

Breaking Intergenerational Patterns of Trauma, Addiction and Dark Secrets in Families Part 2

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January 2021

PTTC Words Matter

The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



Thank You for Joining Us!

A few housekeeping items:

- If you are having technical issues, please individually message Stephanie Behlman or Kristina Spannbauer in the **chat section at the bottom of your screen** and she will be happy to assist you.
- Please put any questions for the speaker in the **Q & A section, also at the bottom of the screen**. The speaker will respond to questions.
- We will be using automated transcription during the webinar today.

Thank You for Joining Us!

A few more housekeeping items:

- You will be directed to a link at the end of the presentation to a very short survey – we would really appreciate it if you could fill it out. It takes about 3 minutes.
- The recorded webinar, slides and any resources will be posted on the Great Lakes PTTC website. It will take 7-10 days for them to be posted.
- Certificates of attendance will be sent out to all who attended the full session. They will be sent via email.

A close-up photograph of several social media icons on white keyboard keys. The icons include Pinterest (red circle with white 'P'), Snapchat (yellow square with white ghost), Instagram (purple-to-orange gradient square with white camera outline), Facebook (blue square with white 'f'), and Twitter (blue bird silhouette). The keys are arranged in a grid pattern, and the background is a light gray surface.

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- @GMhttc
- @GLPTTC

Presenter



**MARK SANDERS, LCSW,
CADC**

Great Lakes Prevention TTC

Presents

Breaking Intergenerational Patterns of Addiction, Trauma and Dark Secrets in Families Part II

Presenter

Mark Sanders, LCSW, CADC

Outline

- The link between Trauma, Addiction and Dark Secrets
- Review Part I Intervention Strategies
- Addressing toxic shame which fuels intergenerational patterns of trauma, addiction, and dark family secrets
- Parenting without shame
- The need for Trauma Informed Models and Curriculum
- Discussion, questions

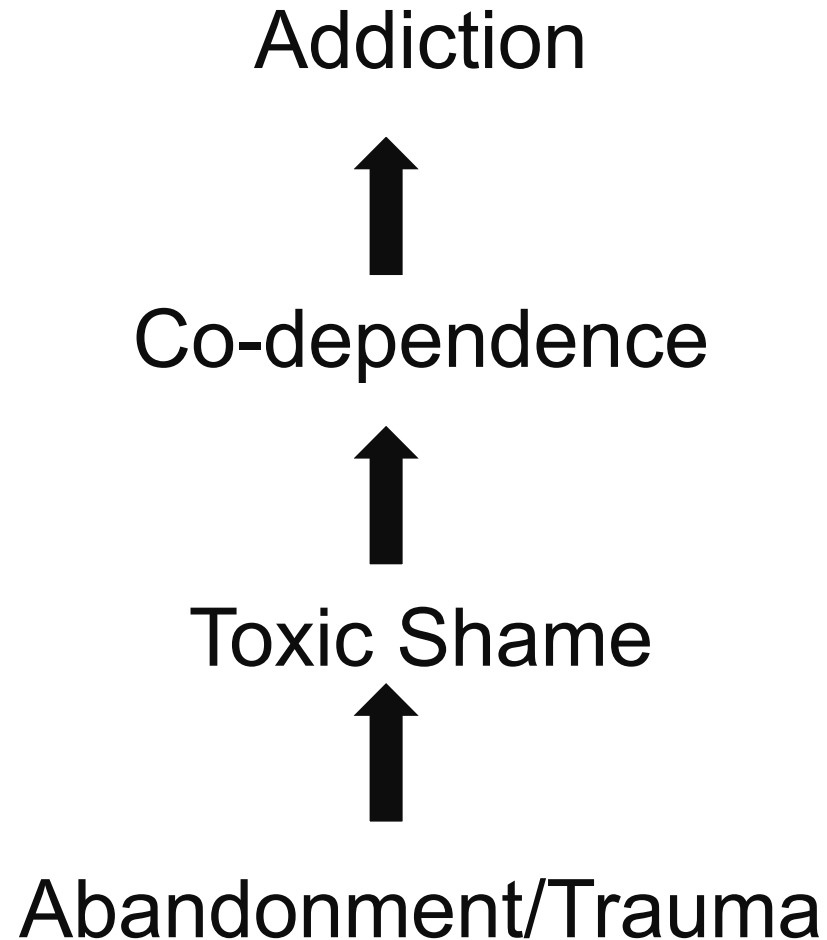


The Link Between Trauma, Addiction and Dark Family Secrets

The Iceberg Model



Iceberg Model:



