

Psycho-Education for Patients and Family Members

Session 9: Families and Recovery (1)

Who Makes Up a Family?

- Members of your immediate family (parents, siblings, partner, children)
- Extended family
- Friends
- Colleagues from work
- Mentors
- Anyone who will support recovery

Question:

- *Answer if the following statements are TRUE or FALSE.*
 1. *Shabu is a chemical substance.
Addiction is caused by responses of the body to the chemical.*
 2. *Addiction is a form of wrongdoing and not a medical problem.*
 3. *Addiction can be overcome by willpower.*

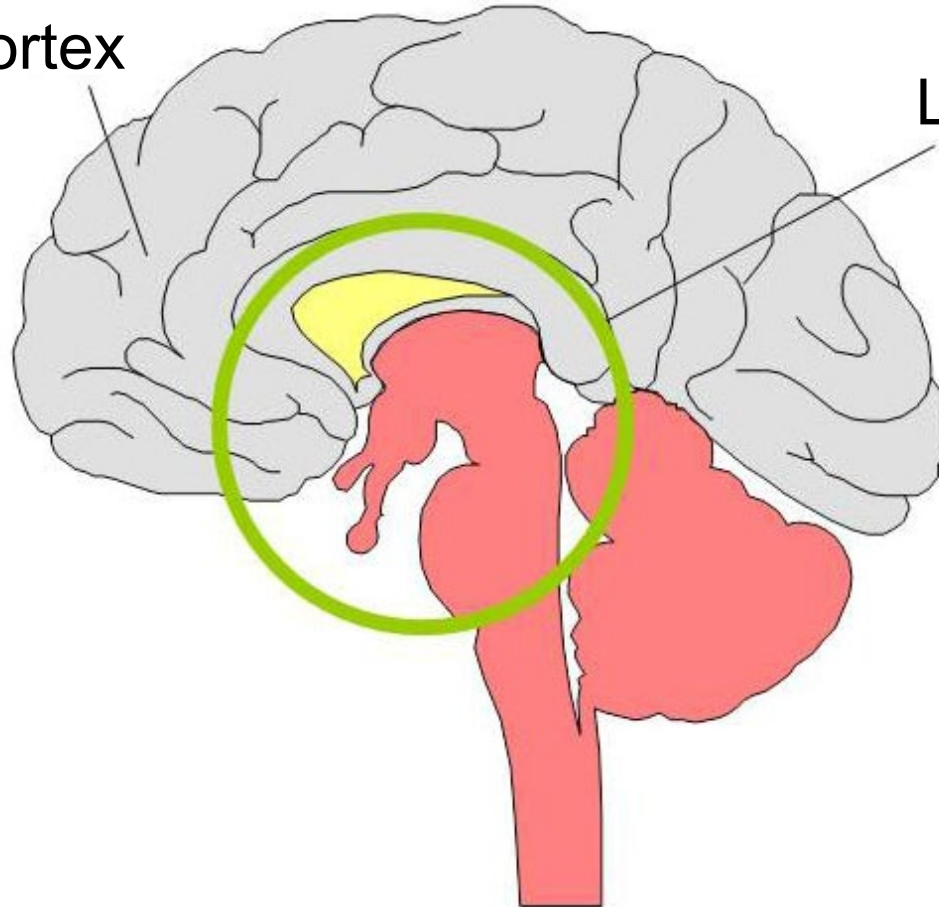
What Is Addiction?

- Addiction is a physical and emotional response to chemicals we put in our bodies.
- Addiction is a medical disorder.
- It is not helpful to think of addiction in terms of morality and willpower.

