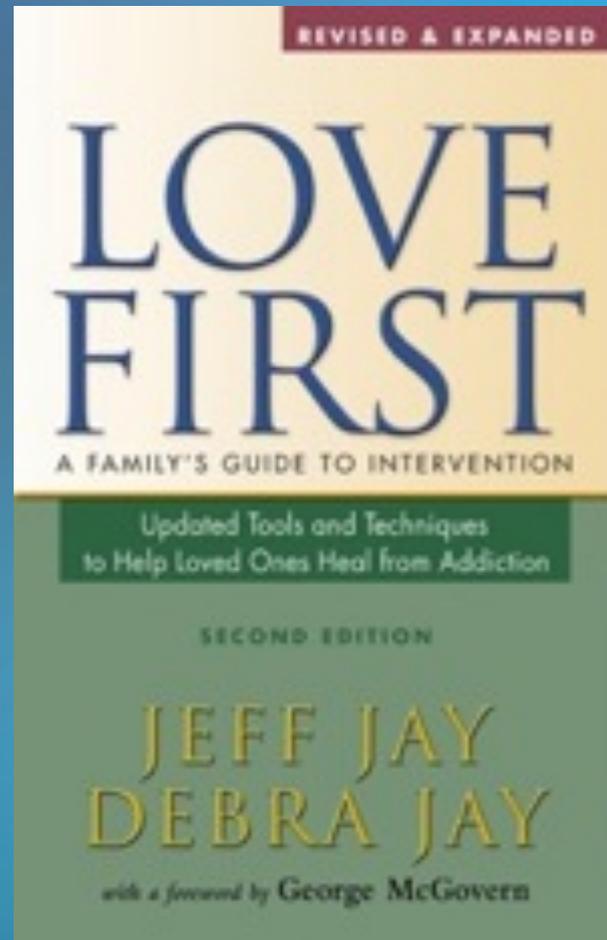
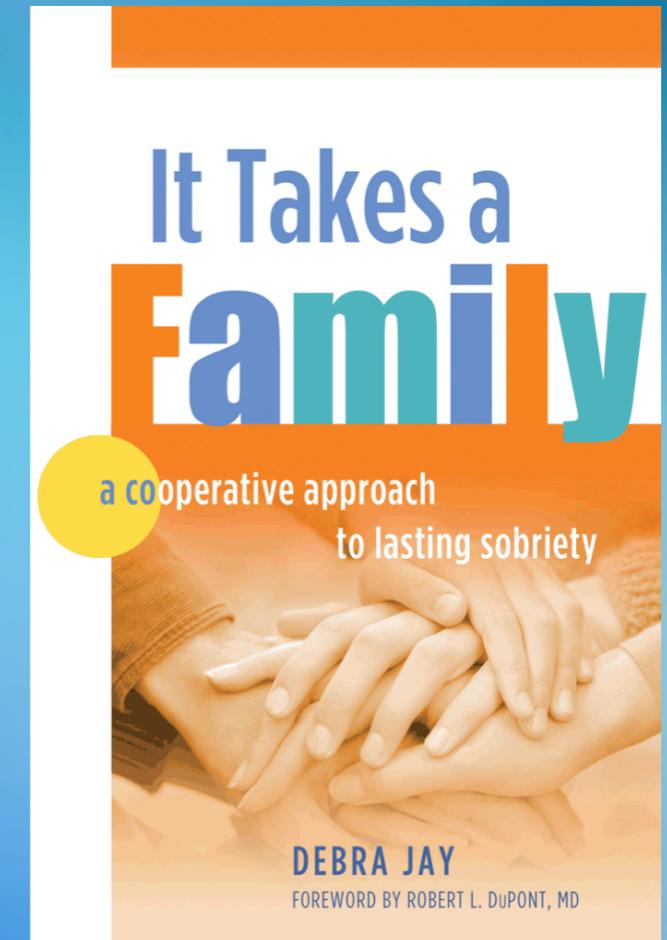




The Spirituality of Taking Action



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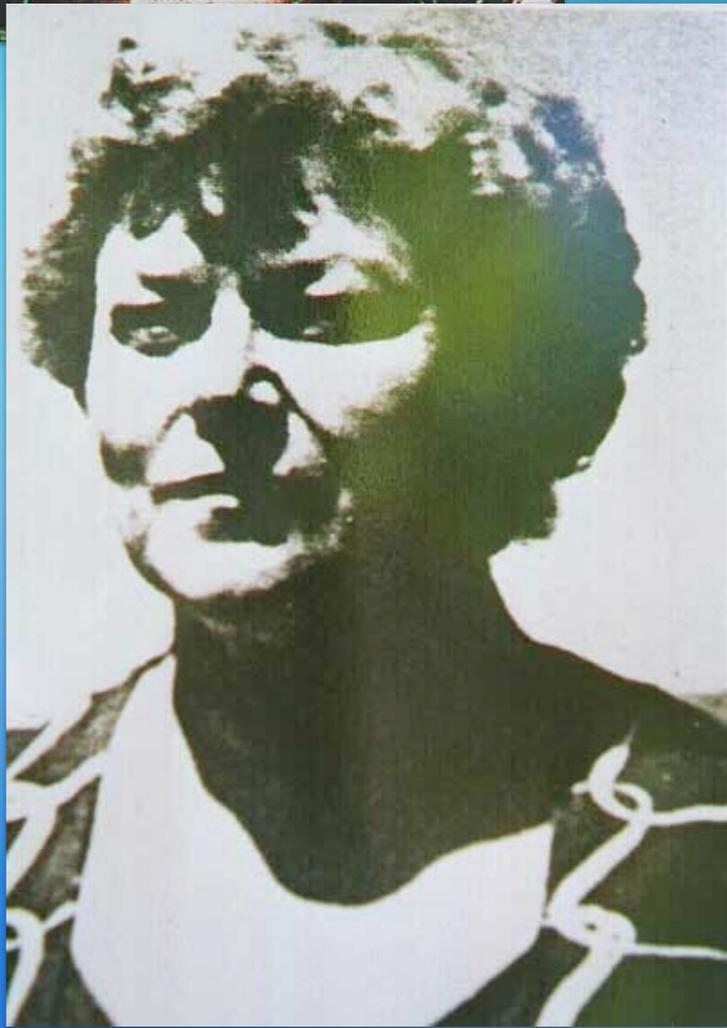
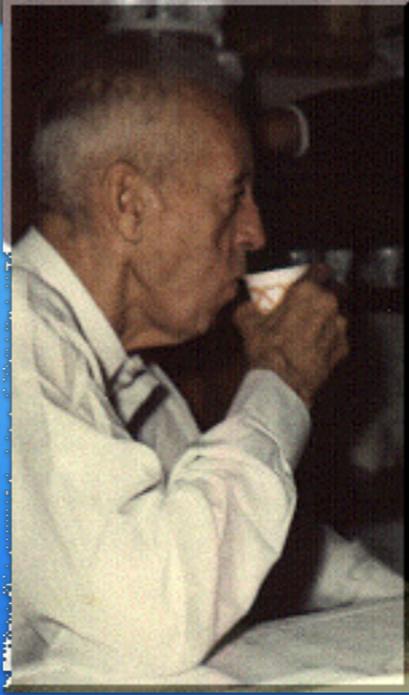
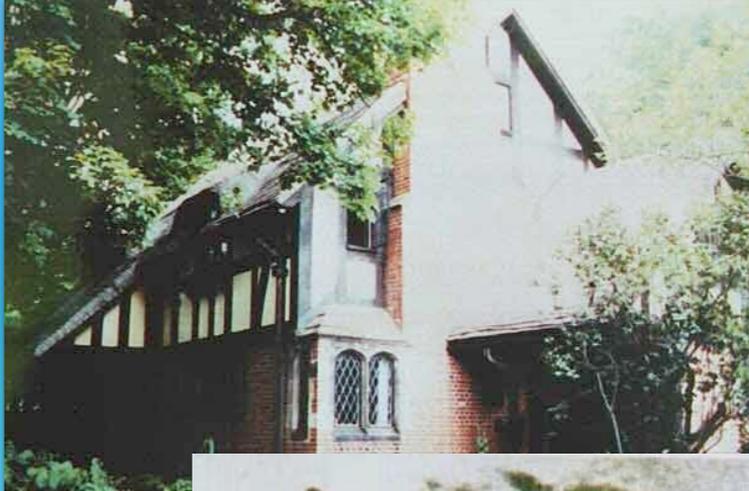
Video Workshop



The
Rehearsal

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In the beginning...



What we're up against



“I thought you were my friend.”

Our Greatest Enemy:
Underestimating the Disease



Building a Language of Possibility

Language shapes the way we think, and determines what we can think about.

Benjamin Lee Whorf

Three
Action-Stopping
Myths

You can't help an alcoholic
unless he wants help



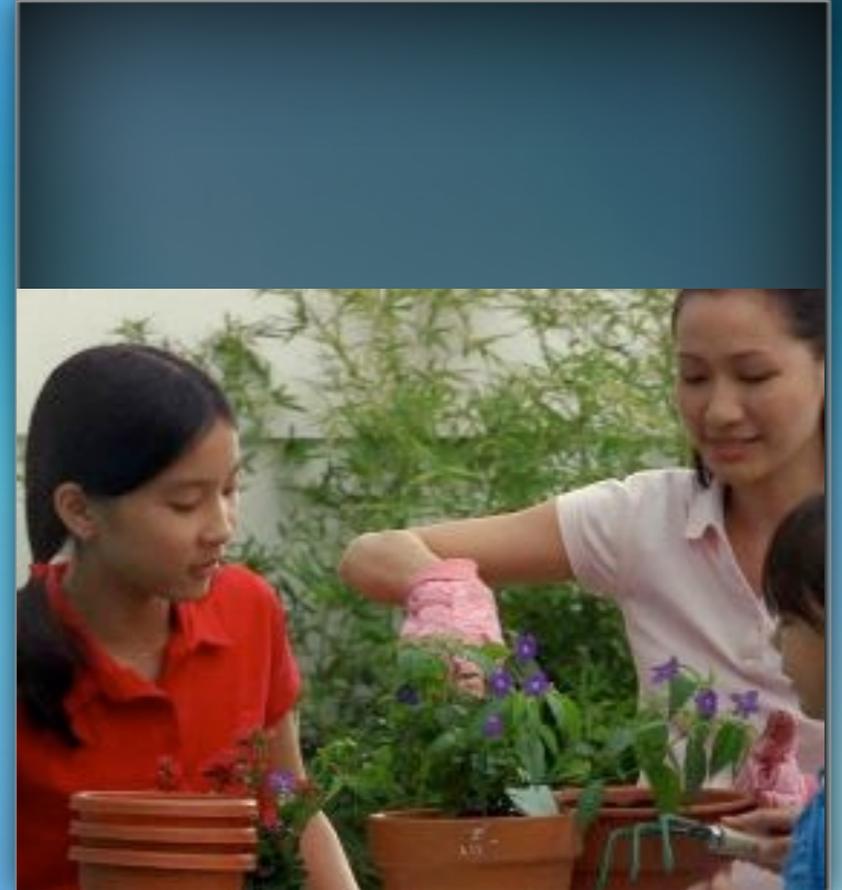
If you can't help an alcoholic until he
wants help...
what will get him to want help?

