Introduction to Family Counseling

- Counseling the SUD-Affected Family: Overview
- Addiction is a Family Disease
- Counselor’s Role
- Counseling in America
  - Counselors
  - Consumers
- Why Families Go to Counseling
  - Voluntary Reasons
  - Involuntary Reasons
- Counseling Theory
  - Individual Counseling
  - Group Counseling
  - Family Counseling
  - Three Models of Family Therapy
    - Family Disease Model
    - Family Systems Model
    - Cognitive-Behavioral (CBT) Approach
- Counseling Practice
  - Individual Counseling
  - Group Counseling
  - Family Counseling
  - Combining Modalities
  - Case Study Examples
    - Meet The Evans Family
    - Meet The Taylor Family

The Effects of Substance Use Disorder on the Family

- The Family as a Social System (Theory)
  - The Homeostatic Model
  - The Dialectical Model
- The Healthy or Non-SUD Family
- SUD Is a Family Disease
- Types of Addiction
  - Substance
  - Process
• Nature of the SUD Family Unit
  ✓ The Dysfunctional Family
  ✓ The Distracted Family
  ✓ Codependency
    ▪ Function
    ▪ Costs
  ✓ The Distracted Family Value System
  ✓ Case Study Exercise: SUD Family Values

• Psychodynamics of Living in a SUD Family
  ✓ Psychological Symptoms
    ▪ Post-Traumatic Stress Disorder
    ▪ Loneliness
    ▪ Loss of Self and Trust
  ✓ Psychological Defense Mechanisms
    ▪ Denial
    ▪ Minimization
    ▪ Projection
    ▪ Grandiosity
  ✓ Psychological Disorders
    ▪ Anxiety
    ▪ Depression
    ▪ Obsessive Compulsive Disorder (OCD)
    ▪ Bipolar Disorder
    ▪ Dissociative Disorder
  ✓ Case Study Exercise: Effects of SUD on Family

Rules in SUD-Affected Families

• Don't Talk
  ✓ Function
  ✓ Psychological Effect on Family Members
  ✓ Manifestation in Counseling Setting

• Don't Trust
  ✓ Function
  ✓ Psychological Effect on Family Members
  ✓ Manifestation in Counseling Setting
• Don't Feel
  ✓ Function
  ✓ Psychological Effect on Family Members
  ✓ Manifestation in Counseling Setting

Roles in SUD-Affected Families

• Family Roles per Sharon Wegscheider-Cruse
  ✓ Addict
  ✓ Enabler
  ✓ Hero
  ✓ Scapegoat
  ✓ Lost Child
  ✓ Mascot

• Family Roles per Claudia Black
  ✓ The Adjuster
  ✓ The Placater
  ✓ The Acting-Out One

• Family Roles in the Counseling Session
• Necessity of Family Counselor Neutrality
  ✓ Transference
  ✓ Countertransference
• Case Study Exercise: Family Roles

Healthy and Unhealthy Family Dynamics

• What Are Healthy and Unhealthy Family Dynamics?
• Counseling Session Codependency
  ✓ Family
  ✓ Counselor
• Case Study Exercise: Codependency Dynamics

Defining the Family Counseling Task

• Alcohol and Drug Counseling Versus Family Therapy:
  ✓ Differences
  ✓ Views
• Case Study Exercise: Family Counseling Task
Making an Intervention

- What Is an Intervention?
- The Intervention Process
  - Three Models of Intervention
    - The Johnson Model
    - The Systemic Family Intervention (SFI) Model
    - The Albany-Rochester Interventional Sequence for Engagement (ARISE) Model
  - Stages of Intervention
    - Planning
    - Confrontation
    - Action
- Role of the Intervention Specialist
- Case Study Exercise: Intervention

Supports Outside the Counseling Session

- Why Counseling Alone Is Not Enough
  - Limited Time
  - Limited Money
  - Limited Frame of Reference
- Family-Related Support Groups
  - Benefits
  - 12-Step Programs
  - 12-Step Program for Codependents
- Community-Based Family Therapy Service Providers
- Case Study Exercise: Outside Support

Course Closing

- Final Thoughts
- Related Websites and Readings
- Bibliography