Family Risks and Resiliencies

Chapter 10
Standard Symbols for Genograms

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

Marriage
m 1970
Living Together or Affair
LT 75
LT = living together

Marital Separation
m. 70 s 85
Divorce
m. 70 s 85 d 87

Getting back Together after Divorce
d 87 remar 90

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

71 73 76 77 79 81 83 83 85 85 98
Biological Child Foster Child Adopted Child Stillbirth Abortion Twins Identical Twins Pregnancy

Drug or Alcohol Abuse Suspected Abuse In Recovery from Drug or Alcohol Abuse Serious mental or 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
Genogram

LEGEND FOR GENOGRAM

- Male
- Female
- Index case

- Birth date - death date
- Deceased
- Died at age 43

- Marriage
- Divorce
- Living together relationship

- Children in birth order, oldest on left
- Identical twins
- Fraternal twins

- Very close relationship
- Conflictual relationship

- Current age = 12

- Living together in same household

**Errata:** The vertical line to the right of the 50 year old step-father of J. is unintentional.

ACOA = Adult Child of Alcoholic
ALC = Alcoholic
Family of Addiction

• **Adults**
  – SUD – moderate/severe
  – 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
ADDICTION:
A Mask for Internal Pain

GAMBLING
CIGARETTES
DRUGS
ALCOHOL
SEX
WORK
RAGE
Phases of Chemical Dependency

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

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

**Phase 3**
SUD moderate/severe
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
  – **Delusional memory**
    • Unreliable memory
      – Blackouts, repression & euphoric recall
  – **Enabling**
    • Done **TO** those with SUD
    • Help avoid natural and logical consequence of use
Denial
Types of Denial

1) **Global Thinking:**
   - Justify something with absolute terms.
     - “everybody does it.”

2) **Rationalization:**
   - This is justifying unacceptable behavior.
     - “I don’t have a problem.”
     - “I can go months without this, so I don’t have a problem.”

3) **Minimizing:**
   - Make behavior or consequences seem smaller or less important.
     - “only once in a while,” or “it’s no big deal.”
Types of Denial

4) **Comparison:**
   - Shifting focus to someone else to justify behaviors.
     - “I’m not as bad as...”

5) **Uniqueness** (entitlement)
   - Thinking you are different or special.
     - “My situation is different,”
     - “That’s fine for you, but I’m too busy.”

6) **Distraction**
   - Clowning and getting everyone laughing.
   - Anger outbursts to frighten or intimidate others.
Types of Denial

7) **Avoiding by Omission:**
   - Leaving out important bits of information
   - Revealing enough information while keeping back the most “dangerous” information that will get you in more trouble.

8) **Blaming:**
   - Shift blame and responsibility from yourself to another.
     - “Well, you would drink, too, if you had my job.”
Types of Denial

9) **Intellectualizing:**
   - Avoiding feelings and responsibility by thinking.
   - Explain everything getting lost in detail and/or storytelling.
   - Pretending superior intellect & using intelligence as a weapon.
Types of Denial

10) **Victim Mentality**

- **Hopelessness & Helplessness**
  - “I can’t help it,”
  - “There is nothing I can do to get better,”
  - “I’m the worst.”

11) **Manipulative**

- This usually involves some distortion of reality
  - power
  - lies
  - secrets
  - guilt to exploit others
Types of Denial

12) **Compartamentalizing:**
   - Separating your life into compartments.
   - Dr. Jackel & Mr. Hyde
   - Public Vs Private

13) **Crazy-making:**
   - When confronted by others who DO have a correct perception...we simply tell them that they are totally wrong.
   - Act indignantly toward them attempting to make them feel crazy by simply positing that they cannot trust their own perceptions.
Who in the family is in Denial?
How Enabling Works

“Here, take these. Let me help you.”

