

Haley Hartle, NAADAC: Alright, everyone welcome in go ahead and take some time to get settled, we are going to get started here in about two minutes at 12 o'clock PM Eastern time feel free to share in the chat where you are listening in from.

Haley Hartle, NAADAC: Right everyone, welcome to today's webinar women in recovery specialty online training series, the last wisdom of women reclaiming our recovery presented by Dr gene locklear.

Haley Hartle, NAADAC: we're so glad that you can join us today, my name is haley hartle and I am the training and professional development coordinator here at made at.

Haley Hartle, NAADAC: The Association for addiction professionals i'll be the facilitator for this training experience today and with me behind the scenes, is our training and customer care specialist allison white.

Haley Hartle, NAADAC: Who will be addressing any issues or questions you may have that are not specifically for our presenter so, in other words you have a lot of support here today.

Haley Hartle, NAADAC: The permanent homepage for all of our new Doc webinars is www.sedar.org forward slash webinars so be sure to bookmark that page, so you can stay up to date on the latest in addiction education.

Haley Hartle, NAADAC: Closed captioning today will be used in zoom so we have a little bit different of a process.

Haley Hartle, NAADAC: today than we have in the past, so using zoom webinar for today's live event, you will notice the zoom control panel that looks like the one up here on my screen at the bottom of your screen.

Haley Hartle, NAADAC: There are three main items to be aware of on this menu, the first is the chat box, which allows you to send chat messages to us hosts and panelists as well as to other attendees.

Haley Hartle, NAADAC: The second is the Q amp a box, if you open the Q amp a window, you can ask questions to the hosts and panelists.

Haley Hartle, NAADAC: Will either reply to you via text and the Q amp a window or will answer the questions live.

Haley Hartle, NAADAC: We will gather the questions related to the presentation and give them to our presenter during the live Q amp a towards the end of our presentation.

Haley Hartle, NAADAC: So any questions that we don't get to will collect directly from the presenter and post those questions and answers on our website.

Haley Hartle, NAADAC: The third is our new method of closed captioning so that is the live transcript button.

Haley Hartle, NAADAC: will be using zoom webinar for the closed captioning today, so the live transcript has been enabled for this session.

Haley Hartle, NAADAC: And if you would like to use the subtitles click on the live transcript button and select show subtitles.

Haley Hartle, NAADAC: Lastly, in the chat box will post, the link to any handouts, where you can find a PDF of the PowerPoint slides.

Haley Hartle, NAADAC: All of that will be on the same webpage used to register for this webinar you'll

also find the user friendly instructional guide on how to access our online sequences.

Haley Hartle, NAADAC: And immediately earn your CA certificate, so please be sure to use the instructions in our handout tab when you're ready to take the quiz.

Haley Hartle, NAADAC: Each nayak webinar has its own web page that contains everything you need to know about that particular webinar.

Haley Hartle, NAADAC: Immediately following the live event you'll find the online sequence link in that exact same webpage.

Haley Hartle, NAADAC: That means everything you need to know will be permanently posted at the website listed at the top of my screen that's www.nasa.org forward slash women series 2022 reclaiming recovery session.

Haley Hartle, NAADAC: If this is your first time going through the process, please be sure to follow the instructions guide that's right underneath online see quick link on that web page as well to guide you through that process.

Haley Hartle, NAADAC: You can also always email us at CES@naya.org, as in continuing he has an education at a back that work.

Haley Hartle, NAADAC: Please note, and this is really important, if you need your certificate to stay alive on it so for any credentialing that you need to do if your certificate and say live.

Haley Hartle, NAADAC: Make sure you download your certificate after completing the CTE quiz and both of those things have to be done within 24 hours.

Haley Hartle, NAADAC: So that's very important make sure you take and pass the quiz and then download the certificate as well, those two steps for today live.

Haley Hartle, NAADAC: For any social workers with us today, please stay on at the end of the presentation for a brief two minute video on how to add your license number to your certificates.