A question that changes everything.

The myth of feeling ready

“Action before motivation!”

Treatment won't work
if she doesn't want it



It's not how you get into treatment
that counts...
it's what happens once you're there.

Statistics

Alcoholics Must Hit Bottom

Taking along even the smallest children



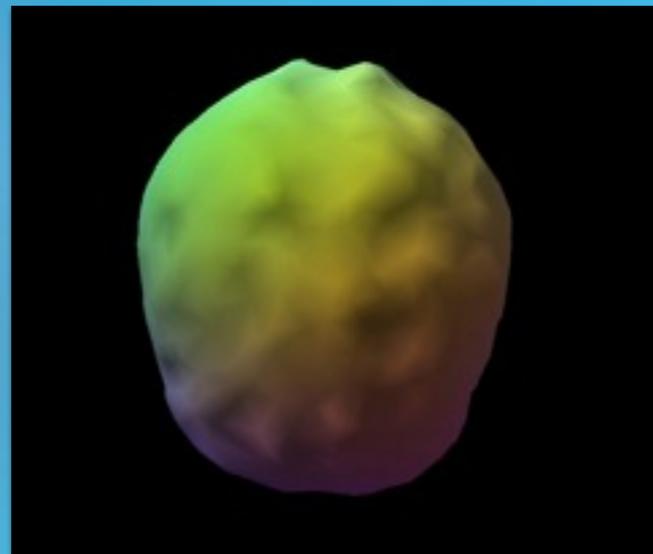
Talk about crisis as intervention...

crisis always comes with a choice.

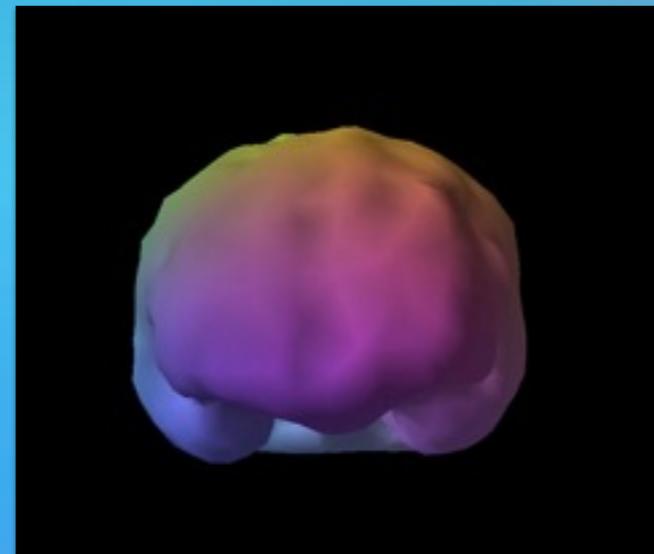
“The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so called will power becomes practically nonexistent. We are unable... to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago.”