Development of Addiction

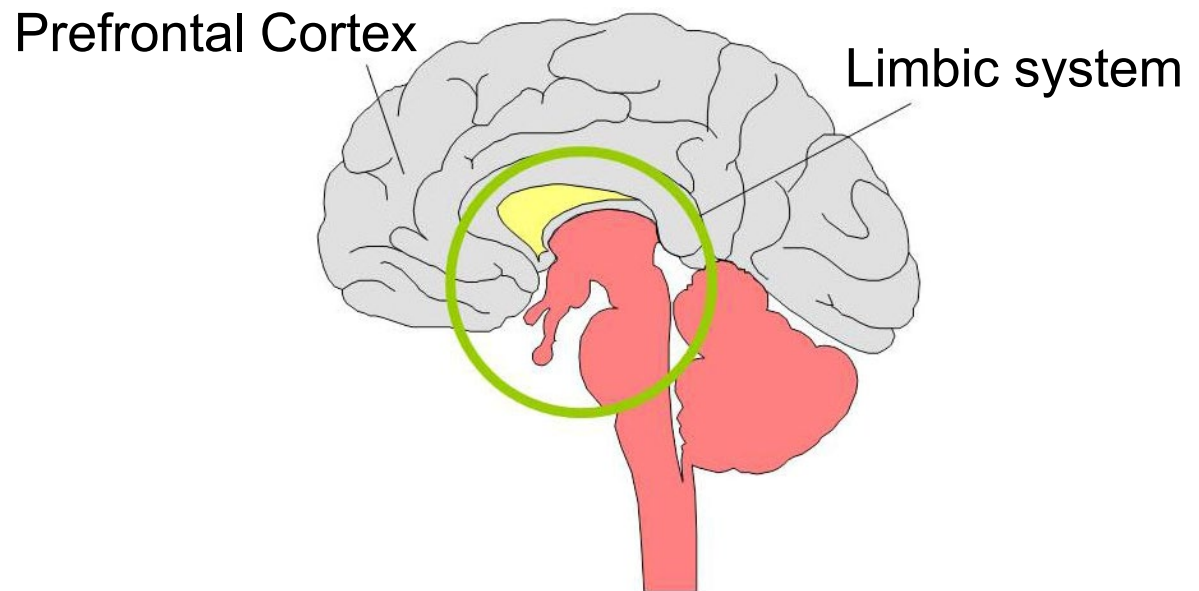
Prefrontal Cortex

Limbic System



Development of the Craving Response

- Cognitive process—Prefrontal cortex
- Conditioning process—Limbic system
- Obsessive thinking



