



Why is Addiction a Family Disease?

Brynn Cicippio, LMFT, CAADC



Objectives – Part One

- 1. Understand what it means to work systemically
- 2. Understand the genetic influence on addiction
- 3. Identify common roles in addicted families
- 4. Formulate treatment goals for each role

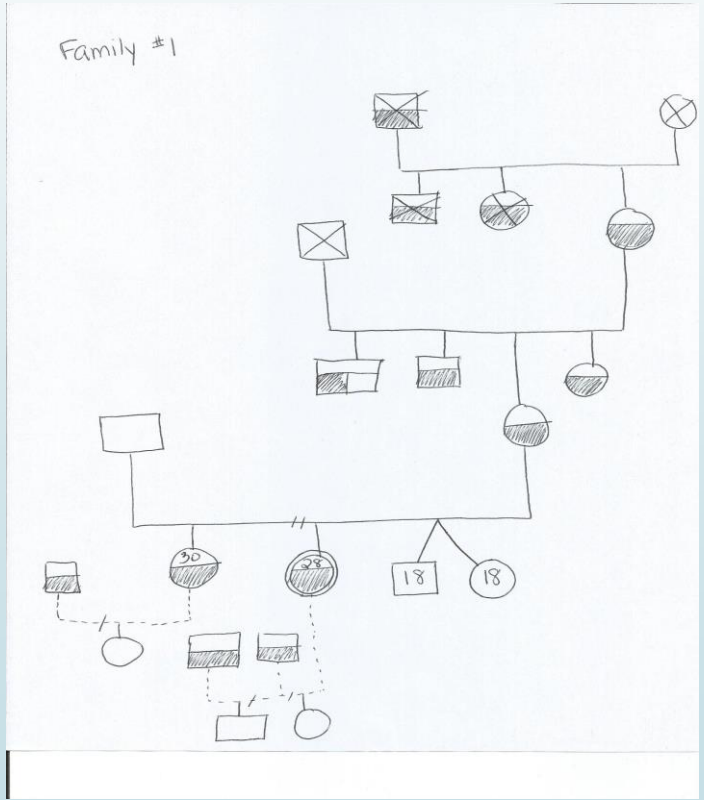


Who are MFT's?

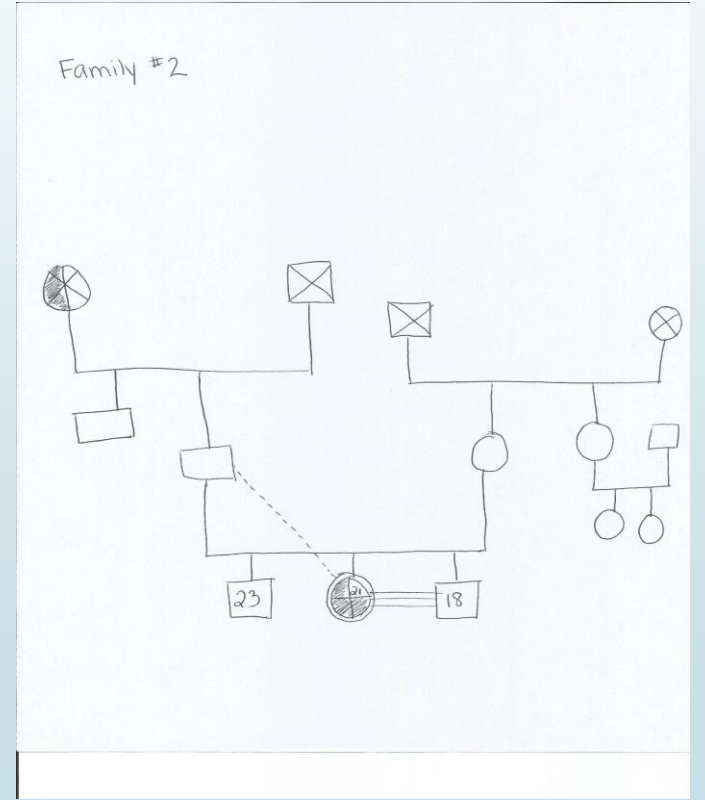
- ▶ Individuals, couples, and families
- ▶ Training and Education
- ▶ Taking in the big picture
 - ▶ Context and relationships
- ▶ Different than other clinicians

Genetics

Family #1



Family #2





Genetics – What's the difference?

