I AM MORE THAN ENOUGH:
Lessons of Transformation from Adult Children of Alcoholics

DANIELLA JACKSON, Ph.D., LMHC
“Jackson’s passion lies in inspiring and promoting a health and wellness consciousness. As a result, Jackson has devoted her life for the past 17 years to working with adolescents and adults with mental health, substance abuse, and dual disorders. For the past 13 years, Jackson worked directly with adults who struggled with such problems. Currently, Jackson is a licensed mental health counselor in the state of her practice, and she holds a Ph.D. in Psychology with specialization in General Psychology.

Additionally, Jackson is a certified health coach, and as a coach, she works with couples, parents, grandparents, teachers, caregivers, university students, doctoral students, professional women, and women above the age 40. Jackson also serves as a pillar of hope for women in their mid-30’s and above who are trying to conceive and who are pregnant to help them in achieving and maintaining wellness in a holistic manner.”
Alcohol and Alcoholism

- Alcohol – Gateway drug

https://www.youtube.com/watch?v=rs5QHWMLATI

- Alcoholism - Historically, viewed as a moral flaw

- Introduction of the Clinical Psychiatric Perspective (mental health disorders) and Alcoholics Anonymous (AA) = Alcoholism began to be viewed as a disease (Has it really?)
Children of Alcoholics (COAs) and Parental Alcoholism

- Emergence of Family Systems Theory

- The differences among COAs
  - Protective Factors and Risk Factors

- Parental Alcoholism – A study of divorce, parental alcoholism, and suicide
  - Alonzo et al. (2014) – page 8 on I AM MORE THAN ENOUGH

- The attention parental alcoholism receives
  - in empirical studies
  - in practice – (i.e., in my groups)
Adult Children of Alcoholics (ACOAs)

- Self-Esteem (page 76)
- Coping Strategies and Depression (page 78)
- Substance Abuse (page 79)
- Cognitive Functioning (page 79)
Codependency (Interpersonal Fusion)

- Codependency Test for Attendees
  - the 7 factors listed on the book

- Interpersonal Fusion - opponents and proponents of the construct codependency
  - primary vs secondary codependency

- New Research of Codependency – the importance of children’s perception of a conflict

- Similarities between Addicts and Codependents – both groups have very similar traits
Theoretical Foundation to Better Understand ACOAs

- Genetics
- Family Systems Theory
- Attachment Theory
- Bandura’s Social Cognitive Theory
The Qualitative Multiple-Case Study

- How the study was conducted
- The chosen methodology
- The similarities between genders
- The voices
  - Emiko and Itzak – 2 recovering alcoholic men
  - Havana – recovering addict and alcoholic woman
  - Julieta – recovering alcoholic woman
  - Clementine – a woman with food addiction
The Qualitative Multiple-Case Study (continuation)

- The voices (continuation)
  - Aleena
  - Blossom
  - Daphne
  - Fitz
  - Genavieve
  - Kataleya
  - Leyla – has a recovering alcoholic mother
Other Research Studies

- About Spirituality and Wellbeing (page 42)
- About Social Support and Wellbeing (page 43)
The Prescription Medication Epidemic

- The role of AA
- The role of Al-Anon
- A local judge’s concerns
Twelve-Step Programs

- AA and its effectiveness
  - Research findings about AA
  - Not everyone likes the AA way

- Al-Anon and its components
  - “The Gentle Giant”
Main Themes

- Understanding Alcoholism
  - Defense Mechanisms Group Activity

- Understanding Recovery
Main Themes (continuation)

- Self-Transformation
  - Cognitive Processes
  - Emotional Development and Stability
  - Decreasing Control
  - Self-Discovery and Care
  - Improved Self-Perception
Main Themes (continuation)

- Interpersonal Transformation
  - Improved Relationships
  - Improved Marital Relationships
  - Support
  - Healthy Boundaries
  - Reciprocity of Helping
Main Themes (continuation)

- Psycho-Spiritual Transformation
  - Evolving Higher Power
  - Relying on a Higher Power
  - Acceptance of the Past
Contact Information

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