

EXCELLENCE IN CODEPENDENCY TREATMENT

TREATING THE TRAUMA THAT CONTRIBUTES TO ADDICTION AND CODEPENDENCY

Some of the pain in adulthood is directly linked to the unexpressed and stored up trauma wounds one has experienced as a child. This trauma comes in many forms including abandonment, abuse, neglect and/or tragedy. When children are traumatized and unable to express that trauma, this becomes a major contributing factor to addiction and codependency. Two common definitions of codependency are as follows:

Codependency is a dependence or focus on another person and /or on the relationship at the expense of *self*.

Codependency is the absence of relationship with self, a child's reaction to a dysfunctional family.

Both definitions speak to what happens when someone has experienced unresolved trauma in their childhood.

People with codependency lose out on having a healthy and meaningful relationship with self. And in

that absence of relationship, there is a strong desire to cling to something or someone dependable outside of him / herself. The database for normal is skewed due to trauma, so the codependent person keeps finding and staying in relationships that mimick the relationships experienced in their childhood homes. More than likely, this is due to the fact that in order to survive the trauma, a child had to develop one or more of the following coping skills:

Denial – The assertion made by denial about trauma is that, "It didn't happen."

Delusion – The assertion made by delusion about trauma is that, "It wasn't that bad; others had it worse."

Dissociation – The assertion made by dissociation about trauma is, "I wasn't there."

The powers of denial, delusion and dissociation served the purpose of survival for the traumatized child. However, these same powers,

when operating in an adult's life, can be counterproductive to intimacy, joy and inner peace. People with codependence simply don't know who they are and don't know how to bring a self into healthy, intimate relationships with others. The lack of relationship with self due to childhood trauma makes one completely qualified to address these issues through the lens of codependence. In fact, if someone has grown up with trauma, this is an accurate indicator of whether or not s/he will be codependent or exhibit codependent tendencies.

The Bridge to Recovery offers people who have mild to severe Trauma a peaceful, safe environment to do the necessary work which is often the key to long-term sobriety and healthy relationships with themselves and others. If you have someone in mind that could benefit from our program or to learn more about our 16-Day or more extensive programs please call either Tammy Eurick, Admissions/Marketing Director, Scott Whittle, Development Director at **877-866-8661** or visit our website at www.thebridgetorecovery.com

PROFESSIONAL INTRODUCTORY PROGRAM

The Bridge to Recovery would like to invite you to our Professional Introductory Program. Each month we offer the opportunity for Professionals to attend the first week-end of our workshop. This allows you to experience first hand how we can help you and your clients. For more information please contact Tammy Eurick, Admissions/Marketing Director at 877-866-8661, cell 270-535-0077 or email tammy@thebridgetorecovery.com