John Freil

Guilt vs. Shame

Guilt

- Behavior
- “I’ve done wrong”
- “I’ve done bad”
- “I made a mistake”

Shame

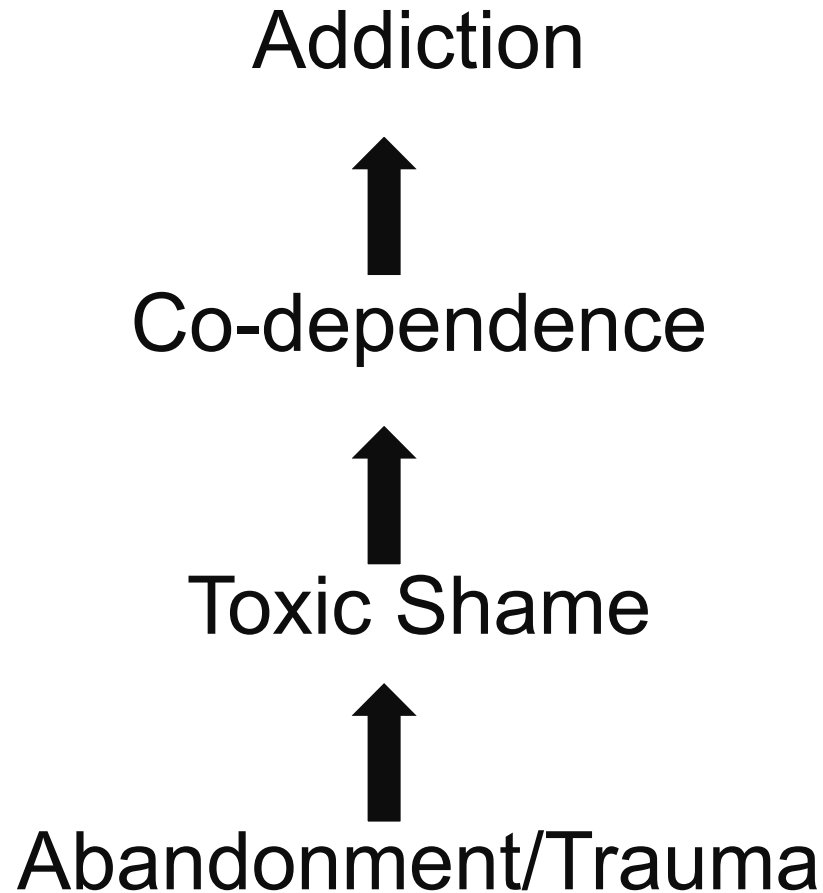
- Your being
- “There is something wrong with me”
- “I am bad”
- “I am a mistake”

Shame

The belief that I am unlovable and unworthy of belonging.

Brene Brown, Ph. D.

Iceberg Model



John Freil

Co-dependence

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

John Friel



Marilyn Monroe

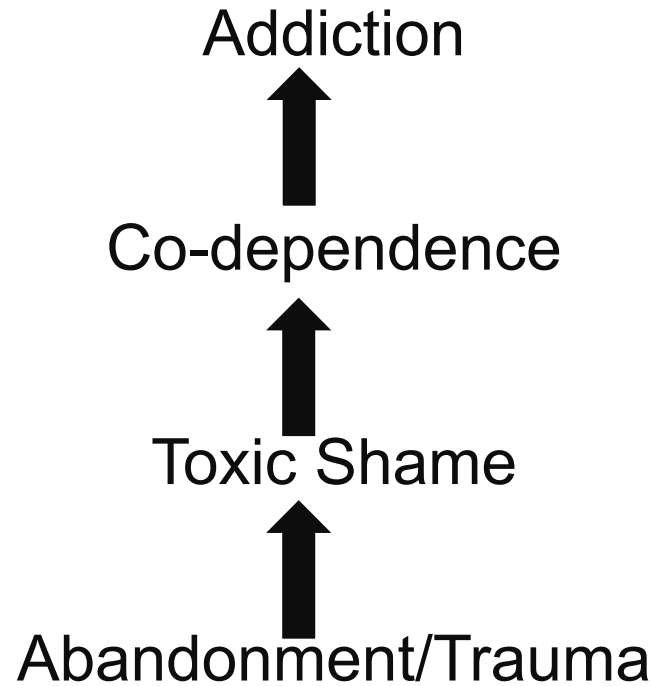
Source: Flickr commons



Billie Holiday

Source: Flickr commons

Iceberg Model:



John Freil

Source: Flickr commons



NEW AMERICAN EDITION OF THE
#1 CANADIAN BEST SELLER

"A riveting account of human cravings, this book needs to get into as many hands as possible. Maté's resonant, unflinching analysis of addiction today shatters the assumptions underlying our War on Drugs."

—Nancy Swarup, former Seattle Chief of Police and author of
Breaking Rank: A Top Cop's Exposure of the Dark Side of American Policing

GABOR MATÉ, MD

AUTHOR OF THE BESTSELLING *When The Body Says No*

In the Realm of Hungry Ghosts

Close Encounters with Addiction



Source: <https://drgabormate.com/>

In the Realm of the Hungry Ghosts by Gabor Mate, M.D.

- Drugs don't cause addiction any more than a deck of cards causes compulsive gambling
- There needs to be a pre-existing vulnerability
- For some people, the seeds of addiction are planted years before they use



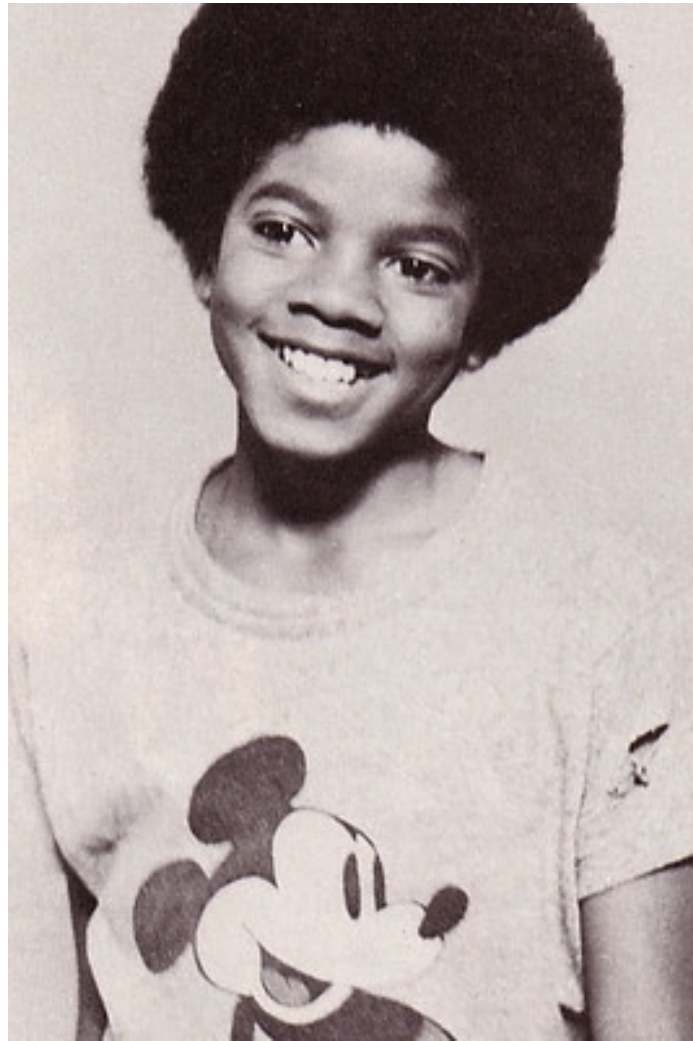
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In the Realm of the Hungry Ghosts:

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Michael Jackson

Source: Flickr commons



Michael Jackson

Source: Flickr commons

Seeds of His Substance Use Disorder

- Absence of a childhood
- Pressure to be perfect
- Low self concept
- Father hunger and father wounds

Adverse Childhood Experiences (ACEs)

Before age 18 (10 ACEs)