Cognitive Process

Beginning Stages of Addiction

Negative Aspects

- Employment disruption
- Relationship concerns
- Financial problems

Positive Aspects

- Depression relief
- Confidence boost
- Boredom relief
- Sexual enhancement



Cognitive Process

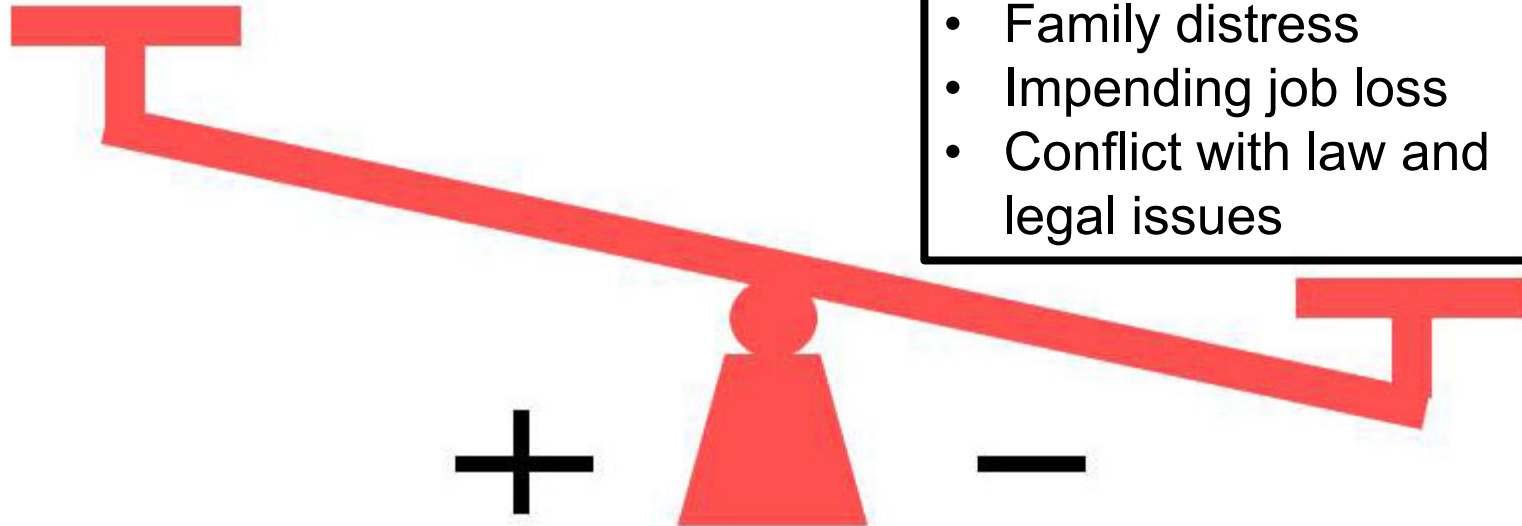
Disenchantment Stage of Addiction

Positive Aspects

- Social currency
- Occasional euphoria
- Relief from lethargy

Negative Aspects

- Nosebleeds, infections
- Financial jeopardy
- Relationship disruption
- Family distress
- Impending job loss
- Conflict with law and legal issues

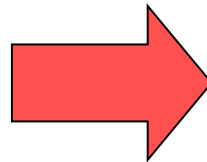


Conditioning Process

Mild to Moderate Mental Connection
(between Shabu and Pleasure)

Triggers

- Parties
- Friday nights
- Friends
- Extra money
- Intimate situations
- Depression
- Paranoia
- Weight gain



Responses

- Thoughts of Shabu
- Mild physiological arousal
- Eager anticipation of use
- Cravings as use approaches
- Occasional use

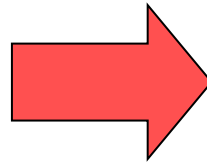
Conditioning Process

Strong Mental Connection

(between Shabu and Pleasure)

Triggers

- Weekends
- Friends
- Stress
- Boredom
- Anxiety
- Unemployment
- Loneliness



Responses

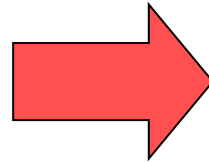
- Continual thoughts of Shabu
- Strong physiological arousal
- Strong cravings
- Frequent use

Conditioning Process

Overpowering Mental Connection (between Shabu and Pleasure)