Haley Hartle, NAADAC: Now, after all, that I finally get to introduce today's presenter Jean Luc or is an innovator and global consultant, who has personally trained in 35 nations.

Haley Hartle, NAADAC: As a tireless advocate for people in recovery and those working in the addiction field worldwide she has inspired innovation in Egypt Russia Bermuda and other countries.

Haley Hartle, NAADAC: being committed to equity diversity and inclusion and addiction services, she co founded a global coalition of 1000 plus people in 100 plus nations.

Haley Hartle, NAADAC: She served on addiction related work groups for the United Nations US State Department Sam says partners for recovery, the access to recovery initiative at TC and many national and state organizations.

Haley Hartle, NAADAC: And 2014 look were created the International Association for professional recovery coaches.

Haley Hartle, NAADAC: To deliver career training and certification for groundbreaking specialty in addiction recovery for wellness life and business coaches.

Haley Hartle, NAADAC: And response to the addiction pandemic within the coronavirus pandemic, the core co created I care work for solutions.

Haley Hartle, NAADAC: to disseminate and engaging adult prevention program in addiction

awareness that means CDC best practices.

Haley Hartle, NAADAC: Trained facilitators work with businesses to address substance misuse stress and poor coping among their employees by creating psychological safety through experiential and confidential processes so without further ado, I can now bring gene Dr gene back on here.

Haley Hartle, NAADAC: And I will turn it over to you.

Jean LaCour: Well Hello everyone.

Jean LaCour: it's wonderful to be here, thank you haley for that Nice introduction allison for all that you're doing behind the scenes.

Jean LaCour: I wanted to say a word about I care because it had a amazing history it's the international Center for addiction and recovery education and our acronym is it here.

Jean LaCour: it's a Center of excellence, because we bring together people and processes to overcome the societal challenges of addiction.

Jean LaCour: it's a combination of 25 years of work and we're deeply rooted in principles of resilience and emotional sobriety we are live with bill Wilson that emotional sobriety is a key goal so.

Jean LaCour: Again, when when coven hit we realized that we could take many of the things in the content that we had and prepare it and make it available for businesses.

Jean LaCour: Because we know that we know how to help companies move their employees beyond addictive behavior and also to create a culture of health so we're right in the midst of it right now doing this work next.

Jean LaCour: Okay, the last wisdom of women.

Jean LaCour: hope that that's an intriguing title for you, because it's really what's been.

Jean LaCour: been close to my heart, as I work with so many women and women's women's thought leaders and organizations that there's something special that women bring to the recovery world so when I when I chose the word wisdom.

Jean LaCour: I think we all get what last names right and the the coming together to reclaim to rediscover to re bond as we've been separated and lost our way that we are better together, but I want you to if you're taking notes, make a little triangle.

Jean LaCour: And the wisdom is at the top of the triangle.

Jean LaCour: And on the bottom you've gotten knowledge and.

Jean LaCour: Understanding so we're going to be looking just at these concepts of knowledge, understanding and wisdom because it's very, very specific, because it really we're going to help ourselves reclaim our recovery and help others, we need to know that there's a process.

Jean LaCour: So when we get to.

Jean LaCour: Understanding i'm going to tell you i'm going to.

Jean LaCour: give you a little story about how I really understand knowledge, understanding and wisdom and part of what we're doing here is helping women.

Jean LaCour: share with other women and young women and even younger women and amongst

ourselves what we've learned in life so when my best friend and I were approaching our senior year.

Jean LaCour: Somehow I don't know how it happened this was in the 60s invited to go with one of our teachers, she was single on a cruise to the Bahamas now, this was a very, very big deal right two.

Jean LaCour: teenage girls who really thought we were we were cool we definitely were and we looked apart we've been acting it out for years, we are cool so when we get there.

Jean LaCour: To the to the ship if you know about these ships, they have many cocktail lounges and bars and so forth, so we kind of dressed up one night when we do that our teacher was engaged otherwise.