Normal 3-D Brain SPECT Images

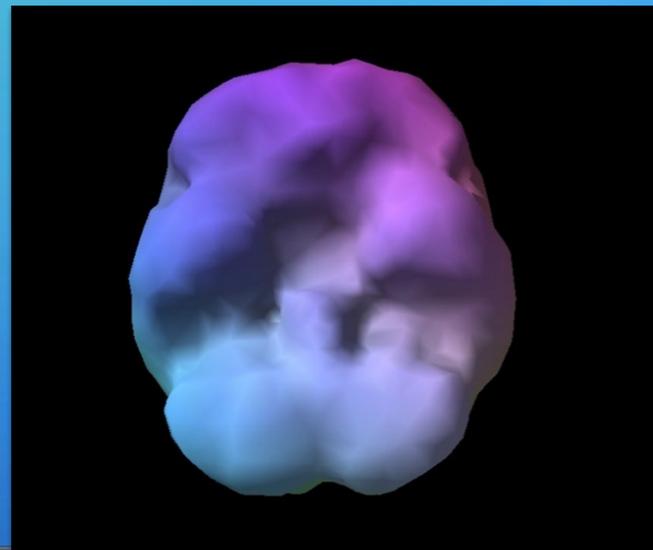
Top-
down
surface
view



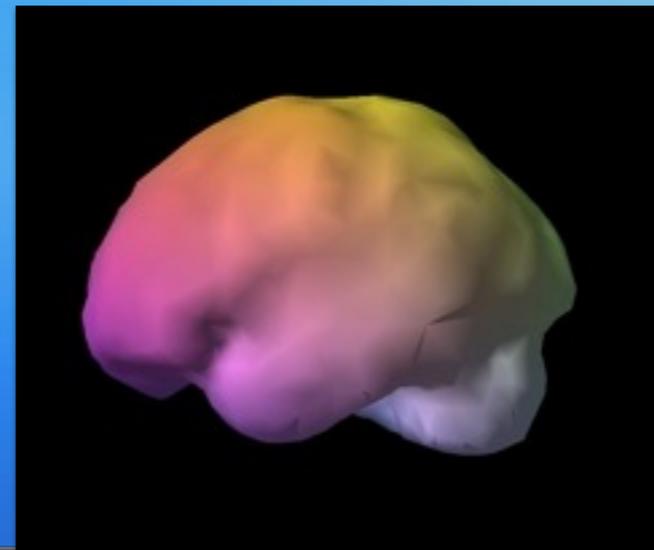
Front-on
surface
view



Underside
surface
view

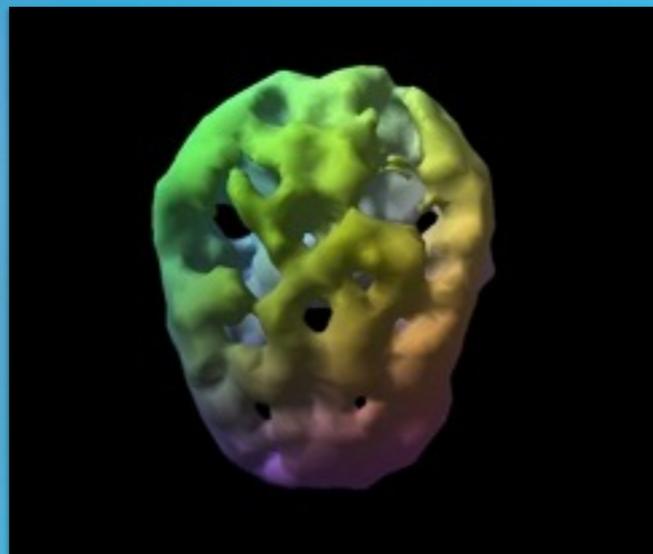


Side
surface
view

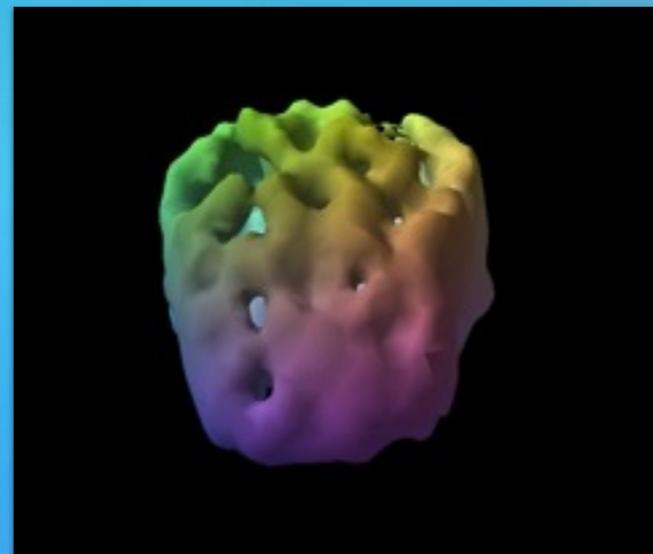


Alcohol – 17 years of heavy weekend use

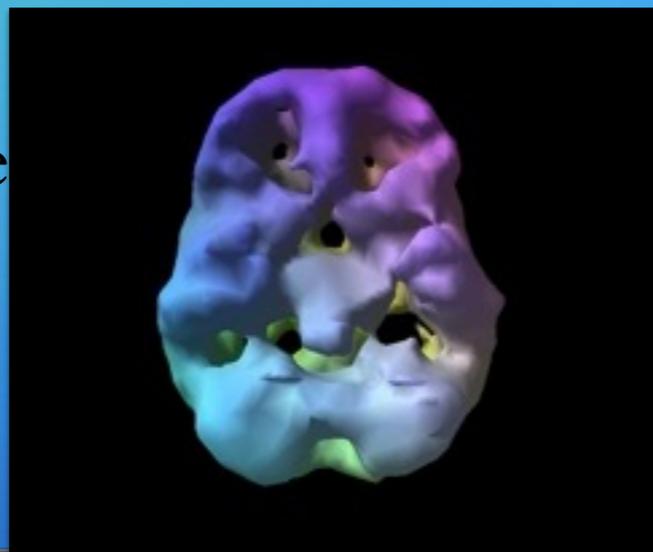
Top-down surface view



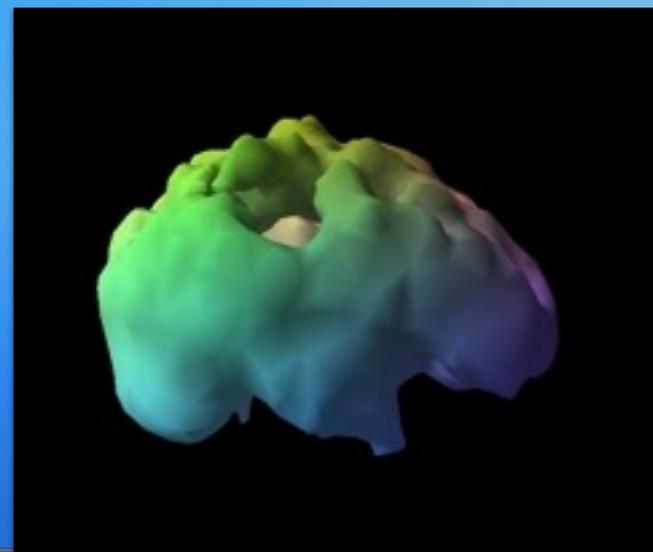
Front-on surface view

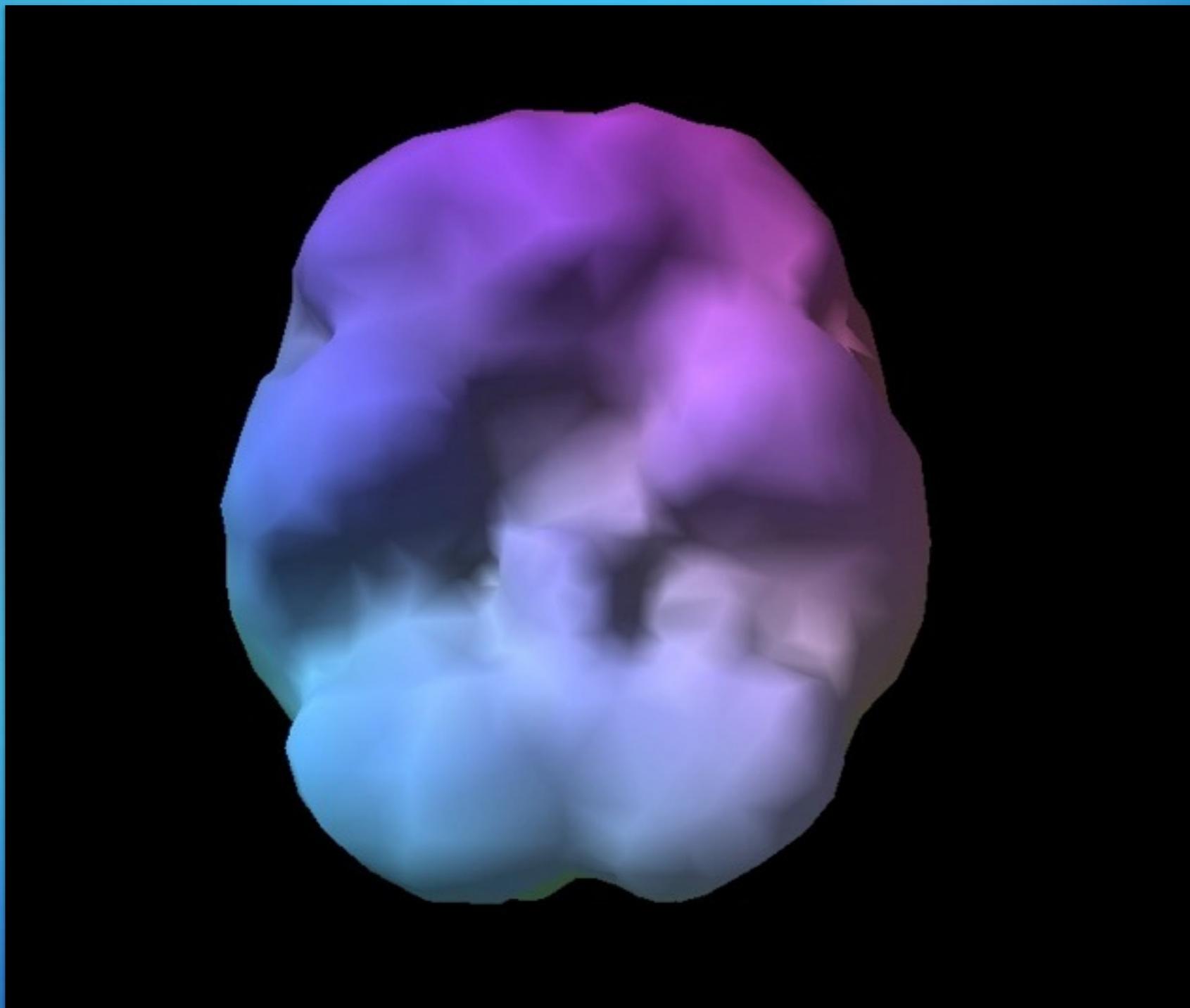


Underside surface view



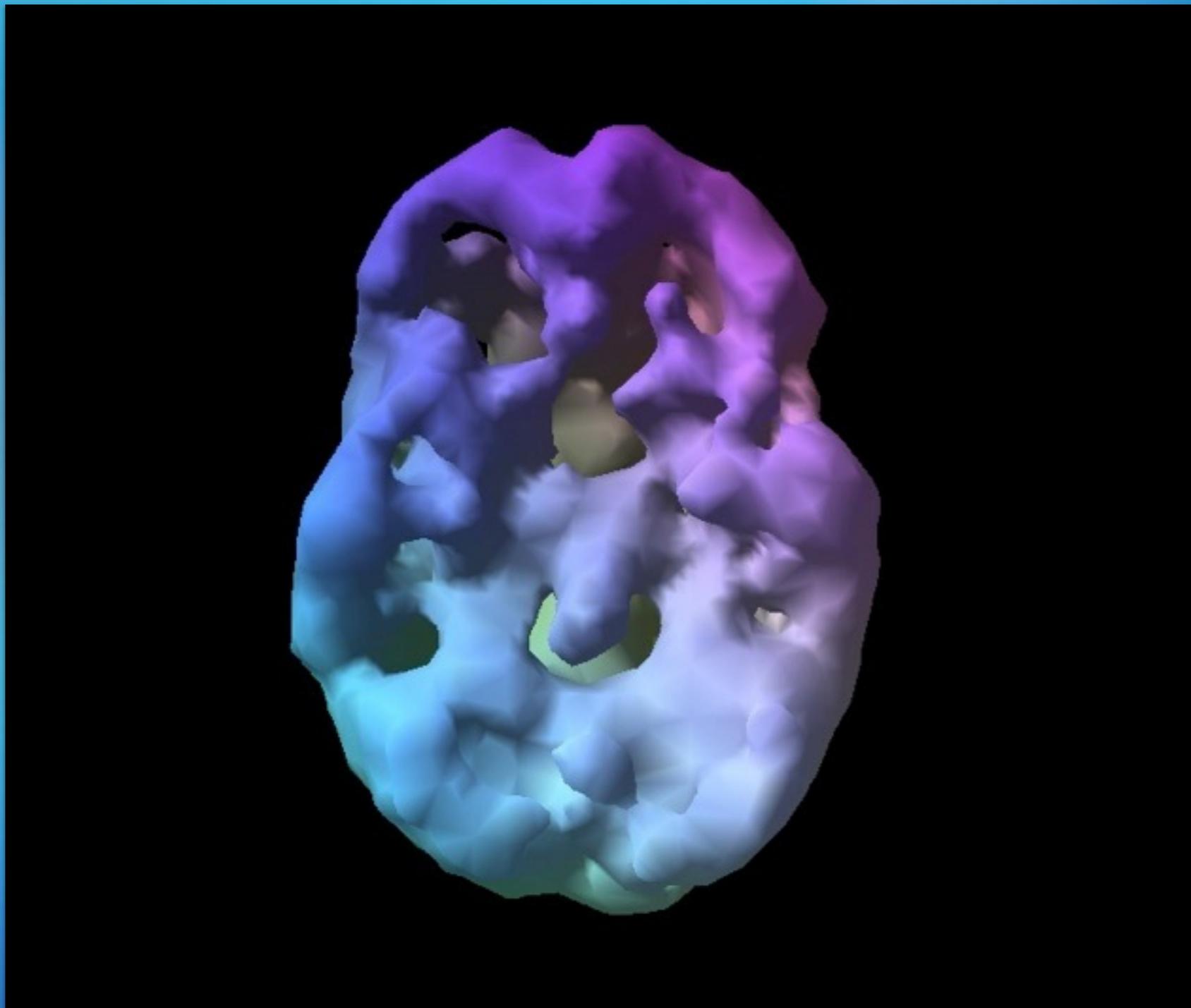
Side surface view





Healthy Brain

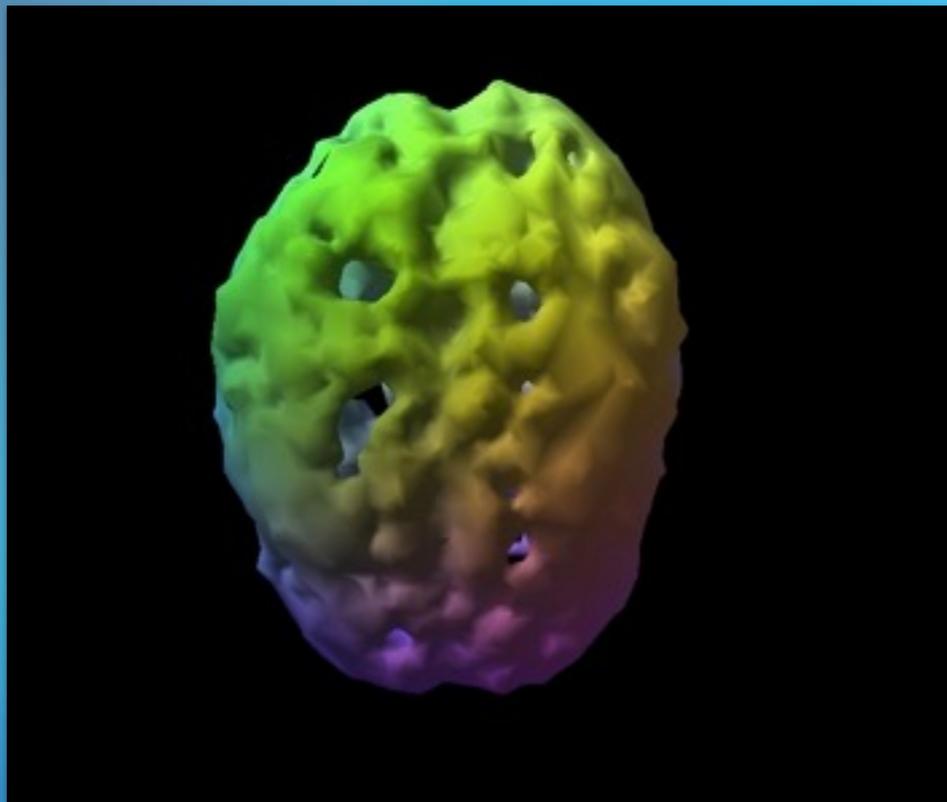
Photos: Dr. Daniel Amen



Twenty-two years of daily drinking.