Triggers

- Any feeling
- Day
- Night
- Unemployment
- Work

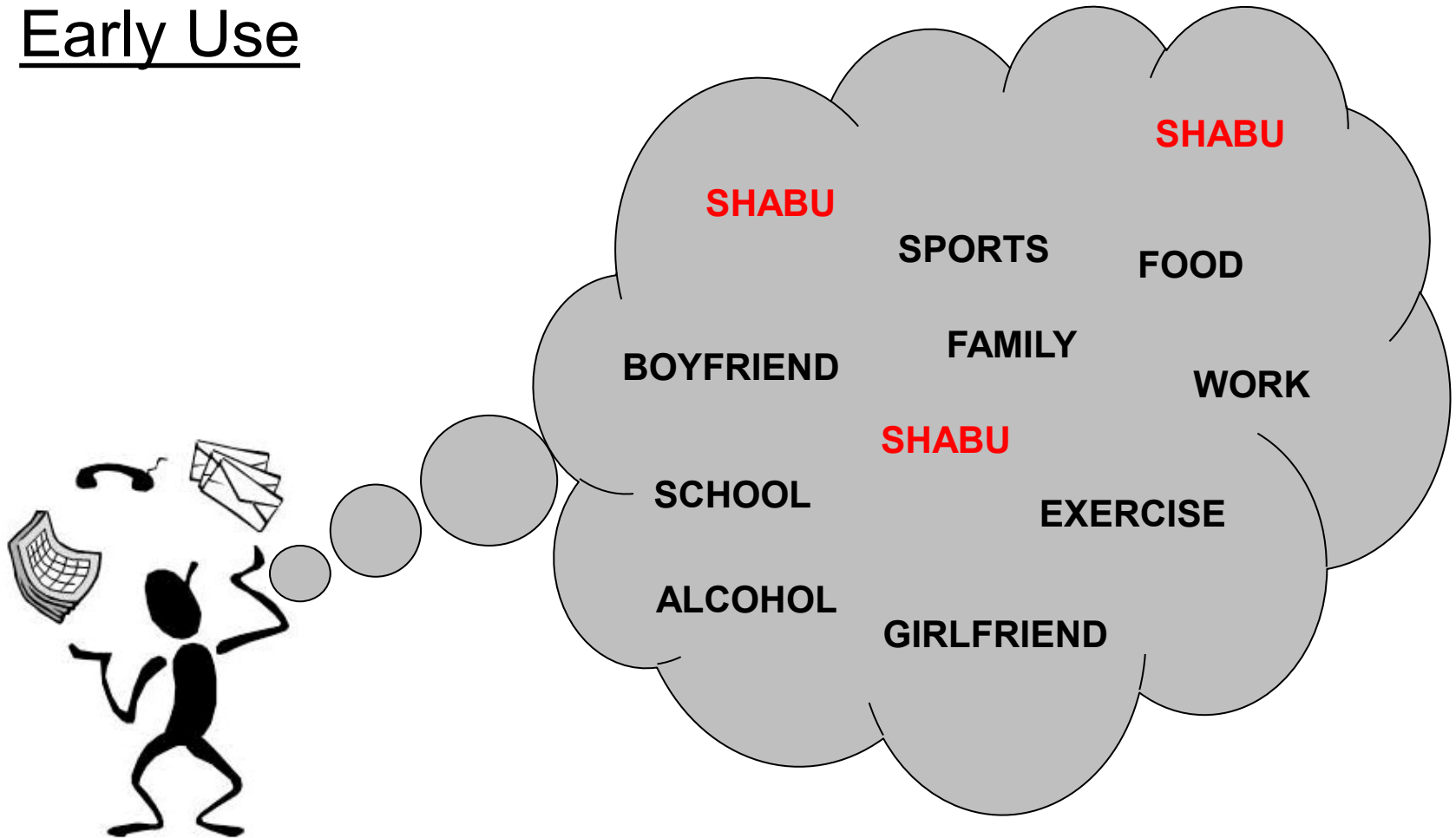


Responses

- Obsessive thoughts about Shabu
- Powerful response
- Intense cravings
- Automatic use

