

Addiction and Recovery Education Series

Presented by
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VIEW A SAMPLE OF THIS WORKSHOP



Karen's decades of experience treating addiction, advanced training, and passion for educating, has culminated in this deeply comprehensive and well-organized seminar. Her presentation style is authentic, warm, and engaging. This series will empower all those attending to understand addiction and recovery.

Karen's expertise is extensive. She is an Internationally Certified Alcohol & Drug Counselor, a Certified Clinical Interventionist, A Certified Structured Family Recovery Counselor, and an Advanced Certified Relapse Prevention Specialist.

WEEK 1

IMPACTS OF ADDICTION

This training begins by explaining the profound effect addiction has on families. Using family systems theory with a generational perspective, participants will understand why addiction is characterized as a family disease. The role of denial, and the parallel process of disease progression will be highlighted. Co-dependency and enabling are described as the primary maladaptive coping mechanisms used by family members. The “necessity” of “hitting bottom” is explored.

WEEK 2

RULES, ROLES, AND RITUALS

There are specific roles family members develop to survive, adapt, get along and avoid uncomfortable feelings as they “organize” around the addiction. Participants will notice that the underlying feelings are largely the same for all family members and they often end up with the same behavioral and cognitive distortions as the addicted individual. Participants will be able to identify a “closed family system” and how this system unwittingly maintains the status-quo.

WEEK 3

BOUNDARIES

In the third week, we will take an in depth look at healthy and unhealthy boundary styles and the inevitable breakdown of boundaries in addicted families. Participants will learn to identify individual and family values and how to protect them. They will become familiar with the inner compass that drives one’s responses, (what we say yes to/what we say no to) and develop an understanding of effective communication and negotiation styles. Participants will be introduced to the concept of trusting oneself and reclaiming their proper roles.



WEEK 4

NEUROBIOLOGY

The addicted brain is different than the non-addicted brain. Participants will learn the function of the mid-brain, frontal cortex, and the implications for limbic system control in active addiction/survival mode. We will explore how reward, motivation and memory related circuitry are impacted via the neurotransmitters and how disordered learning takes place. The cycle of tolerance, withdrawal and the “anti-reward system” help folks understand craving, and neuroplasticity is described as the process that provides hope for healing.

WEEK 5

TREATMENT AND RECOVERY

In this section we learn about the treatment process from detox through re-integration and levels of care from intervention through relapse prevention. Participants will learn how to participate in and support the lifestyle change that is necessary for long term recovery. They will recognize the importance of stress management from a neurological perspective and that the family’s participation in recovery leads to the best outcomes. They will expand awareness of their responsibilities and see new options for self-care.

WEEK 6

RELAPSE PREVENTION

Participants will learn that both recovery and relapse are processes that unfold in stages. They will recognize that psycho-social development is necessary for recovery and describe the tasks to be completed in each stage. We will look at how pivotal the response is to “stuck points” in recovery and understand that relapse is both a predictable and avoidable phenomenon. Participants will identify the warning signs of backsliding, and examine the strategies and interventions used to prevent and/or minimize the relapse process.

