

*Illinois Problem Solving Courts 2020
Conference*

Presents

*Breaking Intergenerational Patterns of
Addictions, Trauma and Dark Secrets*

Presenter

Mark Sanders, LCSW, CADAC

Trainers' Contact Information

Email

Mark Sanders

onthemark25@aol.com

Website

onthemarkconsulting25.com





GOING FROM THE PROJECTS TO PH.D.

Transcending My Geography



DR. YVETTE L. PYE



Clinical Strategies to Break Intergenerational Transmission of Addiction

1. Shift the unit of service from the individual to the family and extended family.

- *Counselors are more effective recruiters than clients*

Thomas Todd "Family Therapy With Drug Abusers"

- *Treatment and prevention simultaneous*
- *Reduce shame and self-blame as early as possible*

My parent has a disease that is characterized by emotional unavailability, broken promises, and inconsistency. I did not cause this problem. I am not the problem or the solution.

Claudia Black, PH.D.

Iceberg Model

The diagram features a blue background with a stylized iceberg. The top part of the iceberg, which is above the water line, is a dark blue triangle. The submerged part of the iceberg is a lighter blue, wavy shape. The text 'Iceberg Model' is written in yellow, italicized font at the top. Below it, the word 'Addiction' is written in yellow, italicized font, positioned just above the water line. A yellow arrow points upwards from 'Addiction' to the word 'Co-dependence', which is also in yellow, italicized font. Another yellow arrow points upwards from 'Co-dependence' to the word 'Toxic Shame', which is in yellow, italicized font. A final yellow arrow points upwards from 'Toxic Shame' to the phrase 'Abandonment/Trauma', which is in yellow, italicized font at the bottom of the diagram.

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Guilt vs. Shame

Guilt

- *Behavior*
- *"I've done wrong"*
- *"I've done bad"*
- *"I made a mistake"*

Shame

- *Your being*
- *"There is something wrong with me"*
- *"I am bad"*
- *"I am a mistake"*

Shame

The belief that I am unlovable and unworthy of belonging.

Brene Brown, Ph. D.

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Addiction



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Toxic Shame



Abandonment/Trauma

John Freil

Co-dependence

An over involvement with things outside of us and an underinvolvement with things inside of us. Left untreated codependence can lead to addiction.

John Friel



Marilyn Monroe

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Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Shift the Unit of Service Continued

- *Children of parents with Substance Use Disorders need to know that they're not alone. Many go on to achieve a great deal of success.*



Drew Barrymore

Her father was an alcoholic who threw her against the wall at age 3 and left the family when she went to the alcohol rehab at age 13.



Charlize Theron

When Charlize was 15, her mother went to prison for killing her dad who often physically abused her mom when he was under the influence.



Kelly Osbourne



Halle Berry

Her father was an alcoholic who physically abused her mother and sister.



Adele

Her father was an alcoholic. He left the family when Adele was 3.



Demi Moore

Her mother and step father were both alcoholic.
Demi grew up with domestic violence.



Tupac Shakur

Tupac Shakur's mother was addicted to crack cocaine.



Eminem



Jay Z



Nicki Minaj

Her father was addicted to alcohol and other drugs.



Rihanna's father is addicted to crack cocaine and alcohol.



President Barack Obama



President Bill Clinton



President Ronald Reagan

Clinical Strategies Continued

- 2. Let parents seeking recovery know that their children are at increased risks for developing a Substance Use Disorder and provide education on how parenting styles can impact child and adolescent substance use.*

3 Parenting Styles

- *Autocratic – children have no voice*
- *Democratic – children have a voice*
- *Laissez – faire – anything goes*

3 Important Questions for Clients

- *How can we help you maintain your recovery?*
- *What will your spouse/partner do to take care of self?*
- *What do your children most need to enhance their present and future wellbeing?*

Clinical Strategies Continued

- 3. Integrate services for couples, children and families within all addiction treatment programs.*

Clinical Strategies Continued

- 4. When working with adolescents in addictions treatment provide services for their younger siblings.*

Clinical Strategies Continued

5. Encourage clients in treatment to think about New family memories.

- *Drug free celebrations*
- *Cultural celebrations*
- *Recovery celebrations*
- *Family dinners*

*Mother Nurture: Life Lessons from
America's Best and Brightest*

by

Stephanie Hirsch

with

Hannah Seligson



Steven Spielberg



Beyonce



Michael Jordan



Danica Patrick



Cindy Crawford



Uma Thurman



J-Lo



Eva Longoria

Children and adolescents who eat dinner with their parents 5 times per week use 3 times fewer drugs than those who eat dinner with their parents twice a week.

"Let's play AA."



Clinical Strategies Continued

6. Establish child focused goals for clients in treatment

- Parenting time with each child*
- Positive relationship with an aunt or uncle*
- Communicate high expectation and support their dreams*
- Mentorship and membership for each child*

Clinical Strategies Continued

7. Address family secrets

Good Family Secrets

- *Santa Claus*
- *The tooth fairy*
- *Surprise birthday party*
- *How you feel about people as people*



Dark Secrets

Level I Dark Secrets

- *Phobias*
- *The intimate details of an affair*

Level II Dark Secrets

- *Your real ethnicity*
- *Adoption status*
- *Who your parents really are*



Secrets Theory

*Everyone in the family knows the secret.
They will repeat the secret across
generations until the secret is openly
dealt with.*

Source: Family Secrets

Level III Dark Secrets

- *Addictions*
- *Living with addictions*

Level IV Dark Secrets

These secrets cause the most damage if not discussed

- *Incest*
- *Childhood sexual abuse*
- *Sexual assault*
- *Torture*
- *Witnessing extreme violence*
- *"The secret that you only tell once"*

Clinical Strategies Continued

7. Teach healthy boundaries

- Loose- everyone is doing their own thing, no one is aware of what's going on with other family members*
- Enmeshed- family members are too close*
- Healthy- everyone is allowed the 5 freedoms*

The Five Freedoms

- *To think what you think rather than what you should think*
- *To feel what you feel rather than what you should feel*
- *To want what you want rather than what you should want*
- *To see what you see rather than what you should see*
- *To imagine your own self actualization*

Healing Trauma

Native Americans have been able to break intergenerational patterns of addiction by focusing on the healing of current and historical trauma.

The Healing of Historical Trauma

- *Collective mobilization, openly discussing what happened to us and grieving together*
- *Forgiving the Unforgivable*
- *Return to culture*
- *Redefining addiction and inter-group trauma as a pathological response to our oppression and is not a part of our culture*

White and Coyhis