Family Risks and Resiliencies

Chapter 9
Standard Symbols for Genograms

Male: Female: Birth Date '41- Age = inside symbol Death Date '41-96
written above left of symbol written inside symbol written above right of symbol

Marriage Living Together or Affair Lesbian Couple Gay Couple
m 1970 LT 75 m 91 LT 93...

Marital Separation Divorce Getting back Together after Divorce
m. 70 s 85 m. 70 s 85 d 87 d 87 remar 90

Children: List in birth order beginning with the oldest on left

Biological Child Foster Child Adopted Child Stillbirth Abortion Twins
71 74 76 77 77 81 83 83
27 25 22

Pregnancy

Drug or Alcohol Abuse Suspected Abuse In Recovery from Drug or Alcohol Abuse Serious mental or physical problem Drug/Alcohol Abuse and Physical or Mental problem

Symbols Denoting Interactional Patterns between People

Close Distant Close-Hostile Focused On Sexual Abuse
Fused Hostile Fused-Hostile Cutoff Physical Abuse
Family Risks and Resilience

- Addiction is a family disease...pain and stigma.
- Box 9.1 *Des Moines Register* (page381-82)
  “Children of Addicts”—
  - meth labs
  - family fights
  - child neglect
- Classic Family Structure:
  - Addict as symptom of carrier.
  - Faulty communication in family > anorexia
- Confusion of cause and effect
Family of Addiction

• **Adults**
  – Alcoholic – addict
  – Co – dependent (family manager)
    • Can be child (single parent family)

• **Children**
  – Hero
  – Scapegoat
  – Lost Child
  – Mascot

Each have an important role in the family
  – Each balances the family system

The one identifying symptoms - healthiest
ADDITION:
A Mask for Internal Pain
Phases of Chemical Dependency

**Phase 1**
Learning the Mood Swing
1st time “feeling” effects of drug and enjoy it

**Phase 2**
Seek the Mood Swing
Repeat use; “feeling” intentionally sought

**Phase 3**
Harmful Dependency
Need for “feeling” is controlling & interfering; harmful
Denial kicks in

**Phase 4**
Using to “feel” normal
Physical and emotional pain if without

**Phase 5**
Death
Denial

• Operate below conscious awareness
• Keeps the addictive person from knowing the reality of their situation
• Three forms
  – Defenses
    • Protect person from emotional pain
      – Rationalization; Projection; Blaming
  – Delusionary memory
    • Unreliable memory
      – Blackouts, repression & euphoric recall
  – Enabling
    • Done TO alcoholic - addict
    • Help avoid natural and logical consequence of use
How Enabling Works

“Here, take these. Let me help you.”
Enabling

The enabling system consists of those ideas, feelings, attitudes, and behaviors which unwittingly allow addiction problems to continue or worsen by preventing the addictive person from experienced the consequences of their condition, or order to enhance, maintain or promote the enabler’s sense of well-being.
PLEASE SUPPORT MY TIRELESS EFFORTS TO CONTINUE BLAMING OTHER PEOPLE FOR THE CHRONIC PROBLEMS IN MY LIFE.
Enable – Love to Death

• Enabler sees self as helper – rewarded
• CD actively reinforces the enabler
• Needs met on both sides
• Once established, CD will keep pattern
• If enabler stops; CD make very uncomfortable
• Enablers have unnaturally low tolerance for conflict so will continue to avoid conflict
• All addictive behaviors seek an enabler
Co-dependent: Every good CD has One

- Enables dysfunction
- Addicted to alcoholic / Addict
- Allow others to avoid natural consequences
- Assume world will fall apart w/o them
- Over involved with family members
- Continual approval-seeking; perfectionism
- Investment of time and energy to meet the real or imagined needs of others a the expense of self
- Difficulty maintaining appropriate level of self esteem
- Unwillingness to accept reality
- Boundary problems
- Being controlled by the need to control others
- Difficulty in experiencing and expressing feeling
Enmeshed Family

Spouses are estranged
one child is enmeshed with father
one with mother
Isolated family:

Lack of cohesion and social support. Each member is protected by wall of defenses.
Healthy Family:

All are touching, but their boundaries are not overlapping.
## Traits of Families

<table>
<thead>
<tr>
<th>Healthy Families</th>
<th>Unhealthy Families</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Carries out basic functions</td>
<td>• Lack of safety</td>
</tr>
<tr>
<td>• Provides emotional safety</td>
<td>• Poor boundaries</td>
</tr>
<tr>
<td>• Promotes individuality</td>
<td>• Ineffective communication</td>
</tr>
<tr>
<td>• Promotes continuity</td>
<td>• Mistrust</td>
</tr>
<tr>
<td>• Communicates effectively</td>
<td>• Extremes</td>
</tr>
<tr>
<td>• Accesses support as needed</td>
<td></td>
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</tbody>
</table>
**Healthy**

