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