are unavailable. He feels responsible for keeping the family together and rarely expresses his own emotions. Despite appearing successful, Michael reports chronic anxiety, difficulty sleeping, and fear that something bad will happen at home when he is away.

CASE STUDY

- Jennifer, age 42, is married to a man with severe alcohol use disorder. She routinely calls his employer to explain absences, pays bills he neglects, and minimizes his drinking when speaking with friends and family. Although she reports feeling exhausted and resentful, Jennifer believes protecting her husband from consequences is helping him. Their children report feeling confused and frustrated by the family's unspoken rules regarding alcohol use.

CASE STUDY

- Brandon, age 17, has recently been suspended from school for fighting. His mother is in recovery from methamphetamine addiction but continues to have periodic relapses. Family members frequently focus on Brandon's behavioral issues while avoiding conversations about his mother's substance use. Brandon reports feeling angry, invisible, and blamed for most family problems. He acknowledges that acting out often draws attention away from his mother's addiction.

CASE STUDY

- Emily, age 13, lives in a home affected by her mother's prescription drug misuse. Emily spends most of her time alone in her room reading or playing online games. Teachers describe her as quiet and withdrawn. Family members rarely notice her emotional needs because attention is often directed toward crises involving her mother. Emily reports feeling lonely and believes that asking for help would only burden others.

LAST THING

Why a “little thing” can seem to do so much damage one day but be a nothing on other days.



Insulate. Move that need up as high as you can 😊

THANK YOU!

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