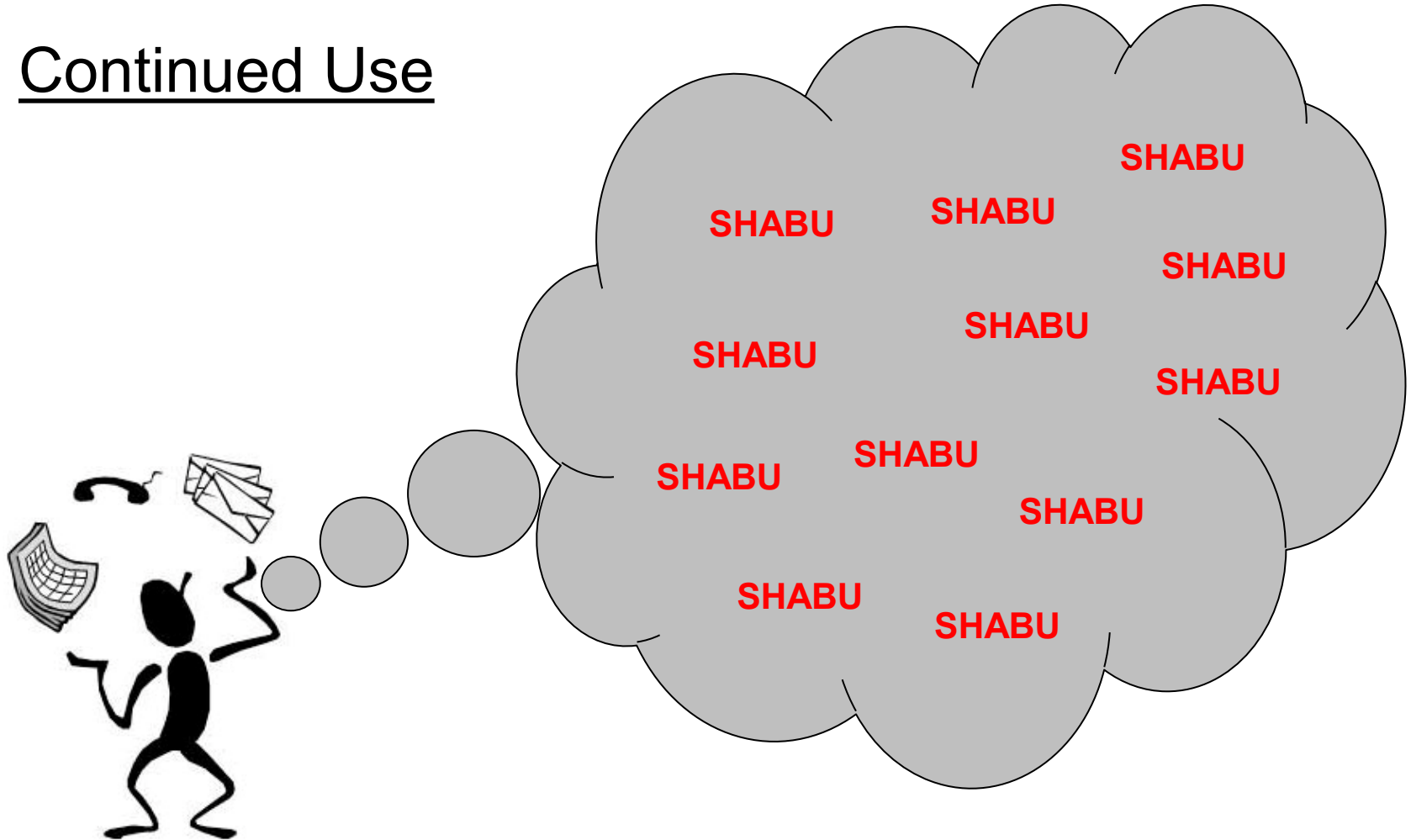
Development of Obsessive Thinking

Early Use



Development of Obsessive Thinking

Continued Use



Progressive Phases of Addiction

1. Introductory
2. Maintenance
3. Disenchantment
4. Disaster

Question:

- *What are typical responses to a Shabu using family member at the following addiction phases?*
 - *When his/her family first becomes aware of the drug problem.*
 - *After addiction progresses and he/she is totally overpowered by the drug.*

Family Members' Response to Shabu Use

Introductory Phase

- Unaware of problem
- Confusion regarding occasional odd behaviors
- Concerned about occasional neglect of responsibilities

Family Members' Response to Shabu Use

Maintenance Phase

- Are aware of the problem
- Attempt to solve the problem by themselves
- Take on all responsibilities
- Seek help from others

Family Members' Response to Shabu Use

Disenchantment Phase

- Avoidance of problem
- Blaming the person who is using
- Blaming selves
- Guilt and shame
- Mistrust

Family Members' Response to Shabu Use

Disaster Phase

- Separation
- Internalization of bad feelings
- Resignation and hopelessness
- Establishment of unhealthy family rules

Benefits of Family Involvement

- Participation by family members is associated with better treatment compliance and outcome.
- Family members gain a clearer understanding of recovery.
- Family members and the person in recovery understand their respective roles and goals.
- Family members and the person in recovery get support in the recovery process.