- Abuse (physical, emotional, sexual and/or neglect)
- Exposure to parental domestic violence
- Parental mental illness or Substance Use Disorder
- Parental separation or divorce
- Loss of a parent through death, deportation, incarceration

Results

- Compared to an ACE's Score of 0, a person with a score of 4 is 8 times more likely to develop a Substance Use Disorder
- A score of 5, the person is 10 times more likely to develop a Substance Use Disorder
- Life expectancy of a person who scores 6 is age 60 (monitoring)

Follow-up Research on the ACE Study

Year

2010

link between lung cancer and
childhood trauma

2009

link between childhood
trauma and premature death
prescription drug abuse

Follow-up Studies, Continued

- 2008 pulmonary disease and childhood trauma
- 2007 mental illness in adulthood cigarette smoking
- 2006 early alcohol and drug use
- 2005 homelessness in adulthood

Follow-up Studies:

- 2004 depression in adulthood
liver disease
heart disease
teen pregnancy
- 2003 illicit drug use
mental illness
- 2005 homelessness in adulthood

Follow-up:

- 2002 alcoholism and depression in adulthood
- 2001 suicide attempts and risky sexual behavior
- 2000 HIV and other sexually transmitted diseases

The Use of Oppressive Family Rules to Protect Dark Secrets Caused by Trauma and Addiction

- Don't feel or talk about feelings.
- Don't be who you are—be right, strong, and perfect.
- Don't be selfish.
- Don't have fun.

Oppressive Family Rules, continued

- Don't get close to others.
- Don't rock the boat.
- You must be in control of all interactions, feelings, and personal behavior at all times.

Review Part I Strategies to Break Intergenerational Patterns

- The entire family as the primary unit of service, staff as recruiters
- A more democratic parenting style decreases the risk of early, heavy substance use
- Work with younger siblings of teens with substance use disorders

“I wasn’t supposed to be Serena Williams, I was a kid that was trying to be like Venus.”

Serena Williams



Venus and Serena Williams

Source: Flickr commons

Review



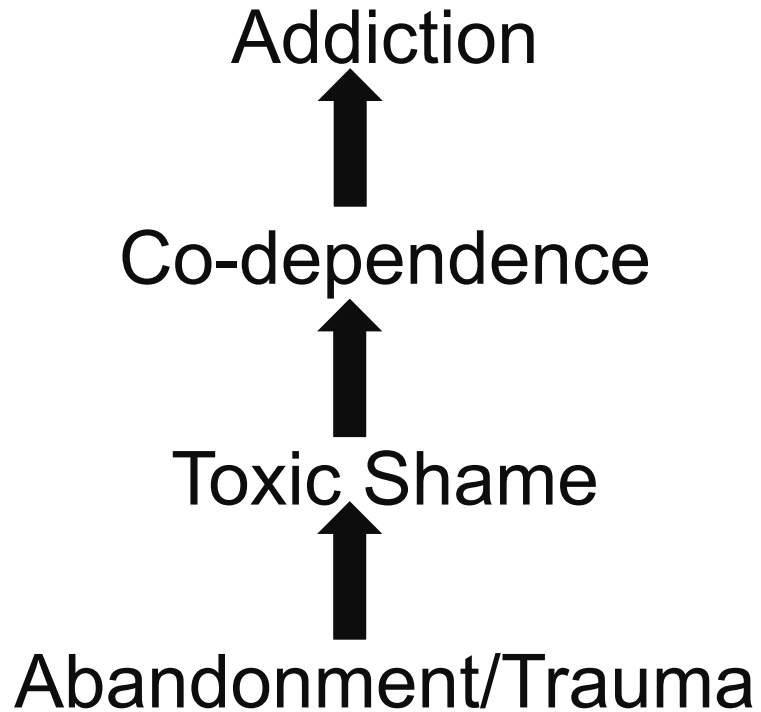
Review Part I Strategies to Break Intergenerational Patterns:

- Drug-free family rituals and celebrations
- Parental positive relationship with each child
- Address family secrets
- Develop healthy family boundaries
- Love and belonging

Addressing Toxic Shame, Which Fuels Intergenerational Patterns of Trauma, Addiction, and Dark Secrets

- Toxic shame as unhealthy relationships across generations and how to break the pattern
- Shame resilience
- Parenting without shame
- The need for Trauma Informed Prevention Models and Curriculum

Iceberg Model:



John Freil

Source: Flickr commons



Characteristics of Unhealthy/Addictive Relationships

1. Lots of drama and obsession
2. Smothering
3. Extreme jealousy
4. You abandon friends and relatives whenever you're in a relationship.
5. You tend to stay in relationships in spite of major consequences.
6. Abuse
7. You experience withdrawal symptoms when you are alone
8. When you leave one unhealthy relationship you enter another.

