

Treating the Family System: Addiction Beyond the Individual

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Today's Agenda

- Introductions
- What is Family Therapy
- Why Family Therapy
- Understanding Addiction as a Systems Issues
- Bowen, Family, and Addiction
- Detoxifying the Toxic Ecosystem in Structural Family Therapy for Addictions
- Questions and Answers

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Presenter Introduction

- **Ryan Bowers, Ph.D., LPC, NCC, CAADC** – Assistant Professor of Counselor Education and Clinical Coordinator of the Masters in Addiction Counseling program at Kutztown University
- **David Martinson, Ph.D., LPC, LPCS, LAC, CCS** – Professor and Chair of the Department of Psychology and Counseling at Immaculata University and Part-Time Instructor at Kutztown University
- **Joanne Cohen, Ph.D., LMFT, LP, NCC** – Professor of Counselor Education and Clinical Coordinator of the Masters in Marriage, Couples, and Family Counseling program at Kutztown University

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What is Family Therapy

- Family therapy is based on the idea that a family is a system of different parts.
- A change in any part of the system will trigger changes in all the other parts.
- This means that when one member of a family is affected by a behavioral health disorder such as mental illness or addiction, everyone is affected.

(<https://store.sanhua.gov/View/Details/Item/4713/mc13-4784.pdf>)

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What is Family Therapy

- Due to addictions, family dynamics can change in unhealthy ways.
- Some family members may take on too much responsibility, other family members may act out, and some may just shut down.
- Often a family remains stuck in unhealthy patterns even after the family member with the behavioral health disorder moves into recovery.
- Families can find it hard to adjust to the person in their midst who is recovering, who is behaving differently than before, and who needs support.

(<https://store.sanhua.gov/View/Details/Item/4713/mc13-4784.pdf>)

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What is Family Therapy

- Family therapy can help the family as a whole recover and heal.
- It can help all members of the family make specific, positive changes as the person in recovery changes.
- These changes can help all family members heal from the trauma of mental illness or addiction.

(<https://store.sanhua.gov/View/Details/Item/4713/mc13-4784.pdf>)

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Who is Part of The Family?

- Families are defined by our clients, due to cultural differences.
- Family members can include:
 - Parents
 - Foster children
 - Spouses or partners
 - Godparents
 - In-laws
 - Godchildren
 - Siblings
 - Blended family members
 - Children
 - Extended family members
 - Elected, chosen, or honorary family members
 - Friends
 - Other relatives
 - Fellow veterans
 - Stepparents
 - Colleagues who care
 - Stepchildren
 - Mentors
 - Foster parents
 - Mutual-help group members
 - Sponsors

<https://www.samhsa.gov/ihm/infoc/ihm/07/3/mc/mc13-4784.pdf>

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Family Therapy Objectives

Distrust	➡	Reconciliation
Guilt	➡	Forgiveness
Stress	➡	Strength
Frustration	➡	Understanding
Despair	➡	Hope
Sadness	➡	Support
Anger	➡	Peace
Conflict	➡	Agreement
Crisis	➡	Resolution

<https://www.samhsa.gov/ihm/infoc/ihm/07/3/mc/mc13-4784.pdf>

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When Should Family Therapy Start

- Before the Diagnosis of Use/Process Disorder
 - A proactive approach to preventing use disorders. We know that addiction is a psychological, social, biological, genetic, and physiological disease. Addiction can be somewhat predictive (think about your friends and family members who struggle with addiction).
- During the Diagnosis of Use/Process Disorder
 - A traditional approach where individuals are treated to help place the disease back into remission (Abstinence and/or Recovery).
- After the Diagnosis of Use/Process Disorder
 - Continued treatment approach. Addiction is a life-long disease. Outside of peer groups, why do we only clinically treat the disease until remission?