Jean LaCour: And we went to sit in the cocktail lounge actually at the bar and we knew that we could order drinks, because it was International water, so our understanding was at bars, you need to order drinks so she got something like a.

Jean LaCour: Oh, like a daiquiri now I got a pina colada we finish those have been she ordered.

Jean LaCour: A daiquiri I got a Manhattan she went on to get.

Jean LaCour: dry Martini I mean Can you see where this is going, we had information we had certain knowledge about bars, but we really didn't have the experience about really how you handle yourself, we prefer to prefer just to have a beer, you know, or maybe a little cope with the little rum, but.

Jean LaCour: We were drinking these mixed drinks sweetness our.

Jean LaCour: blends of alcohol, we had never had before, so we were moving from our knowledge of what.

Jean LaCour: A cool young women should do at a cocktail lounge over to this thing called understanding we were conference Hindi Now something about our knowledge base.

Jean LaCour: That we were now feeling actually nauseous and sick to our stomachs and very drunk but we had not counted on getting drunk that night but just staying cool.

Jean LaCour: So, as this, if you think about understanding, you can tie in that word comprehension.

Jean LaCour: So what were we going to do now, and there were some really cute bartenders there and they were hitting on us and we understood the dynamic sorta but the drunker we got the more kind of aggressive they were getting they wanted to wanted us to go with them after work to see the ship.

Jean LaCour: Red red lights are going on, so we moved to the third level called wisdom from our limited knowledge our.

Jean LaCour: kind of alarming understanding and comprehension, we chose the strategy that really is a survival strategy for many women we said, we have to go now we have another commitment.

Jean LaCour: And we last kind of leaning on each others arms and trying to maintain and walk straight and then we spent quite a long time trying to find our room, which was way in the bottom of this crucial.

Jean LaCour: But I want you to see that wisdom is not some cereal comes from on high none of us are born with wisdom it's not an eight it comes from.

Jean LaCour: Experience and it comes from life, so we can read books about things let's say switch to the analogy of I want to learn about raising children, I can read the books to get information I can hang out with.

Jean LaCour: With people or if i'm going to be a babysitter aunties kind of watching how they handle young children, but my own wisdom has to come from applying strategies and having them work, and so we want to keep that theme.

Jean LaCour: That we're looking for wisdom here, knowledge, understanding and wisdom that will help us make.

Jean LaCour: really make sense of some of the lives that we have lead personally in our families and our clients next haley.

Jean LaCour: This multi generational.

Jean LaCour: connection is very, very strong.

Jean LaCour: We expect that.

Jean LaCour: Our mothers and our grandmothers or aunties or older older women in college or wherever if recovery will be on our team, this is not always the case, it may be because of shame, it may be because of competition.

Jean LaCour: it's there guys around women to go into a competitive mode and so the safety that we can have within a culture of women, helping women and connecting with women there are some pitfalls and.

Jean LaCour: there's also.

Jean LaCour: Really, a whole lack of knowledge around alcoholism and addiction and you see these beautiful women here and their two children, and you know that they are passing on many types of wisdom.

Jean LaCour: But they may not understand about substance misuse alcohol and it's um it's When I entered my own recovery in.

Jean LaCour: The late 80s, I was stunned, I was flabbergasted I found out things I had never known or heard about my own family of origin, and if you would allow me just to two weeks, something that I wrote about five minutes long, but it will really.

Jean LaCour: kind of give you a different concept of this because addiction perfect for you and for me is much more than an academic subject.

Jean LaCour: Amid breakthroughs and brain research and new theories of treatment, I have discovered that addiction is actually a sickness of silence woven together by generations of silence stories that cover the shame and the shattered dreams of loved ones left behind.

Jean LaCour: Like the story of Ai machine brynn Iser she was born in Ohio in 1882 she was college educated, which was extraordinary for a young woman of her time.

Jean LaCour: And at the turn of the century, she moved to Florida with her parents and she met a charming well to do land owner named George Middleton who swept her off her feet.

