



FOUR-PHASE EDUCATIONAL MODEL

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I Psycho Education

- /// **Understanding the Medical Model of Addiction/Compulsion**
 - Nature of dependency disorders
 - Contributing and complicating factors
 - Categories of unhealthy dependence
- /// **Transgenerational Cycle of Addiction and Codependence**
 - Characteristics of dysfunctional families
 - Predisposing factors
 - Codependence as an issue of immaturity
- /// **Development of Codependence**
 - The causes of codependence
 - Symptoms of codependence
 - Stages of codependence
- /// **Principles of Healthy Self-Care**
 - Catharsis
 - Moderate, appropriate expression of feelings
 - Boundary development and maintenance
 - Choosing and using a support system
- /// **Twelve-Step Programs**
 - Options available
 - How to choose a group; characteristics of healthy groups
 - How to work a program

II Articulation of the Trauma

- /// **Identifying Family-of-Origin Issues**
 - Life story
 - Examination of family history and negative behavior patterns
 - Identification of dysfunctional family roles
- /// **Confronting Issues of Abuse**
 - Assessment of abuse and neglect
 - Development of resentment list
 - Externalizing the trauma
- /// **Empty Chair Role Playing**
 - Installation of boundary system
 - Reunion with the soulful feeling part of the self
 - Anger, grief and shame reduction
 - Integration and insight

III Addressing Current Core Issues (learned, self-defeating behaviors)

/// Identification of Unhealthy Dependencies

- Compulsive eating
- Sex/love/relationship addiction
- Chemical dependence (alcohol, drugs)
- Religious addiction (legalism or workaholism and perfectionism)
- Addiction to money, power, success
- Compulsive overworking and overachieving
- Excitement addiction (gambling, dangerous hobbies and sports, etc)
- Talkaholism, jokeaholism
- Rageaholism - spouse and child abuse
- Identification of dysfunctional family roles

/// Identification of Codependent Behaviors

- Caregiving, rescuing, fixing
- Control, manipulation
- Image-management, approval-seeking
- Anxiety syndrome - obsessing, worrying, chronic negativity
- Intellectualizing (obsessive over-analyzing)
- Martyring, misery, self-victimization
- Chronic low self-esteem
- Dysthymia (mild chronic depression)

/// Experiential Activities

- Family sculpts
- Role playing
- Boundary-setting practice activities
- Expressing feelings and needs moderately
- Learning to think differently
- Inner child work

/// Twelve-Step Work

- Presentation of Step 1
- Study of Steps 2 & 3
- Translation of intensive, experiential work into the Step 4 process
- Presentation of offense list (Step 5)

IV Planning for Continued Growth

- Setting goals for change
- Referral to support systems
- Relapse-prevention planning