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Traditional Substance Use/Process Disorder Treatment

- Often times, individuals will enter into treatment not knowing how they are going to resolve their addiction issues, as they have tried many times in the past to stop, but were unable to find abstinence and recovery.
- Treatment starts with a comprehensive assessment, which gathers information from many domains of the client's life, including family life.
- The individual may be sent to an inpatient setting where they will receive a medical detox, group therapy, and individual therapy.
- Once well enough, the individual is stepped down to lower levels of treatment until successful completion of the program or relapse occurs.

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Let's Change Perspectives

- Client #1: After years of struggling with alcohol use, George has been diagnosed with Alcohol Use Disorder, Moderate Specifier (F10.20).
- Clinical Treatment Recommendations:
 - Detox (ASAM Level 3.2WM)
 - Inpatient Treatment (ASAM Level 3.1)
 - Intensive Outpatient Therapy (ASAM Level 2.1)
 - Outpatient Treatment (ASAM Level 1)
- Support Recommendations
 - Peer Support Groups (12-Step programs)
 - Vocational Supports (Career Link)

<https://www.asam.org/>

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Let's Change Perspectives

- Client #2: Sue's mother had been diagnosed with metastatic breast cancer years ago (also classified as Stage 4 breast cancer as the cancer has spread to other parts of the body).
- Due to genetics, Sue is now at a great risk for breast cancer.
- Treatment Recommendations
 - Early detection and diagnosis through proactive screening
 - If detected, Medical Treatments including chemotherapy, radiation, experimental medications, and surgical removal of effected areas. Treatment is tailored to the individual.
- Support Recommendations
 - **HOPE KIT** - Special Wellness kits filled with thoughtful items that patients have told us are comforting and encouraging while undergoing breast cancer treatment.
 - **Metastatic Breast Cancer Retreats** - Because patients with metastatic breast cancer face a unique set of emotions and challenges, NBCC hosts weekend retreats for a small group of patients and their caregivers, with the help of partner hospitals.
 - **Breast Cancer Support Groups** - for both patients and family members meeting in person and online.

<https://www.nationalbreastcancer.org/>

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Comparing Medical Treatment

- | | |
|--|---|
| <p><u>George</u></p> <ul style="list-style-type: none"> • Disease existed for years before treatment • Treatment Outlined by ASAM • Treatment providers come from multiple backgrounds • Treatment starts most intrusive and most intensive until recovery is reached • Support groups are anonymous • Family members must seek out own supports (AL-ANON, ALATEEN, personal counseling, etc.) | <p><u>Sue</u></p> <ul style="list-style-type: none"> • Early screening and detection programs are used to reduce the damage caused by the disease • Treatments are individualized for Sue, with input of Sue's mother's diagnosis and prognosis. • Treatment providers are specialized in treating the specific form of cancer. • Treatment starts least restrictive and least intrusive, while also being effective. • Support groups are abundant and incorporate the public. • Family members can receive programmatic support from hospitals, medical groups, community groups. |
|--|---|

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An Alternative View of Addiction

- Rat Park Addiction Study - Canadian psychologist Bruce K. Alexander conducted an experiment where he built a large colony to house rats, with more than 200 times the floor space of a standard lab rat cage.
- The "Rat Park" experiment identified the underlying connection between a person's environment and addiction.
- Scientists hooked rats up to various drugs using intravenous needles and the rats could choose to inject themselves with the drug by pushing a lever in the cage (Skinner Box).
- Scientists studied drug addiction this way, using heroin, amphetamine, morphine, and cocaine.
- Typically, the rats would press the lever often enough to consume large doses of the drugs.
- The studies thus concluded that the drugs were irresistibly addicting.

<https://www.youtube.com/watch?v=review-rat-park-addiction-study>

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Rats in Isolation

- Remember:
 - Scientists used Skinner Boxes and hooked rats up to various drugs using intravenous needles and the rats could choose to inject themselves with the drug by pushing a lever in the cage.
 - Scientists studied drug addiction this way, using heroin, amphetamine, morphine, and cocaine.
- The rats were isolated in their cages as to not add any confounding variables.
- Typically, the rats would press the lever often enough to consume large doses of the drugs until they were addicted and more often, would use until they died.