ENABLER

ADICT

NO-SEE GLASSES
You will never see the consequences of your actions.
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
- Those w/SUD actively reinforces the enabler
- Needs met on both sides
- If enabler stops; SUD gets very uncomfortable
- Enablers have unnaturally low tolerance for conflict so will continue to avoid conflict
- All addictive behaviors seek an enabler
- Not allowing others to suffer natural, logical consequences of behaviors
TO ENABLERS!
Co-dependent: Every good CD has One

- Enables dysfunction
- Addicted to Person w/ SUD
- Allow others to avoid natural consequences
- Assume world will fall apart w/o them
- Over involved with family members
- Difficulty maintaining appropriate level of self esteem
- 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

**Healthy Families**
- Carries out basic functions
- Provides emotional safety
- Promotes individuality
- Promotes continuity
- Communicates effectively
- Accesses support as needed

**Unhealthy Families**
- Lack of safety
- Poor boundaries
- Ineffective communication
- Mistrust
- Extremes
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 not 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

1) Not taught to label and modulate arousal
2) Not taught to tolerate stress
3) Not taught to trust their own emotional responses as valid interpretations of events
4) Taught to invalidate their own experiences by making it necessary for the child to scan the environment for cues about how to act & feel
   (Antisocial or Borderline personality).
Family Rules

1) Don’t Talk
2) Don’t Trust
3) 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 eggshells

• **Sense of Identity**
  – Say things 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 SUD
• 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 SUD person
• How to develop survival skills w/o getting stuck in them
• Issues of physical or sexual abuse, domestic violence, depression or suicide
Adverse Childhood Experience (ACE)

Published 1998, plus 57 others through 2011:

- **Childhood trauma was very common:**
  - Employed white middle-class,
  - College-educated people with great health insurance:

- **There was a direct link between childhood trauma and:**
  - Adult onset of chronic disease
  - Depression
  - Suicide
  - Being violent and a victim of violence

- **More types of trauma increased the risk of:**
  - Health, social and emotional problems.

- People usually experience more than one type of trauma.
ACE Study

• 66.67 % of the 17,000 people in study:
  – Scored at least 1  (11,333 people)
    • Of those, 87 % more than one  (8,959 people)

• 18 states have done their own ACE survey:
  – Results are similar to the CDC’s ACE Study
## ACE Results

<table>
<thead>
<tr>
<th>Number of Adverse Childhood Experiences (ACE Score)</th>
<th>Women</th>
<th>Men</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>34.5</td>
<td>38.0</td>
<td>36.1</td>
</tr>
<tr>
<td>1</td>
<td>24.5</td>
<td>27.9</td>
<td>26.0</td>
</tr>
<tr>
<td>2</td>
<td>15.5</td>
<td>16.4</td>
<td>15.9</td>
</tr>
<tr>
<td>3</td>
<td>10.3</td>
<td>8.6</td>
<td>9.5</td>
</tr>
<tr>
<td>4 or more</td>
<td>15.2</td>
<td>9.2</td>
<td>12.5</td>
</tr>
</tbody>
</table>
LESSON 14:
THE 81 TYPES OF HIGH SCHOOL STUDENTS

DID YOU KNOW?
REAL HIGH SCHOOL KIDS ARE MUCH YOUNGER THAN THE ACTORS WHO PORTRAY THEM IN HOLLYWOOD MOVIES.
Survival Roles

- Wegscheider (1981)
- Not empirically validated
- Controversial
- Useful in engaging family members
Survival Roles

- **Family Hero** – “trooper”

- Provides Self Worth for Family
  - Works hard for approc
  - 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
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
Is There a Silver Lining?

"Too many people miss the silver lining because they're expecting gold."
~Maurice Setter
Resiliency
Yes...... a Strength Based Approach

"You never know how strong you are until being strong is the only choice you have."
- Unknown

MotivationalWellBeing.com
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
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
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.
   - When family member in trouble with law / school
   - Don’t talk, don’t trust, don’t feel
   - What brings you here?
   - Miracle question
Stages of Family Change:

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

3. **Preparation:**
   - Breaking point--formal intervention
   - 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.
Stages of Family Change

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
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 women who will teach health care
  – 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
Situations of Domestic Violence

- Connection of substance use and violence.
- Battering intervention programs.
- Motivational Interviewing
  - Bridge between women’s domestic violence services and substance abuse treatment.
- Teaching women safety
  - Money
  - Keys
  - Documents
  - Code word
  - Tell others
    - Route
    - Plan to leave
- Risk of serious violence and death
- Do NOT refer for couples counseling
- PAIP (26 week program for perpetrators)
The Question:

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

Encourage & Empower
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.