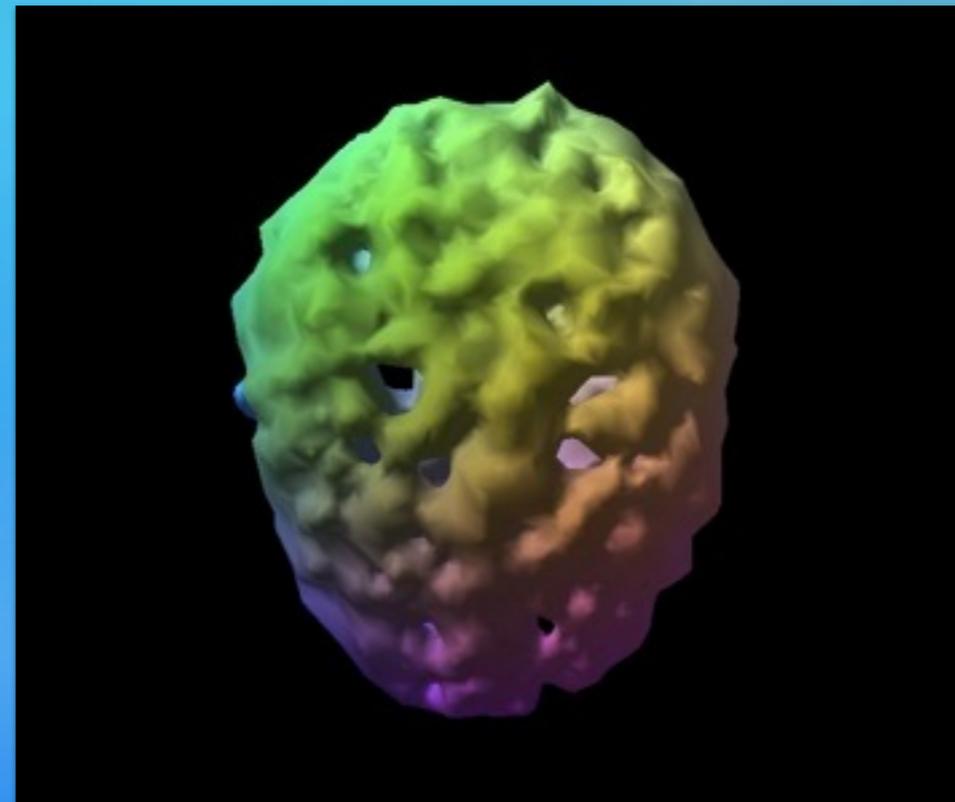
Photos: Dr. Daniel Amen

Cocaine



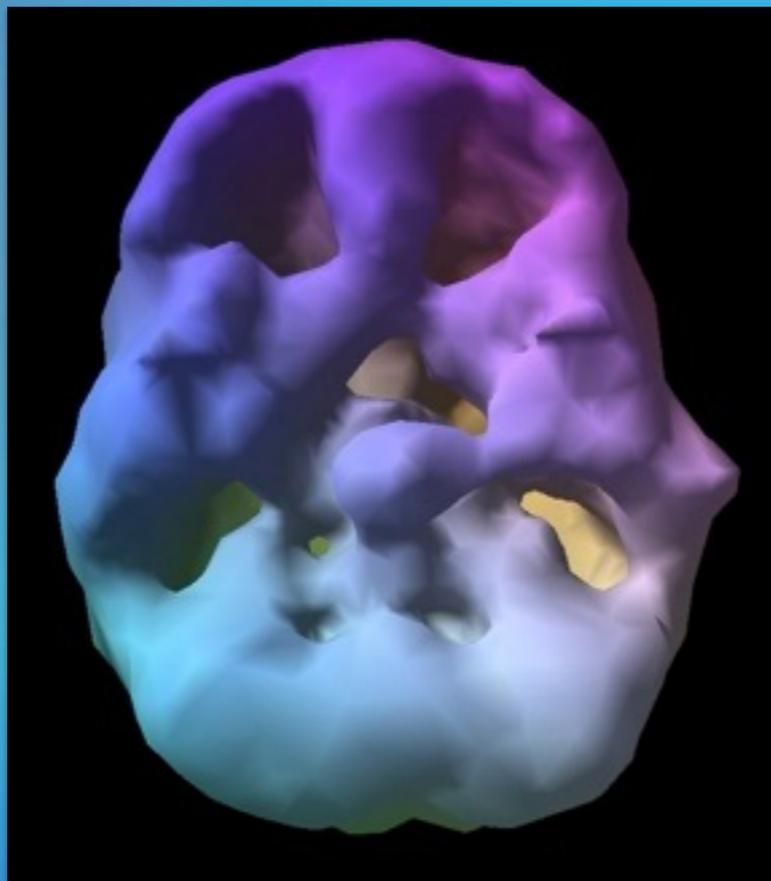
Twenty-four year old.
Using two years frequently.

Methamphetamine



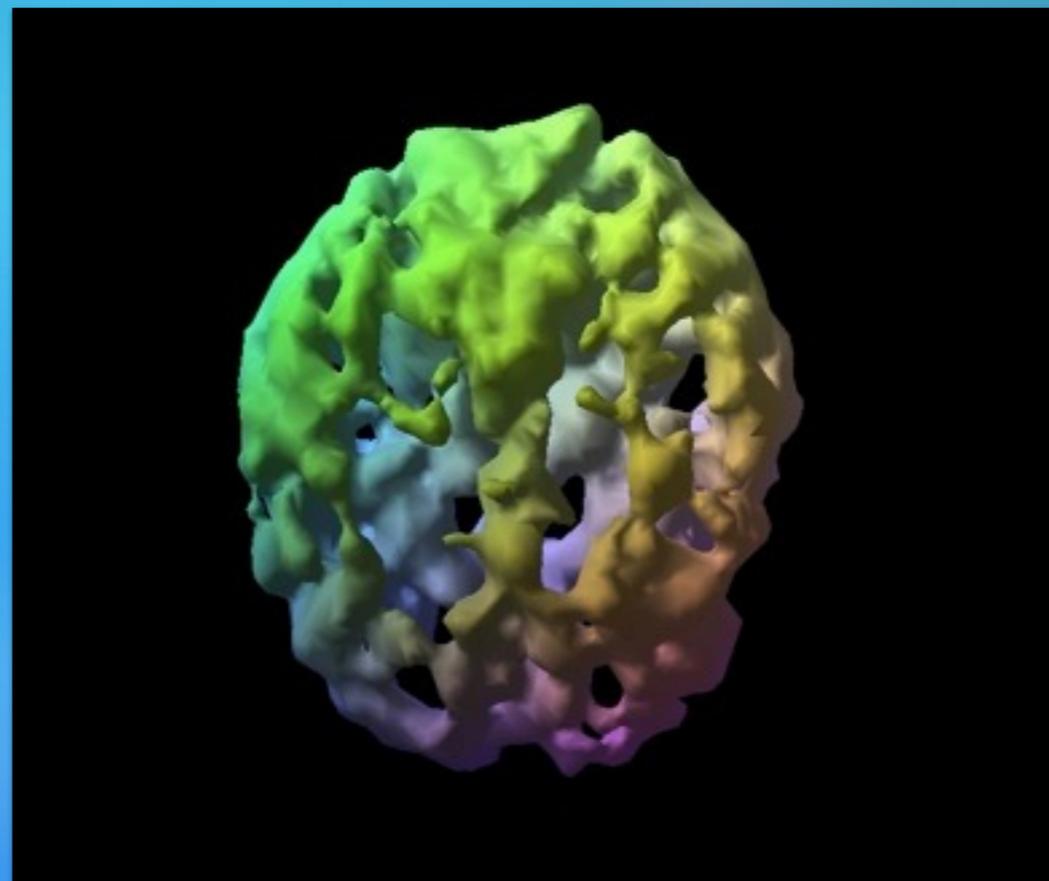
Twenty-eight year old.
Eight year heavy use.