<https://www.youtube.com/watch?v=review-rat-park-addiction-study>

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Social Rats

- However, rats by nature are social, industrious creatures that thrive on contact and communication with other rats.
- Putting a rat in solitary confinement does the same thing as to a human, it drives them insane.
- The Skinner Box also made it incredibly easy for rats to take the drugs, and it offered no alternatives.
- The need for a different type of study was clear, and Alexander and his colleagues decided to change their approach.

<https://www.youtube.com/watch?v=review-rat-park-addiction-study>

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Welcome to Rat Park!

- Alexander constructed Rat Park with wheels and balls for play, plenty of food and mating space, and 16-20 rats of both sexes mingling with one another.
- Alexander tested a variety of theories using different experiments with Rat Park to show that the rat's environment played the largest part in whether a rat became addicted or not.
- In the experiment, the social rats had the choice to drink fluids from one of two dispensers. One had plain tap water, and the other had a morphine solution.

<https://www.youtube.com/watch?v=review-rat-park-addiction-study>

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Rat Park Research Findings

- The Researchers found that:
 - The caged rats ingested much larger doses of the morphine solution – about 19 times more than Rat Park rats in one of the experiments.
 - The Rat Park rats consistently resisted the morphine water, preferring plain water.
 - Even rats in cages that were fed nothing but morphine water for 57 days, chose plain water when moved to Rat Park, voluntarily going through withdrawal.
 - No matter what they tried, Alexander and his team produced nothing that resembled addiction in rats that were housed in Rat Park.

(L.S., 2015)

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What Can Be Concluded From Rat Park

- There are parts of our environment that we find to be unacceptable or intolerable (consciously or unconsciously).
- When we experience parts of our environment that we find to be unacceptable or intolerable, we try to avoid or augment the experience.
- If mind/mood altering chemicals are available for ingestion AND they temporarily allow the being to tolerate the intolerable, they will be consumed.
- If there are no parts of the environment that are intolerable, beings will not use or if currently using, will choose to withstand withdrawal and not use again.

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Is Rat Park Isomorphic to Passages of Malibu?

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Addiction Systems

- We can artificially take someone out of their current environment and place them in a treatment center (that mimics Rat Park), where the person is safely detoxed, given medical and ancillary treatments, healthy meals, safe and fun activities, and education.
- Once treatment is completed (or insurance refuses to pay more), we return this person back to the same environment (Skinner Box), same family dynamics, same job, same friends, same corners, same bars...
- Yet, we expect them to be able to maintain Recovery.
- Recovery involves more than just the individual; it takes a village (or a system)!

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Introduction to Systems

- To understand the benefits of family counseling in substance use/process disorders, we should understand how the individual is affected by the whole.
- Bronfenbrenner's ecological systems theory views child development as a complex system of relationships affected by multiple levels of the surrounding environment, from immediate settings of family and school to broad cultural values, laws, and customs.
- Traditional treatment works with the individual while ignoring or hoping that change of the other systems will happen on their own.
- When relapse happens, we look to the individual and ask, what they could have done differently.

<https://www.simplypsychology.org/bronfenbrenner.html>

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Bronfenbrenner's Ecological Systems Theory

- What can we change through therapy?
 - Self
 - Microsystem – immediate environment, such as parents, siblings, teachers, bosses, and peers
 - Mesosystem - the interactions between the microsystems, such as the interactions between the parents and teachers/bosses, or between peers and siblings.
 - Exosystem - formal and informal social structures that indirectly influence them as they affect one of the microsystems.
 - Macrosystem - cultural elements that affect a being's development, such as socioeconomic status, wealth, poverty, and ethnicity.
 - Chronosystem - environmental changes that occur over the lifetime which influence development, including major life transitions, and historical events.

