



I am at a Medication Assisted Treatment Program, is that a Rite of Passage place?

A: Very likely it is. How long is your program? Just detoxing could be the 1st stage, stripping of Old Identity. Are there rules for being a client? If so, then definitely a Rite of Passage.

Do you have any advice for differentiating between beginning stages of a rite of passage and signs of depression? ex: 11-12 y/o losing interest in their toys, what might you ask to determine if loss of interest is part of the change process versus depression?

A: Depression can possibly be an unavoidable part of any puberty rite of passage. Grieving the loss of childhood, facing the insane world of adulthood as seen on social media/internet, news, etc. could be a totally normal reaction to an insane world tweens are exposed to. One must also consider their cultural background. Is it one of privilege and carefree lifestyle? Or one of systematic socio-economic racial oppression? Making a simple chart of each stage and filling each stage with what you know can bring some clarity to the cultural dynamics currently engaged in and/or changing. Change sucks. We are the most adaptable creatures on the planet, but also the most resistant to change. Often times, a tween does not have the support of parents during this process or the expectations on the tween of what they should be becoming are pressured upon the child without any sense of the child's own dignity.

Do each of the substances have "rights of passages" associated with the transition from one substance to another? Is the culture more dominant in contributing to addiction than the chemical substances themselves?

A: Yes, absolutely. Now this is not an absolute. But it definitely can be for each drug. One learns the specifics of each substance on how to use it, like peers do, and/or the expected behavioral norms that comes with each substance. They can all cumulate into the old DSM IV Polysubstance Dependence lifestyle with chemical "code switching" such as one does with different languages/accents they are familiar with.

What is the best way to implement a formal "rite of passage" in a long-term treatment program?

A: Explain that they are engaged in a bonifide "Rite of Passage" that signifies what they are to leave behind, and what they are to learn in the Liminality stage and the phrase "You can't fill a cup that is already full" in explaining stage 1 and 2 for R.O.P.

Utilize the R.O.P. 3 stage chart. Explain that this is the process how ALL human beings change. Change is

supposed to be difficult, it is supposed to “feel fake.” Depending on where you are at, I can be available for an in house training and/or client session. Or just utilize the hell out of the Power point Presentation. It’s a long one, I had to cut some of the other substance out due to time. But it is originally a 4-6 hour training.

Can you provide resources useful beyond this webinar to learn more about ways to enhance professional and personal life with rituals? I am particularly interested in in direct training.

A: I don’t know of any other trainings that deal specifically in this area. For personal enhancement, consider the 3 stages of R.O.P. and get involved in a new, positively supporting community. It’s hard to see the stages at first, but, as with AA Meetings, which is a “Micro-R.O.P.,” “who” one is is typically left at the front door. If one is conscious about, the same could apply for a yoga class. I hope to offer this course on a more National level soon as it’s usually 4-6 hours training. Make some blank charts like below, and one can explore all the different R.O.P.’s a typical person can go through.

- Mariage
- Divorce
- College
- In-Patient TX
- Retirement etc.

Stripping of Old Identity

(To Un-learn aspects of Who You Are)

- Separation from “Comfort Zone” and all that is familiar with previous Identity.

Liminality
(training for who/what you will become)

- Tools
- Sustenance
- Discipline
- Problem Solving
- Repetition, Repetition and more Repetition.

New Status

(The New You....what training has made you into)

- One “Becomes” what they trained to be.
- Not what they “Fantasized “ about becoming.
- Typically, there will be some kind of “Ceremony” signifying the change
- Graduation of some type
- Even receiving a Fancy “Paper Degree” in the Mail.