Characteristics of Healthy Relationships

1. Both partners are whole
2. Each partner is growing and encouraging the other to grow
3. Each has a separate life outside the relationship.
4. The relationship does not have too much jealousy.
5. The couple is able to argue in the present.
6. The absence of all abuse.

Breaking Relationship Patterns

Consider Relationship Detox

Definition: Relationship detox: Making the decision to not be in a relationship for a while in order to cleanse oneself of the toxic effects of previous relationships.

What to Do During Relationship Detox

- Seek therapy to examine relationship patterns
- Begin recovery from toxic shame
- Develop a relationship with yourself
- Strive for your goals

What to Do During Relationship Detox, Continued

- Re-establish bonds with friends
- Consider making new friends
- Have strategies for avoiding the ‘first drink’
- Be gentle with yourself as you are striving to develop new relationship skills

“Chemistry is when I meet someone who will help ensure that I feel sick, stay broke, and feel unlovable.” Source: Anonymous client

- Work on negative core beliefs which are a byproduct of toxic shame

Negative Core Beliefs

1. “I Will never get my needs met if I have to depend upon other people.”
2. “What other people think of me is more important than what I feel.”
3. “God is going to get me.”
4. “I am ugly.”

Negative Core Beliefs, Continued

6. “There’s only one right way to do things – my way.”
7. “I am unworthy of success.”
8. “I have no talent.”
9. “You should never do anything for yourself. If you do, you’re selfish.”
10. “I am unworthy of love.”



“Brene, what does your research say about people who have good relationships vs. those who do not?”

Oprah Winfrey

Source: Flickr commons



“Those who have good relationships, feel they deserve to have good relationships.”

Dr. Brene Brown

Source: Flickr commons

Parenting Without Shame

Source: Flickr commons



Describe how children would be raised in a shame free home



Source: Flickr commons

Parenting Without Shame

Begins with adult caretakers addressing their own shame.

1. Recognize your own shame and the sources of your shame.
2. Awareness of your shame triggers.
3. Reach out to others. “Shame hates exposure.”
4. Speak about shame.
“Shame loves to hide in the crevices of the dark.”