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Therapeutic Interventions at our Disposal

- **Individual Therapy** – Addresses Person issues
- **Group Interventions** – Addresses Mesosystem issues
- **Couples Counseling** – Addresses Microsystem issues
- **Marriage Counseling** - Addresses Microsystem issues
- **Family Counseling** - Addresses Microsystem and Exosystem issues
- **Case Management** – Addresses Macrosystem and Chronosystem issues

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In Summation

- We are not addressing the larger part of personal recovery which includes family, friends, and the environment.
- Family Therapy is used to address the larger issues which are typically not discussed in the prescriptive nature of use disorder treatment.
- SAMHSA recommends that family therapy should happen as part of the recovery treatment plan.
- The main issue is that few clinicians are trained to in both addiction counseling and marriage, couples, and family counseling.
- This presentation is intended to give you theories used to help when working with families experiencing addiction.

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Bowen, Family, and Addiction

That which is created in a relationship, can be fixed in a relationship.
-M. Bowen



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Relationship

If there is a universal solution to the problem of addiction, I am **unable to see it**. If there is a therapy that works every time, with every addict, in every circumstance, **I am unable to find it**. Mine is an approach, hoping for a solution. Mine is a struggle, searching for an answer. For with every addict, the solution is different, in every moment, the struggle is changed, in every circumstance, there are more considerations. When it is all concluded, all the therapy is forgotten, even the approaches, not remembered. All the answers only words. **The relationship** has stood in the gap, remaining a part of life, **a reason for change**.

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Transgenerational Family Therapy Models

- Murray Bowen M.D.
- Family Systems Theory
- This theory emphasizes the **family as an emotional unit** or network of **interlocking relationships** best understood from a **historical or transgenerational perspective**.






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Bowenian Therapy

- **Symbiosis** - the living together of unlike organisms
 - Each organism is **dependent** on the other
 - An **intense attachment** between two or more individuals, to the extent that the **boundaries** between them **become blurred**, and they respond as one.





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Transgenerational Family Therapy Models

- **Eight Interlocking Theoretical Concepts**
 - Differentiation of Self
 - Triangles
 - Nuclear Family Emotional Systems
 - Family Projection Process
 - Emotional Cutoff
 - Multigenerational transmission process
 - Sibling Position
 - Societal Regression




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Bowenian Concepts

- **Differentiation of Self** - being able to think and feel on your own without having your behavior automatically driven by cues from others

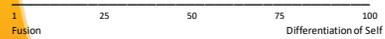


— According to Bowen, the separation of emotional functioning; the greater the distinction, the better one is able to resist being overwhelmed by the emotional reactivity of his or her family, thus making one less prone to dysfunction.

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EXERCISES FOR PERSONAL & PROFESSIONAL GROWTH

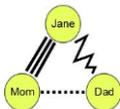
- Where do you fit in on the Differentiation of Self scale?
- Place yourself on the scale below and explain your answer.



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Bowenian Concepts

- **Triangles** - A *three-person system*, the smallest stable emotional system; according to Bowen, a *two-person* emotional system, under stress, will *recruit a third* person into the system to lower the intensity and anxiety and gain stability.



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EXERCISES FOR PERSONAL & PROFESSIONAL GROWTH

- Triangulation often happens in families who are struggling with addiction.
- Look for areas where clients have been **triangulated** in the past or are still being triangulated.
- Is there a time in your life when a third person was drawn in to decrease stress.
- Discuss ways we can de-triangulate.

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Bowenian Concepts

- **Nuclear Family Emotional Systems** - A family's *way of coping with stress*, typically resulting in marital conflict, dysfunction in a spouse, or psychological impairment of a child; their pattern is likely to *mimic the patterns of past* generations and to be repeated in future generations.
- **Family Projection Process** - The *mechanism* by which parental *conflicts* and *immaturities* are *transmitted*, through the process of projection, to one or more of the children.

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Bowenian Concepts

- **Emotional Cutoff** - The *flight from* unresolved *emotional ties to one's family of origin*, typically manifested by withdrawing or running away from the parental family or denying its current importance in one's life.
- **Multigenerational transmission process** - The process, occurring over several generations, in which *patterns of the past repeat in future generations*.