- Provide safety
- Parent available
- Model limits on behavior
- Establish boundaries

**Self Care**

- Choice important
- Responsibility for self
- Everyone important
- Trust own judgment

**Open Communication**

- Share range of feelings
- Direct communication
- Judge behavior
- Forgiveness

**Unhealthy**

- Safety jeopardized
- Parent no available
- Parental loss of control
- Abuse

**Co-Dependency**

- Few or no choices
- Others’ needs come first
- Some are more important
- Rely on others’ judgment

**Closed Communication**

- Feelings hidden
- Secrets to keep peace
- Judge person
- Shame
Barriers to Self Esteem

- Not taught to label and modulate arousal
- Not taught to tolerate stress
- Not taught to trust own emotional responses as valid interpretations of events
- Taught to invalidate own experiences by making it necessary for the child to san the environment for cues about how to act & feel

(Antisocial or Borderline personality)
Family Rules

- Don’t Talk
- Don’t Trust
- Don’t Feel
Feelings.....What Feelings?
Long Term Consequences of Growing up in an Alcoholic Home
Forgotten Victims

(Walking Wounded) & (DMZ)

• Develop an unclear sense of reality
• Feel the need to protect “care-take”
• View “crazy” as normal
• Receive little support for identity development
• Punished for same behaviors parents are modeling
• Confused about what is right & wrong
• Separated from socialization w/peers
• Closed family system – no help
• Failure completing developmental tasks creates dependence on dysfunctional / abusive parents
• Dysfunctional relationships are repeated
Essential Elements of Self Esteem

• **Sense of Security**
  – Never know if drunk or sober
  – walk on eggshell

• **Sense of Identity**
  – Say thins not mean
  – “you drive me to drink”

• **Sense of Belonging**
  – Feel alienated
  – Concentric circles

• **Sense of Purpose**
  – Consumed with alcoholism

• **Sense of Personal Competence**
  – Consumed with alcoholism
Shame Versus Guilt

• **Guilt:** feel guilty about actions
• **Shame:** feel bad about “who they are”
  – It is a primary feeling
  – It is induced at first
  – It eventually becomes internalized
  – Fear of being caught or found out
What are Typical Concerns for Adolescents?
Concerns for Adolescent COAs

- Worried about heredity of CD
- How to get parents to stop
- How to survive conflict in the home
- How their family’s problems affect dating, friends and reputation
- How to live with the CD person
- Who to develop survival skills w/o getting stuck in them
- Issues of physical or sexual abuse, domestic violence, depression or suicide
Survival Roles

• **Family Hero** – “trooper”
  • Provides Self Worth for Family
    – Works hard for approval
    – Super responsible
    – “all together”

• Feelings
  – Anger
  – Inadequate
  – Confused
Survival Roles

- **Scapegoat** - “hand to hand combat”
- Functions to distract & family focus
  - Strong peer value
  - Acting out
  - Withdrawn

- Feeling
  - Hurt
  - Anger
  - Lonely
Survival Roles

• **Lost Child** – “MIA”

• Function as relief for family / no waves
  – Aloofness
  – Withdrawn
  – Super independent

• Feelings
  – Lonely
  – Anger
  – Inadequacy
Survival Roles

- **Mascot** – “Entertainment”
- Function to provide fun & humor
  - Attention getter
  - Humor
  - Super “cute”
- **Feeling**
  - Fear
  - Insecurity
  - Lonely
Building Self Esteem

• **Co-dependent** – (Family Manager)
  – Ok not to know what everybody is doing
  – Not your fault if others fail
  – Natural and logical consequences
  – OK to put yourself first
  – Take time for you

• **Trait: Helpers**

• **Job**
  – Educator
  – Counselor
  – Nurse
Building Self Esteem

• **Hero** (Looking Good)
  – Okay to make mistakes
  – Accept failure / learn to fail
  – Value self not accomplishments
  – Value of seeking help
  – Not responsible for others

• **Trait: over achievers**

• **Jobs**
  – CEOs
  – Doctors
Building Self Esteem

• **Scapegoat** *(carry the pain)*
  – Enforce consequences
  – Disengage in power struggles
  – “talk is cheap” don’t bluff
  – “Say what you mean & mean what you say”

• **Trait: natural leaders**

• **Jobs**
  – Rock stars
Building Self Esteem

• **Lost Child** (don’t trust)
  – Encourage social interaction
  – Reassure
  – Use imagination creatively

• **Trait:** sensitive

• **Jobs**
  – Poet
  – Writer
Building Self Esteem

• **Mascot** (clown)
  – Make accountable
  – Confront firmly
  – Encourage to take self seriously
  – Attention to responsible behavior