Marijuana



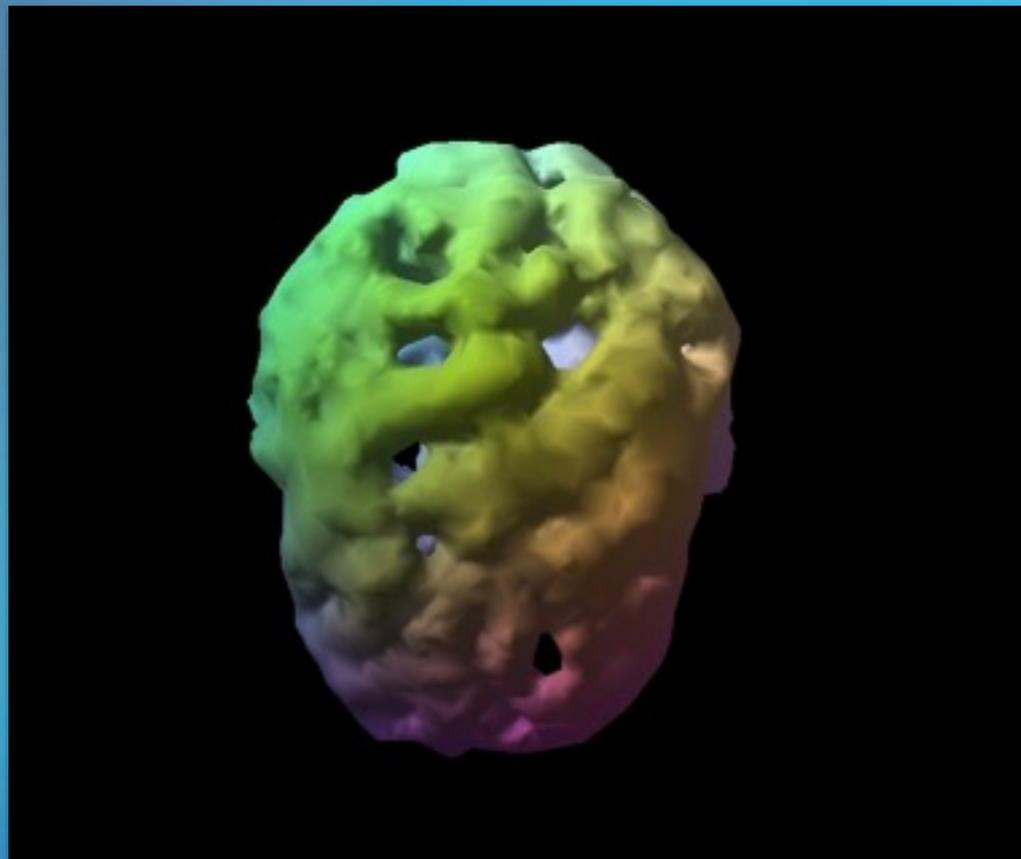
Eighteen year old.
Using 3 years.
Four times week.

Opiates

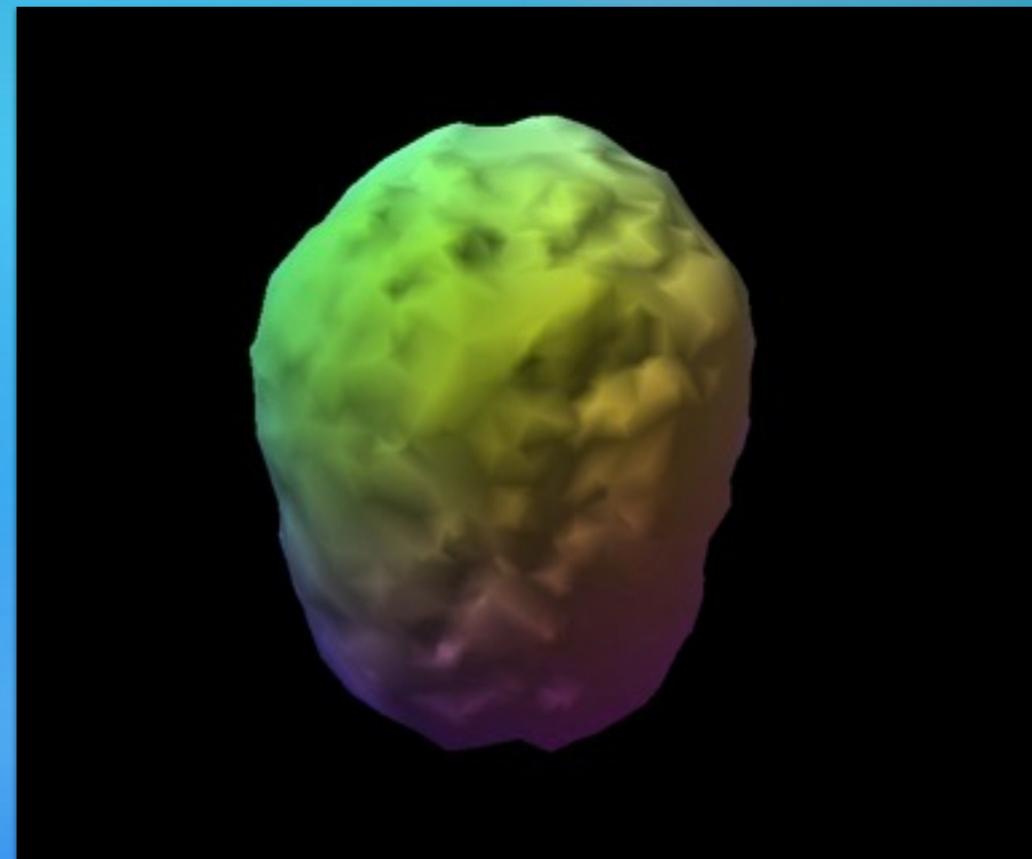


Forty year old.
Methadone 7 years.
Previously, heroin 10 years.

Before & After Recovery



Top down surface view
during substance abuse.



Same view after one year
alcohol and drug free.

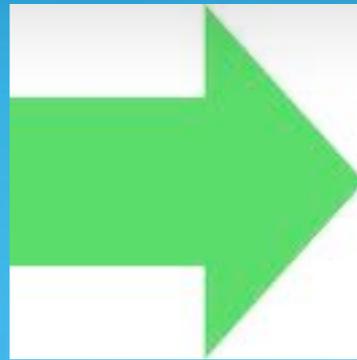
The addicted brain is changed.

Working for the survival of the addiction.



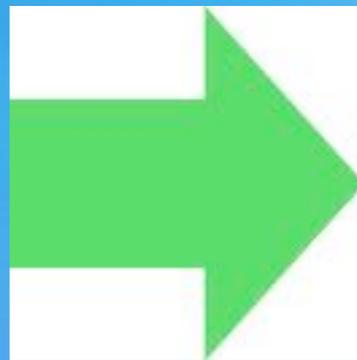
How Addiction Communicates

Addiction



Emotional
Brain

Emotional
Brain



Thinking
Brain



Addiction Floods the Thinking Brain with Emotions

Alcoholics Anonymous

We are not cured of alcoholism.
What we really have is a daily
reprieve contingent on the
maintenance of our spiritual
condition.

– Bill Wilson

The Family's Brain

Why they react
the way they do.

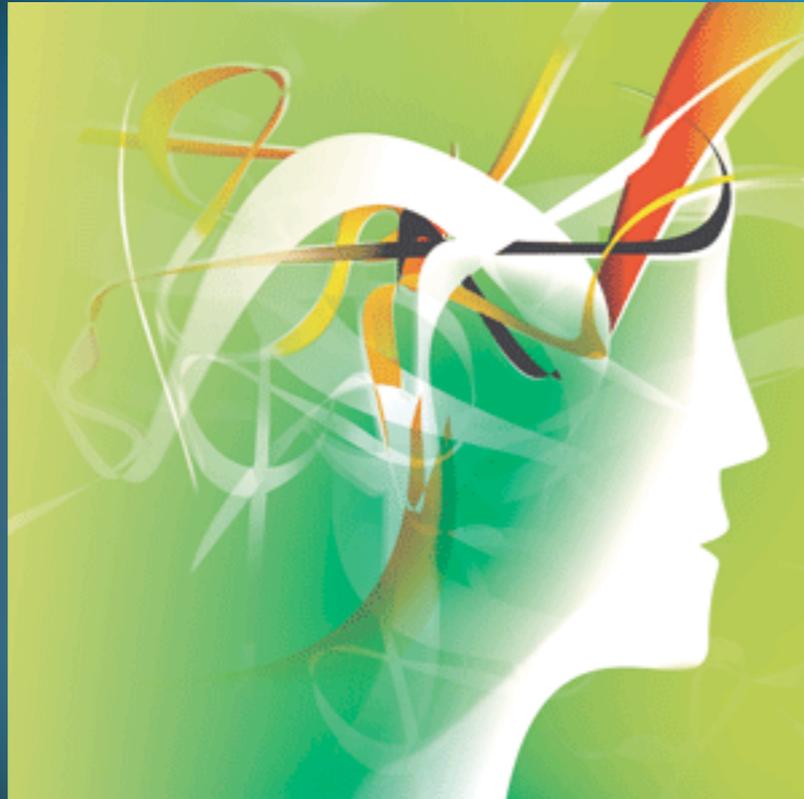


The Amygdala

A little brain unto itself

Conditioned Fear Stimulus

- ❖ Quickly learned: *something bad is coming*
- ❖ Messages bypass the cortex, shortcut to the amygdala
- ❖ Creates instant memory and a flood of emotion



Learned Helplessness

Creating learned helplessness

- ❖ Prolonged stress
- ❖ Unpredictable stressors
- ❖ Sense of having no control

Donald Hiroto

Affects Other Living Skills

- ❖ Lowered self confidence.
- ❖ Poor problem solving.
- ❖ Social constraints.
- ❖ Limited attention span.
- ❖ Feelings of hopelessness.

“There’s nothing I can do. Ever.”