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Bowenian Concepts

- **Sibling Position** - The *birth order of children* in a family, which *influences their personalities* as well as their *interactions* with future significant others.
- **Societal Regression** - Bowen's notion that *society responds emotionally* in periods of stress and anxiety, offering short-term "**Band-Aid**" solutions, rather than seeking more *rational solutions* that lead to greater individuation.



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Bowen's Transgenerational Family Therapy

- Bowen believed that a family can **best** be **understood** when it is analyzed from at least a **three-generation** perspective (genogram)
- A **predictable pattern of interpersonal relationships** connects the **functioning** of family members across generations
- The **cause** of an individual's **problems** can be understood only **by viewing** the **role** of the **family** as an emotional **unit**

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Therapy Goals

- **Lessening of anxiety** and **symptom relief**
- An **increase** in each family member's level of **differentiation** of the self
- To **open** closed family **ties**
- To engage actively in a **de-triangulation** process
- Focus on the **relationships**

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THERAPIST'S ROLE AND FUNCTION

- **Objective researcher** who aimed to help individuals in the family assess and understand their relational styles within the family system
- **Teacher**
- **Coach**
- **Neutral observer**
- Use a **series of questions** designed to help clients and family members figure out their own role in the family emotional process



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Therapist Self-Awareness & Implications for Training

- As a **prerequisite** to practicing effectively with families, **counselors** must be aware of **how they have been influenced by their own relationship with their family of origin**.
- **Patterns** of interpersonal behavior we learn in our family of origin **will be repeated with clients** unless the counselor has achieved **differentiation**.

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Bowen's Training Method

Step 1

- Counselors are encouraged to **construct** comprehensive **family diagrams** (called **genograms**) in order to identify key turning points in their family. It is essential that counselors **learn** information about their **family relational system**.

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Step 2

- Counselors are given the task of making visits to their family of origin (**Back Home Visits**) for the purpose of becoming a keen observer of their family's process. During this time, it is crucial that they learn how to **identify** and **control** their **own** emotional **reactivity** to members in their **family**.

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Step 3

- Bowen also encouraged counselors to **visit** their **family** in times of **high tension**, such as a serious illness or imminent death of a family member, for it is at these times when **change is most likely**. Their task is to keep free from entering into old triangular patterns. In essence, they are to **de-triangulate** themselves from emotionally reactive situations.

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Step 4

- Instead of getting trapped into old patterns of emotional reactivity, they are expected to develop **person-to-person relationships** with as many family members as possible. The members should **strive to relate** to one another, rather than to talk about others.

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Relationship

- **67% of change** in substance abuse behavior with enduring effects after treatment **derives from ... Empathy**



-Miller & Baca, 1983

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Comments or Questions

COMMENTS



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Where To Go From Here

- **Bowen Center for the Study of the Family**
Georgetown Family Center
 4400 MacArthur Blvd NW, Suite 103
 Washington, DC 20007-2521
<https://www.thebowencenter.org/bowen-theory-1>

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Detoxifying the Toxic Ecosystem in Structural Family Therapy for Addictions

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PA Licensed Marriage and Family Therapist

PCB Conference
Harrisburg, PA
April 25, 2022



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92,000 The number of Americans who died of drug overdoses in 2020

- 75% increase from 2015
- 30% increase from 2019
- 75% of these deaths are from opioids; over 60% are synthetic opioids, including fentanyl
- This is by far the highest annual total on record (CDC, 2022).

It has been estimated that for each person who dies of an overdose, 10 are deeply affected

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Surveying the Toxic “Landscape” in the Addicted Family

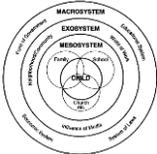
Microsystem: level closest to the person ...identified patient ...child ...person seeking therapy (arrested development, insecure, problems with attachment, family of origin issues)

Mesosystem: connects microsystem structures

Exosystem: is the larger social system

Macrosystem: is the outer layer made up of cultural values, customs, and laws

Chronosystem: system in time
External e.g., timing of parent’s death and Internal e.g., physiological changes with age



