Breaking the Intergenerational Pattern of Substance Abuse

A Historical Perspective of the Problem

The Study of “Epigenetics”

How the environment actually turns certain genes...

On or Off
Healthy Family Expansion
- Communication
- Roles
- Emotional Involvement
- Behavior Management

World of Abnormal Rearing
- Deprivation
- Survival
- Dependency Needs

"Dependent"

**Dependent (adj):** relying on someone or something else or aid, support, etc.

**Dependent (n):** a person who depends on or needs someone or something for aid, support, favor, etc.

*Controlled by a variable*
Causes of Dependency

An inability to fulfill one's needs independently

Core Healthy Family Themes

Nurturance & Trust

Core Healthy Family Themes

Nurturance & Trust

Expectations & Control
Reasons for Having Children
Planned/Unplanned

Stages of the WAR Cycle
Conception

Wanted
Unwanted
Pregnancy

Stages of the WAR Cycle
Conception
Stages of the WAR Cycle

Parental Attachment and Attunement

ATTACHMENT is the drive to be Close and Cared About
Attachment Relationships give us our concept of the world:
- Hostile
- Friendly
- Nurturing

ATTUNEMENT
is about being in tune emotionally with the child

PARENTING
is more about the Relationship than Techniques
SAFETY

is a learned behavior

Stages of the WAR Cycle

Conception

Pregnancy

Unrealistic Expectations

Role Reversal

Children learn to be stress absorbers – "Soaking up the worries of their parents."
Living in a constant environment of stress means that high-stress becomes my "Baseline".

I will seek out Stress and Crisis as my "Comfort Zone".

Stages of the WAR Cycle:
- Conception
- Pregnancy
- Unrealistic Expectations
- Role Reversal
- Compliance

Wanted/ Unwanted?
Must be taught

Healthy Survival Skills

COMPETENCY BASED APPROACH TO LEARNING

Competency Mastery Requires:
- Information knowledge
- Implementation knowledge

Both are **Internalization Processes** needed to achieve Recovery

- Internalization is checking for Understanding
- Taking ownership of new Knowledge
**Internalization** is about making learning Relevant

Making associations between characters and situations that can shape their decisions

**Stages of the WAR Cycle**

- Conception
- Pregnancy
- Unrealistic Expectations
- Role Reversal
- Compliance
- Isolation

**Adults who had predictable, nurturing parents are comfortable:**

- Being close and alone
- Have a secure attachment style
Adults who had **inconsistent, emotionally unavailable** parents:
- Often have an anxious attachment style
- Crave closeness and fear abandonment
- Want and need less space and are more smothering

Adults who had parents who were **rejecting** often have an:
- Avoidance attachment style
- Resisting closeness
- Seeking space
- Fear of being hurt

"**Adults are unpredictable People**"

"People turn on you"
"Trust only myself"
Social Support Deficit
Choosing relationships with people who have "like" problems

Stages of the WAR Cycle
- Conception
- Pregnancy
- Unrealistic Expectations
- Role Reversal
- Compliance
- Isolation
- Trust Not Learned
- I'm No Good
- Selection of Friends
- Select Partner
- Wanted/Unwanted

Relationships Damaged
Relationships are about Dependency & using each other
WAR Cycle – Adults look back at what helped them:

- One-on-one time with a loving adult
- Informal support from a neighbor, teacher, coach, minister
- Early insight – “It’s not about me” – “These people are sad and angry.”

- A passion for reading, music
- A sense of humor
- Love for the Arts
- Physical activity – release from pain

Assess/Deprivation Needs

Abuse History
Resiliency Factors
Understand Role Reversal
- Facilitate Predictability
- Address childhood play through safe, social activities

Facilitate movement from compliance to internalization through gradual reduction of structure and insight work
Create a treatment culture that promotes

"Mistakes are wonderful opportunities to learn."

Establish a therapeutic alliance and facilitate transfer of trust

Victims of Emotional Manipulation

- Disclose "way too fast"
- No small talk which is "testing talk"
- Each conversation goes a little deeper (gradual)
Clients Are Skillful at ADAPTING
- Face Readers
- Can be Manipulative

We teach them by observing us being genuine & authentic

= Role Modeling

Relational Friction – Beats them up
Relational Work in Therapy – Restores them
Hearing their narrative (story) as a survivor –
“Empowerment is Therapeutic”

Teach social network mapping and assist clients with building a social support network

Teach everything you can about relationships including patterns, boundaries, roles, etc.
Establish Conversations

Parenting
Contact: Comfort
Family Expansion

Competency Based Continuum

Numbness Apathy — Self Help
Learned Helplessness — Mutual Help
Indifference — Industrious
Arrested Development — Social Learning
"No Learning" — Learning from Experience

Unpredictable Adults — Role Models

Isolation — Connected to Self/ Higher Power/ Others
Emotional Deprivation — Contact Comfort Emotional Literacy Self Soothe
Displacement — Belonging
Thank You for Your Time and Attention!

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