Jean LaCour: And i'm actually wearing the diamond.

Jean LaCour: That George gave to Jean when they were married in 1906 they settled on his prosperous farm where my mother Mary Catherine was more in the following year.

Jean LaCour: Within 20 years Georgia middle Tennessee was dead.

Jean LaCour: The progression of his drinking and womanizing squandered his holdings and in the end, he left his widow, and his three children with nothing.

Jean LaCour: I'm a gene moved on to St Augustine where she lived the rest of her life with qualities that I've come to recognize as dignity.

and intelligence.

Jean LaCour: Now my mother and excuse me, Mary Catherine was finishing her first year of nursing school in a very prestigious hospital in Jacksonville Florida when her father died.

Jean LaCour: She was her father's favorite and she often told me sad stories of sitting by the window, as a young girl.

Jean LaCour: Waiting long into the night for her father to come home well me I'm a gene her mother raged and stormed and pounded through the House.

Jean LaCour: Mary Catherine idealized her father and she always believed that someday he would put down the bottle so she was devastated by his death and by her mother's bitter resentment that she often took out on her.

Jean LaCour: In time, my mother did finish nursing school and during a graduation party with friends, a dashing young man from a well to do family declared his dying love.

Jean LaCour: Through a haze of gin.

Jean LaCour: They were married, a few months later, with the blessing of his family.

Jean LaCour: And as the Great Depression we talking about the 29 and through the 1930s, they managed to outrun the depression, he has money they were traveling and golfing and drinking until one day after 13 years my mother walked out.

Jean LaCour: This charming haze of Jen had progressed a full blown alcoholism.

Jean LaCour: So after World War Two in the mid 40s my mother married again this time to a wonderful man who became my father, he was loving he was strong and most of all, he was sober.

Jean LaCour: My mother was adventurous, she was fun loving she was a natural leader and a gifted writer she valued wisdom.

Jean LaCour: and insight about many things, politics and how do you get along and health, she was a nurse accomplished professional be led the PTA she was just a natural.

Jean LaCour: leader, but not one word that she ever share, about the four decades that she had lived around alcoholism being raised in her father's home and then that failed marriage.

Jean LaCour: Because why the sickness of silence is real Okay, and it is this.

Jean LaCour: This this shame and the silence that kept it down quiet.

Jean LaCour: So it was my turn to repeat the cycle.

Jean LaCour: When I met Charles the love of my life on a laid back college weekend, it was filled with pot and speed.

Jean LaCour: He was from a well to do family was in the hotel business, but he was searching for

something different, he did not want to live that lifestyle.

Jean LaCour: It was 1968 and our idealism had been shattered by the assassinations of our beloved heroes John F. Kennedy, Martin Luther King, Bobby Kennedy.

Jean LaCour: We were ready to just leave the middle class to lay down the goals that had guided us through our lives of success.

Jean LaCour: We left behind, even electricity and indoor plumbing and we spent nearly a decade lost in the counter culture realities that were harsh in the back to the land movement.

Jean LaCour: We live several years in a mountain commune where we mixed moonshine and metaphysics and milking our currency cow named sunshine.

Jean LaCour: And it was after our baby daughter was born that we left the mountains for season, so that he could get a good paying job so that we could pay off our land at our log cabin that we were building.

Jean LaCour: And things did shift when we came to Florida, and those hotels right.

Jean LaCour: During the next decade, Charles ended up running his family business again temporary right yet 600 employees and most of all we had multiple cocktail lounges multiple.

Jean LaCour: He was President of the Chamber and public figure.

Jean LaCour: But as his wife, who is the only one who knew about his drinking.

Jean LaCour: I grew quiet.

Jean LaCour: Over the years, is out of control, drinking was the was not seen by anyone else has larger family, the business community and so forth, and no one believed me but by 1989 alcohol brought ruin to every area of our lives.

Jean LaCour: Many of you listening can probably relate to parts of our story.