• **Traits**: funny

• **Jobs**
  – Jim Carey
  – Robin Williams
7 Key Strengths

1) **Insight**
   - Ability to ask tough questions & give honest answers

2) **Independence**
   - Ability to separate emotionally and physically from one’s troubled environment

3) **Relationships**
   - Ability to develop fulfilling relationships w/ others to meet needs

4) **Initiative**
   - Ability to take charge of personal problems, set goals & be productive

5) **Morality**
   - Ability to seek a fulfilling personal life demonstrate ethically conduct and possess self-respect

6) **Creativity**
   - Ability to impose order and beauty on the chaos of troubling experiences and feelings

7) **Humor**
   - Ability to resolve conflict and heal pain through humor
LESSON 14: THE 81 TYPES OF HIGH SCHOOL STUDENTS

REAL HIGH SCHOOL KIDS ARE MUCH YOUNGER THAN THE ACTORS WHO PORTRAY THEM IN HOLLYWOOD MOVIES.
History of Family Tx

- Lack of ins prevents emphasis on family tx
- Traditional Family Systems
  - Addict was viewed as product of sick family
- Virginia Satir:
  - studied family adaptation to person’s illness
  - Addict was viewed as one part of sick family
- Claudia Black
  - “It will never happen to me”
  - Don’t talk, trust, feel—co-alcoholic, codependent.
- Janet Woititz
  - Adult Children of Alcoholics
  - Al-Anon—1950s
Stages of Disease in the Family

• Stage 1: Denial
• Stage 2: Attempts of control
  • Keep in the family
• Stage 3: Disorganization
  • Chess
• Stage 4a: Disassociation
  • Accept & permit
• Stage 4b: Divorce
• Stage 4c: Recovery & Reorganization
Stages of Family Change:

1. **Pre-contemplation:**
   - Counselors describe family communication patterns.
   - May when family member in trouble with law / school
   - Don’t talk, don’t trust, don’t feel
   - What brings you here?
   - Miracle question

2. **Contemplation:**
   - Family concerns – look for solutions.
   - Male partners may be hard to engage.

3. **Preparation:**
   - Breaking point--formal intervention
   - Boxed reading by Carroll Schutey
   - Family members make a list of feeling responses to addict’s actions.
Stages of Family Change

4. Action:
   - Rehearsal & treatment of family w/o addict
     - Grief, despair, rage
   - Therapist feedback
   - “Have you noticed when you two fight, your son leans over backward in his chair until you have to stop him?”
   - Reveal how the family roles operate in a system.

5. Maintenance:
   - Focus on process not content
   - “what to do if....”
   - Transition with sobriety
Rules of Fighting Fair

• Attack behavior, not person
• No mind reading
• Narrow the problem
  – Keep issues of manageable size
  – Avoid vague wholes
• No put downs or accusations
  – No negative labels
• Don’t rehash the past
Three R’s Model

• **Rename:**
  – No labels
  – shopping addiction as illness, not foolish spending.

• **Reframe:**
  – help client see things happen for a reason
  – “Can you find anything positive from this experience”
  – Look at strengths - survivors

• **Reclaim:**
  – Healing
  – we-ness - Native Americans
    • family circles to make decisions

• Kathy and Ed: Case Study
Exercises Related to Family Work

1) Drawing family maps, circles
2) Family sculpture
3) Genogram
4) Relapse prevention plan
5) Viewing excerpt from a movie or videotape.
Cultural Considerations

McGoldrick et al’s

*Ethnicity and Family Therapy* (2005)

- **African American families**—
  - Reciprocity a strength
  - Extended family

- **Latino families**—
  - Avoid a businesslike approach
  - Less direct approach
  - Faith based

- **Asian and Asian American families**—
  - Engage most powerful person in the family
  - Explicit suggestions
  - Explain timeframe of treatment
  - Sensitive to privacy
Cultural Issues

• Appalachian families
  – Engage the women who will teach health care practices
  – Factual and non judgmental

• Gay and Lesbian
  – Use clients term
    • Partner vs friend
  – Do not pathologize
    • issue of boundaries and fusion
  – May seek support from an ex-partner
  – Reluctance to include other family members
  – Should not be encouraged to come out
The Question:

• Is my behavior allowing the other person to successfully accomplish or continue behaviors that are hurtful to that person?
Empowerment

My role as helper is not to do things for the person am trying to help, but to be things;
Not to try to control and change their actions, but through understanding and awareness, to change my reactions.
I will change my negatives to positives; fear to faith; contempt for what they do to respect for the potential within them; hostility to understanding; and manipulation or over protectiveness to release with love.
Not trying to make him fit the standard or image, but giving them the opportunity to pursue their own destiny, regardless of that their choice may be.