Source: Brene Brown

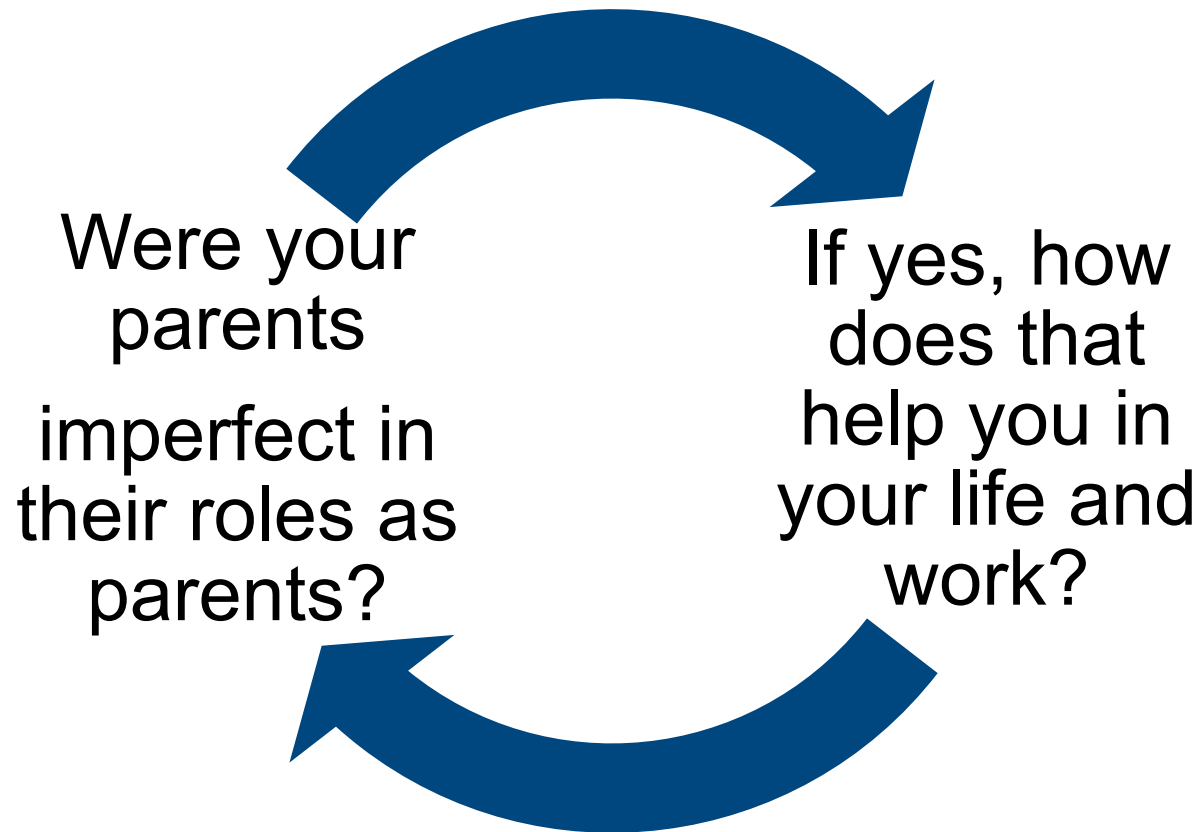
Parenting Without Shame, Continued

- Acknowledging your children's losses and listening to them
- Offer blessings
- Be emotionally present
- Honor their uniqueness and avoid comparisons
- Give your time

Parenting Without Shame

- Affirmations – “You are”
- Honor and normalize feelings
- Excellence vs. perfection
- Separate the child from their behavior
“I don’t approve of that behavior and I’ll always approve of you.”
“I don’t love the choice you made, I’ll always love you.”
- Deal with parental shame

Question




Parenting w/o Shame, Continued

- Be aware of the shameful messages in your head without reacting to them or responding right away when interacting with your children
- Talk with other shame resilient parents
- Slow down and respond rather than react
- Model apologizing

Parenting Without Shame:

- Love them for who they are not what they accomplish
- Be vulnerable, model imperfection



The Need for Trauma-Informed Models and Curriculum

Mindfulness in Elementary Schools



Mindfulness in Elementary Schools Proven to Increase:

- Academic achievement
- Focus
- Social skills and emotional regulation
- Self-esteem
- Sleep habits
- Compassion

Source: Why mindfulness Strengthens Social
Emotional Development and Academic
Achievement (2019)

Mindfulness in Elementary Schools:

Mindfulness practices have been shown to reduce:

- Stress
- Mental health challenges
- Fatigue
- Bullying

Source: Why mindfulness Strengthens Social
Emotional Development and Academic
Achievement (2019)

Sanctuary Model

A trauma-informed, evidence-based systems of change model based upon the active creation and maintenance of a nonviolent, democratic, productive community to help people heal from trauma.

Theoretical Basis of the Sanctuary Model

To guide an organization in the development of a trauma informed culture with 7 dominant characteristics.

7 Characteristics of the Sanctuary Model

- Culture of nonviolence
- Culture of emotional intelligence
- Culture of inquiry and social learning
- Culture of shared governance
- Culture of open communication
- Culture of social responsibility
- Culture of growth and change – restoring hope, meaning, purpose

Sanctuary Model and Parallel Process

- Staff model principles of the model
- Positive collegial relationships
- Teambuilding
- Positive Supervisor – supervisee relationships
- Address secondary trauma
- Staff retention

ARC Model

Attachment, Self-regulation and Attachment

A model for working with complex, traumatized youth in community. The intervention focuses on building secure attachments, enhancing self-regulatory capabilities and increasing competencies across multiple domains.

Other Trauma-Informed Approaches

- CDC adverse childhood experiences prevention strategies
- The Empower Action Model: A framework for Preventing Adverse Experiences by Promoting Health, Equity and Well-being across the lifespan
- South Carolina Adverse Childhood Experience Initiative – Mobilize the entire community