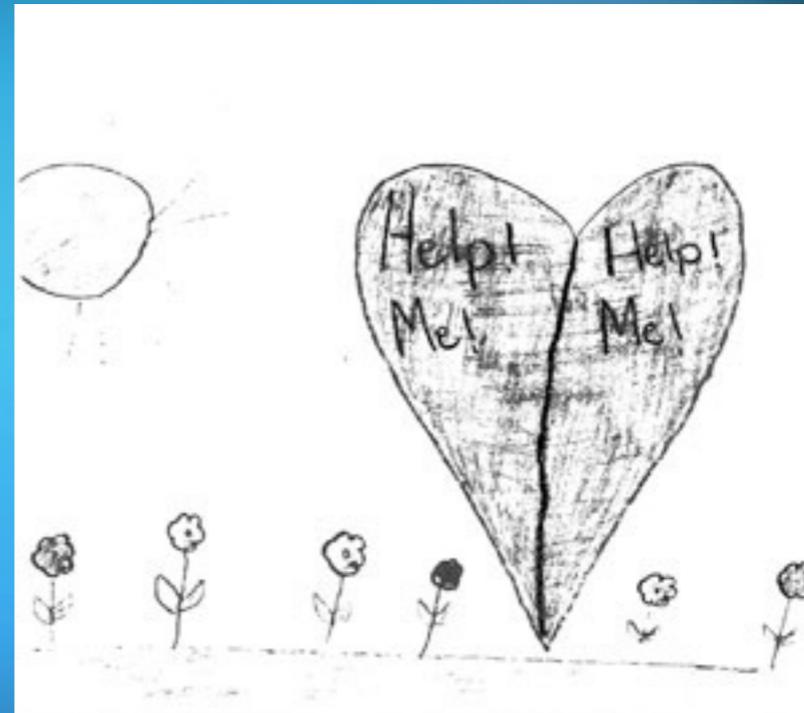
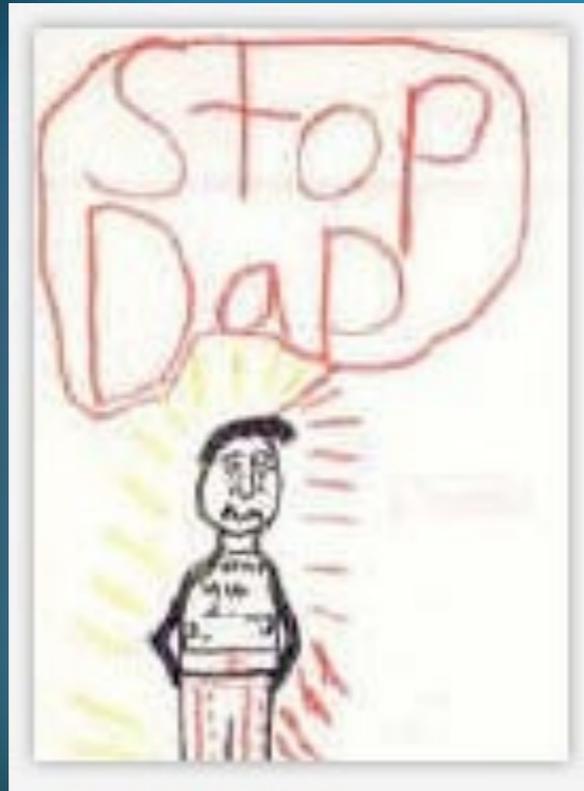
Detachment

Detachment isn't inaction.

It's a spiritual quality that makes action possible.

“Detachment isn’t a wall;
It’s a bridge.”

-Al-Anon Faces Alcoholism



Children's Brains

- ❖ Most children of alcoholics experience some form of abuse or neglect.
- ❖ -American Academy of Child & Adolescent Psychiatry

“The science shows that childhood maltreatment may produce changes in both brain function and structure. These changes are permanent. This is not something people can just get over.”

-Dr. Martin H. Teicher

McLean Hospital

Among neglected children, the cortex—the thinking part of the brain—is 20 percent smaller on average than in a control group.

-Children's Hospital and Baylor College of Medicine

When young children are stressed by too much noise, abuse or violence, they use all their brain power for survival instead of for learning.

Later in school, they can lose the ability to engage in logical thought and creative problem solving.

–Partnership for Learning

Put under stressful conditions, the brain begins to starve. It stops creating new cells. The cells it already has retreat inwards. The mind is disfigured.

–Elizabeth Gould
Princeton University

"Bluntly put, the time that parents need to conquer their substance abuse and addiction can pose a serious threat to their children who may suffer permanent damage during this phase of rapid development. Little children cannot wait; they need safe and stable homes and nurturing adults now in order to set the stage for a healthy and productive life."

Joseph A. Califano, Jr.,

The National Center on Addiction and Substance Abuse
at Columbia University

“On a lovely summer afternoon several years ago, my phone rang. The woman on the other end spoke with a most genteel southern accent and informed me she was from Mississippi...”



Spirituality of Relationships

Reclaiming our integrity

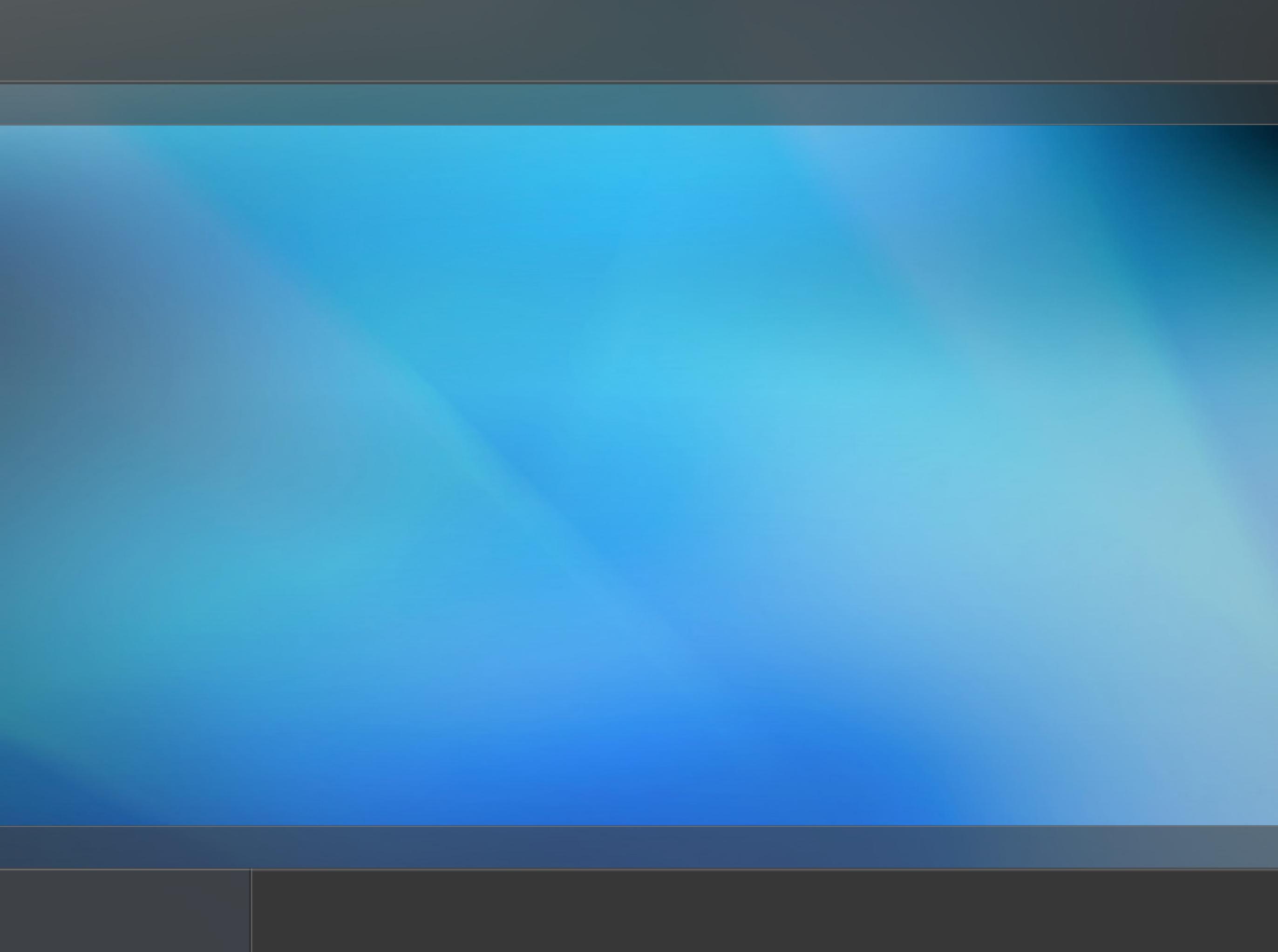
Before, During & After

Trust

Kindness

“Love Requires Action.”

–Mother Theresa





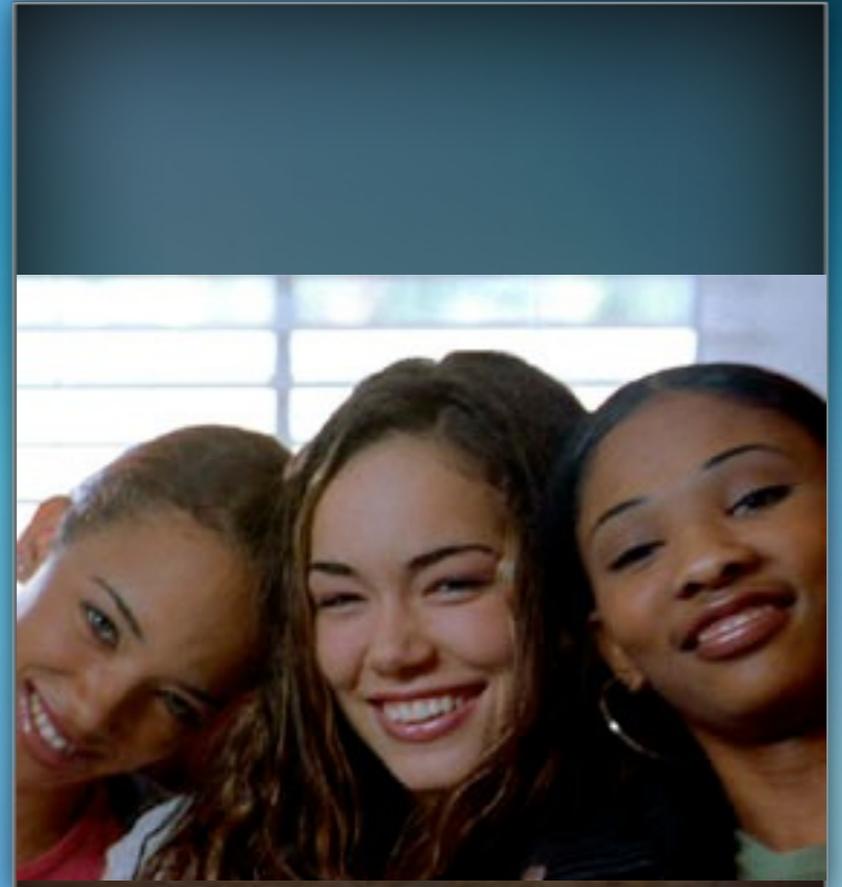
Spiritual Negotiation

Reclaiming our integrity

We are always negotiating
with the disease.