- ▶ Predisposition
 - ▶ Evolution
- ▶ Genes and Environment
 - ▶ First use
- ▶ Heritability
 - ▶ Addictions – moderately to highly heritable
 - ▶ Hallucinogens 0.39; Cocaine 0.72
- ▶ Treating the family



Common Family Roles

- ▶ 1. Responsible/ Family Hero
- ▶ 2. Adjuster/ Lost Child
- ▶ 3. Placater/ People Pleaser
- ▶ 4. Mascot/ Family Clown
- ▶ 5. Acting Out/ Scapegoat



Responsible/ Family Hero

Strengths

- Responsible
- Organized
- Leaders
- Valuable to the family system

CLINICAL PRESENTATION

TREATMENT GOALS

Limitations

- Expect perfection
- Can't make mistakes
- Can't listen to others



Adjuster/ Lost Child

Strengths

- ▶ Independent
- ▶ Flexible
- ▶ Quiet
- ▶ Easy going

CLINICAL PRESENTATION

TREATMENT GOALS

Limitations

- ▶ Ignored, neglected
- ▶ Can't make decisions
- ▶ Lack initiative
- ▶ Follow the leader



Placater/ People Pleaser

Strengths

- ▶ Caring
- ▶ Empathetic
- ▶ Good listeners
- ▶ Sensitive

CLINICAL PRESENTATION

TREATMENT GOALS

Limitations

- ▶ Fear conflict
- ▶ Can't receive
- ▶ Taken advantage of
- ▶ Anxious



Mascot/ Family Clown

Strengths

- ▶ Humor
- ▶ Wit
- ▶ Behavior often reinforced
- ▶ Easily liked

CLINICAL PRESENTATION

TREATMENT GOALS

Limitations

- ▶ Immature
- ▶ Attention seeking
- ▶ Unable to focus
- ▶ Poor Decision making



Acting out/ Scapegoat

Strengths

- ▶ Creative
- ▶ Funny
- ▶ Leadership

Limitations

- ▶ Anger
- ▶ Self-destructive
- ▶ Irresponsible
- ▶ Social problems

CLINICAL PRESENTATION

TREATMENT GOALS




The Big Picture

- ▶ Putting it all together
- ▶ How do roles maintain addiction
- ▶ Specific tangible goals
- ▶ Impact on family system

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Conclusion

- ▶ The role of genetics
- ▶ Understanding roles
- ▶ How might we see roles in our positions
- ▶ What can we do



Why is Addiction a Family Disease? Pt. 2

Brynn Cicippio, LMFT, CAADC



Objectives – Part Two

- 1. Describe the components of medical model
- 2. Identify the unspoken rules in addicted families
- 2. Describe the function of each rule
- 3. Implement three interventions for each unspoken rule



Intro to Addiction – the ingredients

- ▶ Drug or Substance Availability
- ▶ Genetic predisposition or sensitivity
- ▶ Environmental Stress



The Unspoken Rules

- ▶ Allow addiction to surface and thrive
- ▶ Prevent health and wellness
- ▶ Stay with the child through adulthood

- ▶ Don't Talk

- ▶ Don't Trust

- ▶ Don't Feel



DON'T TALK

- ▶ May begin as rationalization
- ▶ Moves into denial of the problem
- ▶ Supported by the silence of other family members
- ▶ Failed attempts to make the problem go away
- ▶ Explicitly told not to talk
- ▶ Influenced by shame
- ▶ Disbelief and betrayal



DON'T TRUST

- ▶ Instability
- ▶ Needs are not being met
- ▶ What is normal?
- ▶ Contribution of other family members
- ▶ Disappointment, embarrassment, humiliation
- ▶ Honesty in relationships
- ▶ Unable to trust the truth



DON'T FEEL

- ▶ Keeping yourself safe
- ▶ Shift the focus
- ▶ Not accessing
- ▶ Avoiding pain
- ▶ Self-protection and self-preservation
 - ▶ Fear/ afraid
 - ▶ Sadness
 - ▶ Anger
 - ▶ Embarrassment
 - ▶ Guilt



INTERVENTIONS



Let's Start Talking

- Objectives

- Develop understanding that addiction is a family disease
- Recognize the multigenerational legacy of addictive disorders
- Enhance Communication

- Genogram

- 3 generations min; SA/MI/SI

- Assumptions

- 11 statements

- S.A.F.E.

- Secretive, Abusive, Feelings, Emptiness



Who Can You Trust?

► Objectives

- Break denial to build honesty
- Develop understanding of codependent behaviors and their function within the addicted system
- Formulate honest dialogue about behaviors

► Defense and Denial Collage

- What is really happening

► Control Questions

- Difficulties, demonstration, ultimate cost

► Co-Addiction Checklist

- What is really happening



All the Feelings

- ▶ Objectives:
 - ▶ Recognize personal belief systems about expressing emotions
 - ▶ Identify consequences of those beliefs
 - ▶ Identify feelings that are easy and difficult to express
- ▶ Identification of feelings
 - ▶ Times I felt...
 - ▶ Fear, Anger, Sadness, Guilt, Embarrassed
- ▶ Beliefs about feelings
 - ▶ Beliefs that deny or rationalize
 - ▶ Beliefs that support healthy expression
- ▶ Expressing Feelings
 - ▶ Easiest, Most Difficult, and Fear of outcomes



Conclusion

- ▶ Where can we influence change
- ▶ What are the unspoken rules
- ▶ What is one way your role can move someone away from these rules



Share Your Thoughts
and Questions!

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THANK YOU!

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