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Salvador Minuchin, M.D. (1921-2017)



Salvador Minuchin, M.D. created structural family therapy

- Trained as a Medical Doctor in Argentina
- Immigrated to U.S. to train in child psychiatry and psychoanalysis (Palo Alto, the MRI, and on the east coast).
- Directed the *Philadelphia Child Guidance Clinic* 1967-1981
- Founded & Directed *Family Studies* in NYC beginning in 1981

Minuchin introduced therapy practices that that have become virtually synonymous with Structural Family Therapy:

mimesis joining enactment mapping

Pioneer of family therapy <https://www.youtube.com/watch?v=2evU02UocpQ>

Extra video [VIDEO: Exhibit Panel on the Legacy of Salvador Minuchin](#) - YouTube

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Based on work at Wiltwyck School for Boys, he publishes *Families of the Slums* (1967)



Informal Seminars (car rides to and from CGC) led to his Book, *Families and Family Therapy* (1974)



From seeing children at CHOP Clinical Research Center, he discusses structural family therapy with *Psychosomatic Families* (1978)



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PRINCIPLES FROM GENERAL SYSTEMS THEORY THAT UNDERLIE STRUCTURAL FAMILY THERAPY

Family Organization: refers to the idea that families operate using cybernetic change mechanisms and feedback loops. The system’s defining characteristics include homeostasis, rules, roles, hierarchy, boundaries, and subsystems. Family organization is influenced by history, culture, climate, and others external and internal factors. The family is a self-regulating system. As with the ecosystems view, structures within and between layers interact.

Circular Causality: refers to nonlinear causality and understanding that problems happen in context. Beware of blaming a victim. Non-linear causality corresponds to the ecosystem view that conflict in one layer creates ripples throughout other layers, that change in one part of the system causes change throughout the system. In other words, relationships between ecosystem layers are bi-directional.

Homeostasis: refers to balance. This is a general systems theory principle that was applied to family psychiatry by Don Jackson et al in the 1950s. The family system tends to seek stability. “A Question of Homeostasis” article.

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MORE GENERAL SYSTEMS PRINCIPLES APPLIED TO FAMILIES

Hierarchy: relates to power and authority. Who's in charge? of what? A hierarchy can operate top down or bottom up. What are some executive function metaphors?

Rules: "allowable" behaviors often regulated by members at the top of the hierarchy. Rules may reflect cultural beliefs, customs, values. Rules may express family of origin introjects. Rules are often implicit or inferred from consequences of one's actions or are learned by observation and modeling. What are some rules of recovery?

- * Eating * Sleeping * School/Work * Recreation * Substance Use

Boundaries: relate to proximity, or closeness and distance. They may be:

diffuse/enmeshed clear rigid/disengaged
 - - - - - _____

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"Excavating" Family Member Proximities:

- 1. contact time** sheer amount of time spent together and how it's spent
- 2. communication space** sharing of private conversations
- 3. information space** set of facts about a person, thoughts, feelings, opinions, biographical facts, behavior
- 4. emotional space** quality and quantity of shared emotion
- 5. physical space** the degree of closeness and distance
- 6. decision-making space** who decides what

Wood, B. & Talmon, M. (1983). Family boundaries in transition: A search for alternatives. *Family Process*, 22, 347-357.

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Map of Three Generation Family

BC428 Unfolding the Laundry Session 1 (14 min video recaps family structure)
<https://www.youtube.com/watch?v=leVxXf-kpos>
https://www.youtube.com/watch?v=9DXghgwr_DI

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THREE GENERATIONAL MAP OF LOHAN FAMILY

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THREE GENERATIONAL MAP OF OSBOURNE FAMILY

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Family Role Performance Scale

To what extent do you think you fulfill what is expected of you in relation to the following aspects of your current family life?