Structured Family Intervention

Use Love to Break Through Denial





Training a Team: The Power of the Group

- ❖ Information Gathering
- ❖ Education
- ❖ Details
- ❖ Training
- ❖ Rehearsal
- ❖ Intervention
- ❖ Post-intervention support



Taking Action: The Spiritual Implication

Building blocks to intervention

The Power of the Group

- ❖ They have never worked together: keep them focused
- ❖ Getting resistant family members on board
- ❖ Sounding out the drinking buddies
- ❖ Workplace associates and superiors
- ❖ Special influence: aunt, coach, Grandpa
- ❖ Spiritual wrestling match

Building the Team

- ❖ Debriefing the team members: broad questions
- ❖ Find the positives: “He likes teaching people how to...”
- ❖ Don’t criticize, teach. “Money is the fuel of addiction.”
- ❖ Who has leverage? How can it be used most subtly?”
- ❖ Who has influence? “I just want my son back.”

Writing Letters

tools that go beyond intervention



7 Point letter format

- ❖ Easy to understand and follow
- ❖ Will appear in the next edition of “Love First”
- ❖ Makes every team member a great writer

I. Identification

- ❖ Name the relationship
- ❖ Introduce the power of the relationship
- ❖ Remove objections before they arise

2. Love

- ❖ Longest part of the letter
- ❖ Detailed reasons why we love and care about this person
- ❖ Memorable times and experiences
- ❖ Pride and gratitude
- ❖ Like a eulogy...with an inside joke

3. Reframing

- ❖ The disease
- ❖ Not a matter of willpower or character
- ❖ Requires professional treatment

4. Facts

- ❖ Brief, specific and first hand
- ❖ No judgmental language
- ❖ The facts Ma'am, just the facts
- ❖ Poignant

5. Commitment

- ❖ Personal commitment to stand by them
- ❖ Any help that is appropriate
- ❖ Remembering the past

6. Ask

- ❖ A direct and personal request
- ❖ Today...now is the moment
- ❖ Be specific about treatment
- ❖ Don't leave room for delay

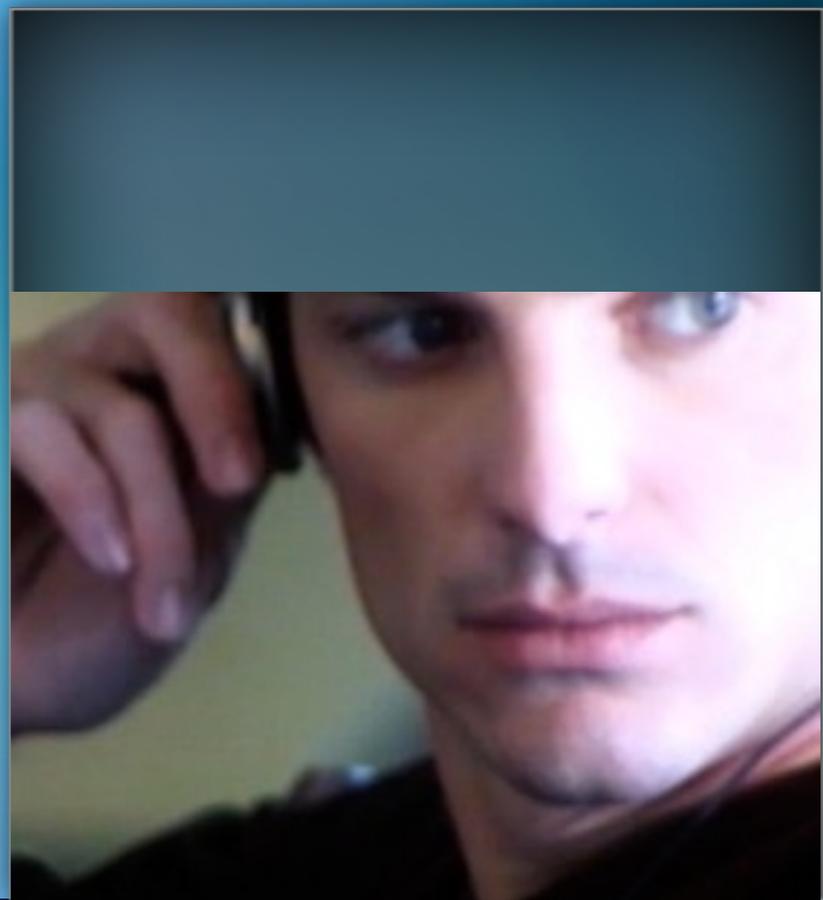
7. Affirmation

- ❖ End on a positive note
- ❖ Show faith in the addict to follow through
- ❖ A purpose for living
- ❖ Inclusive -- we're a family.

The Closer

- ❖ Most trusted person
- ❖ Senior family member
- ❖ Eye to eye
- ❖ Many will just say “Yes”
- ❖ ...or on to the objections...

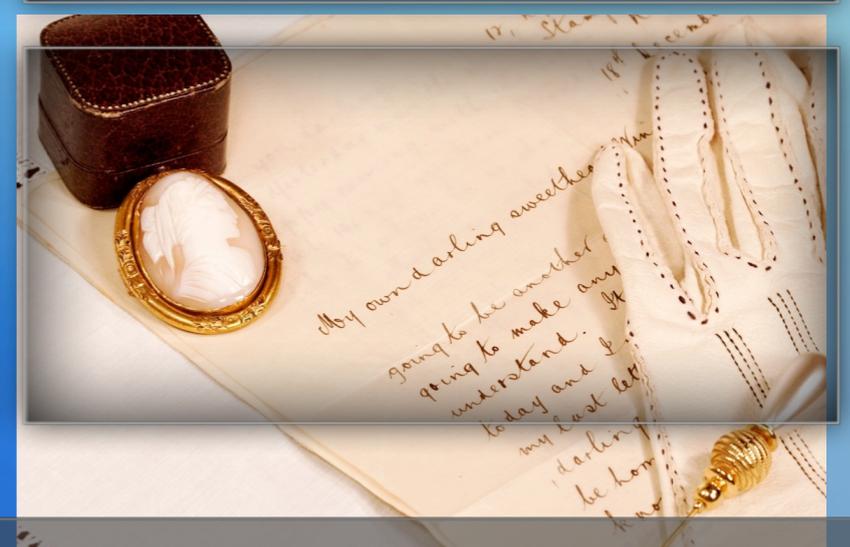
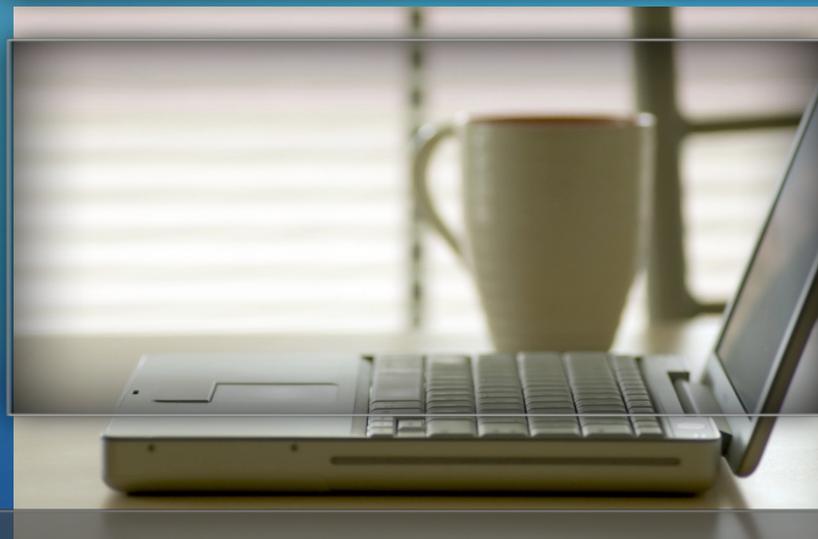
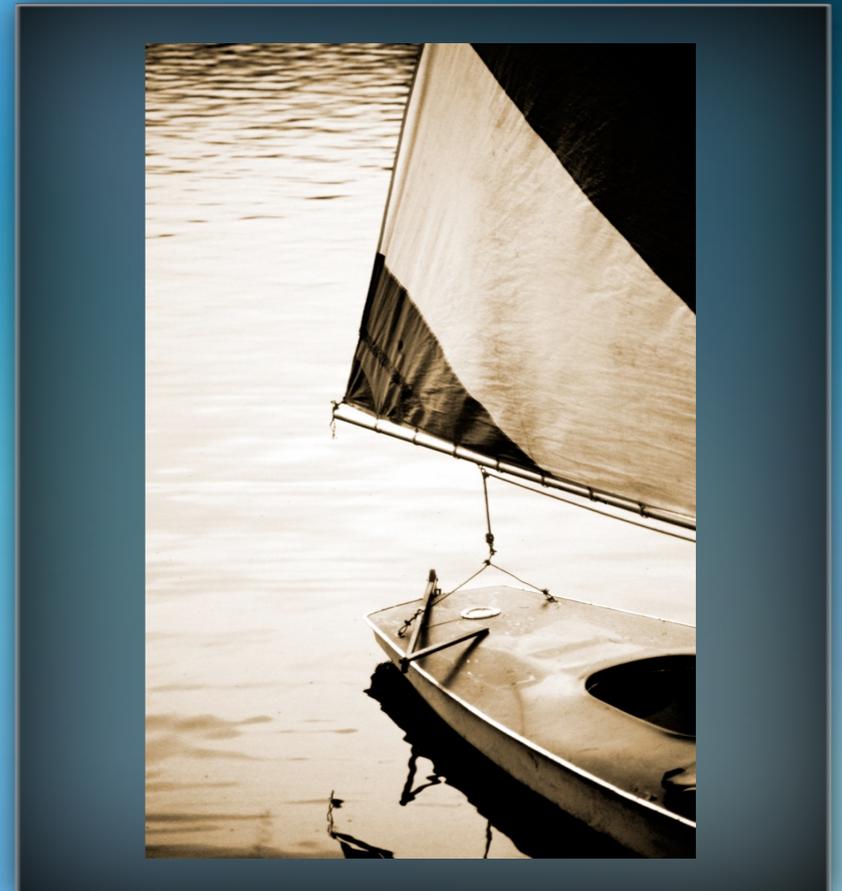
Brainstorming Objections the escape routes



Common Objections

- ❖ Work
- ❖ Childcare
- ❖ Practical considerations: the dog, bills, home care
- ❖ Big events: graduation, wedding, vacation
- ❖ Disease objections
 - ❖ “I can do it on my own.”
 - ❖ “I don’t have a problem.”
 - ❖ “I’ll see a psychiatrist.”

Bottom Lines no longer helping the addiction



Addiction can no longer trump
the welfare of the family.

These are the ways
I will take care of myself.

“Sarah,

We are all committed to you and your health. Each of us would like to share with you the decisions we've made. We will not do anything to help you stay sick, but we will do all we can to help you get well. The addiction hurts us, too, so until you get into recovery we must take care of ourselves, and we want to tell you how we plan to do this....”

Intervention Day

Warm welcome

No surprises

Just want to talk

It's a free country

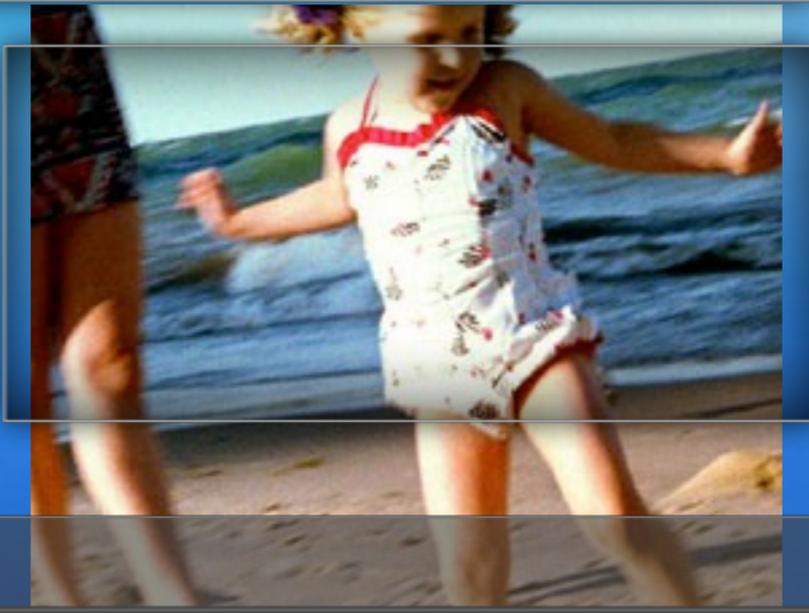
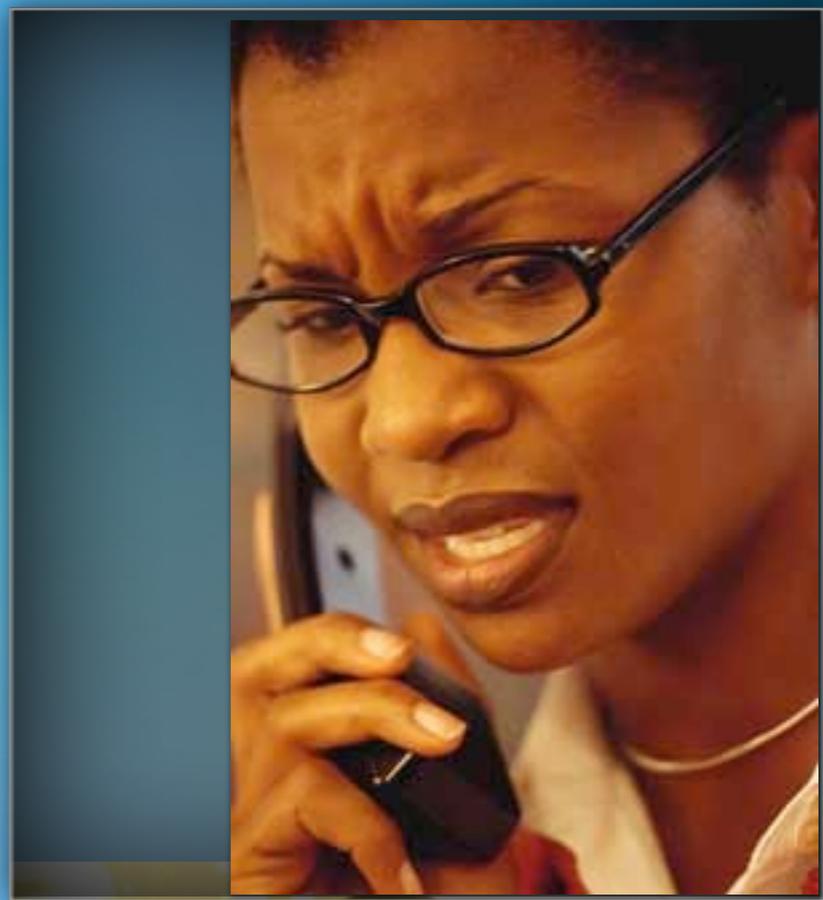
Get to the script



Tips

- ❖ Trust the process
- ❖ Stay calm: don't take the bait
- ❖ Magician not allowed
- ❖ 2 reasons for NO
- ❖ Reach for the heart
- ❖ Spiritual exercise

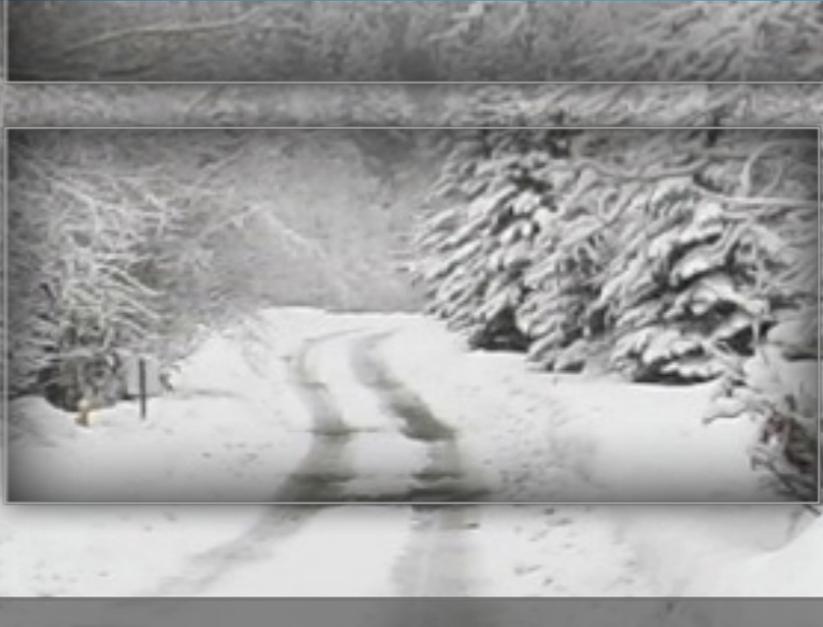
Leveraging Family Influence working with the treatment staff



Using the Letters & Bottom Lines

- ❖ Ongoing spiritual power
- ❖ Letters to primary counselor
- ❖ Break denial in group therapy
- ❖ Powerful tool against AMAs (along with bottom lines)
- ❖ The intervention team present in treatment
- ❖ If there is a tragedy...

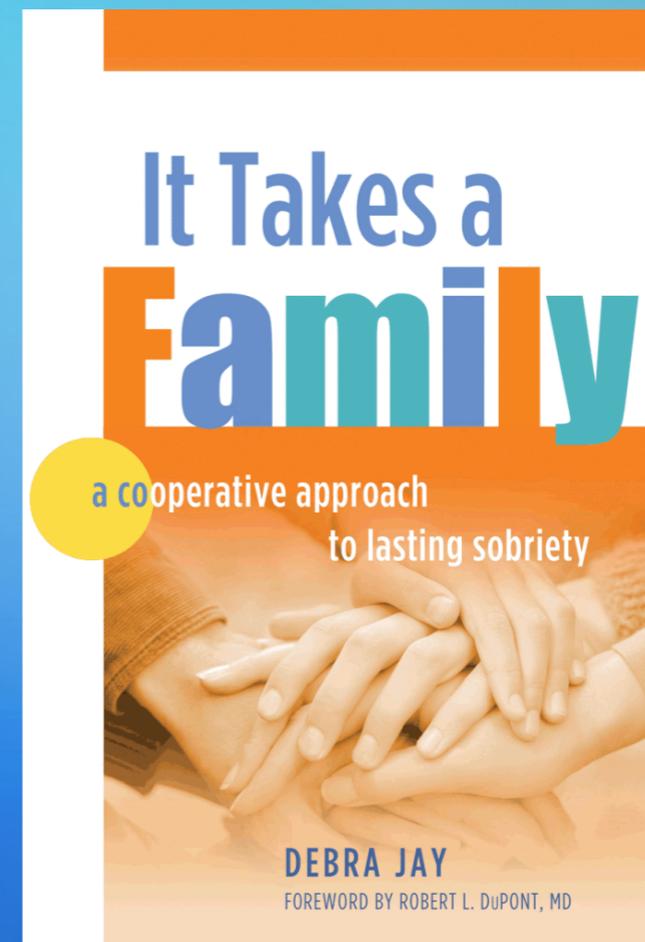
Family Recovery it's not a spectator sport



June 30th

Cooperative Approach to Lasting Sobriety

- ❖ Intervention team to Recovery Team
- ❖ Alanon, Family Program
- ❖ Relapse Plan with treatment team
- ❖ Everyone is in compliance
- ❖ We all recover together
- ❖ Structured Family Recovery



A Personal Story of Intervention

you have a disease and it's not your fault