Scale: 1 = Do not fulfill expectation at all; 5 = Fulfill expectation completely

1. Do household chores (task)
2. Maintain things around the home (task)
3. Complete household responsibilities (task)
4. Do tasks around the house (task)
5. Provide emotional support to your family members (relationship)
6. Provide general support to your family members (relationship)
7. Give advice to family members (relationship)
8. Keep family members connected with each other (relationship)

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Chen, Ya-Ping, Shieh, Margaret, Steiner, Mia, Chen, Shieh, Liao, Mia, & Nichte, Sebastian. (2014). Family role performance: Scale development and validation. *Applied Psychology: An International Review*, 63(1), 190-218. doi: 10.1111/apps.12005

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Listen to mom discuss scoring drugs with her children in the car. What systems principles apply to the family's organization and functioning? How might you help to "detoxify" the family, from a structural therapy perspective?

The Next Generation begin 4:30 or segment
<https://go.openathens.net/redirector/kutztown.edu?url=https%3a%2f%2fod.infonbase.com%2fPortalPlaylists.aspx%3fwID%3d14881%26AssignmentID%3dJQ25LA>
<https://library.kutztown.edu/home>

[Film Link](#)

"The Next Generation." Films On Demand, Films Media Group, 1998, digital films.com/PortalPlaylists.aspx?wID=14881&xid=7893. Accessed 8 Apr. 2022.

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Circle of Recovery

In this video, the segment on "fathers" impactfully illustrates the role and responsibility of the hierarchy. Have you seen clients in recovery struggle with the experience of shame associated with their addiction, particularly related to the impact of their parenting? How can the counselor use structural family methods to address shame? Can shame be a motivator to achieve ancestral power?

Circle of Recovery, Bill Moyers on Addiction
<https://go.openathens.net/redirector/kutztown.edu?url=https%3a%2f%2fod.infonbase.com%2fPortalPlaylists.aspx%3fwID%3d14881%26AssignmentID%3dJQ25LA>
<https://library.kutztown.edu/home>

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RECENT PERSPECTIVES ON TREATING ADDICTION AS A PROBLEM RESIDING IN & REQUIRING FAMILY, COMMUNITY, ECOSYSTEM, MULTIDISCIPLINARY RESPONSE



Family, friends, and the ecosphere need to be included in addressing problems of addiction.

Johann Hari

Extra video emphasizing the crucial role of loved ones and peers. The mice choose play over cocaine
https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong

Johann Hari <https://www.youtube.com/watch?v=Pt00u00t8t0>, more than 25 million times

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MULTIDIMENSIONAL FAMILY THERAPY (Liddle et al) 2000

<p>Factor--Protective</p> <p>Involvement with Positive Peer Group Activities and Norms Student bonding (attachment to teachers, belief, commitment) Good relationships with parents/bonding or attachment to family Effective parenting Opportunities for prosocial family involvement Social competencies and problem-solving skills Healthy/conventional beliefs and clear standards High expectations Presence and involvement of caring, supportive adults Involvement with Positive Peer Group Activities and Norms Parental approval of friends Student bonding (attachment to teachers, belief, commitment) Above average academic achievement/reading ability and mathematics skills Effective parenting</p>	<p>Factor--Risks</p> <p>Availability of alcohol and other drugs Negative attitude toward school/ Low bonding/ low school attachment /commitment to school Poor family attachment/bonding Favorable attitudes toward drug use/ early onset of AOD use/ alcohol/drug use Availability of alcohol and other drugs Community instability Low community attachment Peer ATOU Use</p>
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BRIEF STRATEGIC FAMILY THERAPY (Hervis, 2003)

Participating children/adolescents and their families showed:

- 75% reduction in marijuana use
- 75% of families remained in the program for the full dosage
- 58% reduction in association with antisocial peers
- 42% improvement in conduct disorder

In addition, Families showed significant results:

- Increase in family participation in therapy (92% of referred/non-mandated families)
- Improvements in maladaptive patterns of family interactions (family functioning)
- Improvement in family communication, conflict-resolution, and problem-solving skills
- Improvement in family cohesiveness, collaboration, and child/family bonding
- Reduction of alcohol use among parents while reducing the adolescents' substance use (8-site study concluded in 2014)

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Questions?

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