Jean LaCour: addiction is pervasive in our culture and secrets about from what stigma and shame.

Jean LaCour: But our story did not end there, with the help of close friends with our faith Community our family was healed and restored over a process of two or three years.

Jean LaCour: And what we discovered is that.

Jean LaCour: Why people call recovery a miracle, because you can see where we attempt from and where we had where we entered in.

Jean LaCour: And since that time, together with others, we founded the Institute for addiction and recovery education.

Jean LaCour: we've trained thousands of people everyday people to become addiction counselors and recovery workers across 35 and now 40 nations Russia, Egypt, India, Pakistan, Cambodia it's been amazing and we took recovery content and made it useful and available for professional coaches welcome.

Jean LaCour: wellness coaches health coaches business coaches success coaches, because they knew nothing really about addiction and recovery, so all I can say to you is from the sickness of silence we've learned to talk about it, and it has been made easy.

Jean LaCour: Next.

Jean LaCour: So you would say my grandmother my mother myself right you see these generations that we would learn, but that the the confusion, the lack of accurate information.

Jean LaCour: Knowledge much less really understanding it when you live around it, or when you are addicted you blame yourself that the guilt and the shame is there and so.

Jean LaCour: As you see, in this picture the generations here and with my my wonderful Nana and my mama we were broken around addiction and they could not help me.

Jean LaCour: So let's look at next Why do these negative patterns repeat through the generations, and this is active inner actually where we're beginning to talk about.

Jean LaCour: moving into.

Jean LaCour: That how, what are the processes that happens, so these negative pet patterns that we just give you four words, there are elements are actual patterns that have been identified that maintain unhealthy patterns of dynamics within a family.

Jean LaCour: A family that's impacted by substance abuse or addiction, so these words are and again there'll be in your notes.

Jean LaCour: The first word isn't it and you know it's denial right we don't have to explain that these patterns of denial people do not see what they see they have all kinds of ways to not see what they see.

Jean LaCour: The second word is silence.

Jean LaCour: Again, just like.

Jean LaCour: My mother would never tell me that her father was a drunk, and the reason that their lives were horrible that was never shared she did not want me to think ill of him, but to honor and respect him as my grandfather that I never knew.

Jean LaCour: So denial silence.

Jean LaCour: The third is isolation and you know in recovery that isolation, if you can achieve isolation, you can relax right.

Jean LaCour: And so the goal of all that we do in recovery is to keep those communication channels open that the support groups open so that we are.

Jean LaCour: close to each other, and we can start breaking that isolation, but these are these are not just all were isolated know it leads to the fourth element called rigidity.

Jean LaCour: families that are impacted by trauma addiction mental illness addiction, they become more and more rigid they change they don't know how to change they haven't identified the problem.

Jean LaCour: No one's interacting about it they're isolated they think they're the only ones and rigidity rules today.

Next.

Jean LaCour: To me, we talk about here family systems, this is really where we begin in your notes, you will see, on this is Objective one and Objective one i'll just read it to you, right here.

Jean LaCour: Is that you will be able to describe participants will be able to describe why negative relational cycles repeat across multiple generations.

Jean LaCour: And we're talking here about family systems families are amazing it's the structure that's been given to perpetuate the human race there's a connectedness there ways that we interact and you can see here this immobile is is actually.

Jean LaCour: it's a great metaphor it's been used many times to talk about how individual members of a family are connected So if you think about the butterflies as family members.

Jean LaCour: Your grandma your grandpa aunts uncles children new babies nieces and nephews the sticks in the strings keep us together.

Jean LaCour: So the things that create a family and these dynamics can be are very positive, but when they are skewed by what we've been talking about with addiction and mental illness that's when the problems arise so.

Jean LaCour: let's look at the next slide here.

Jean LaCour: Now immobile it's beautiful it's lovely the wind blows.

Jean LaCour: It moves gently but hurricanes and tornadoes are the kind of winds that should.

Jean LaCour: have family impacted by addiction, so they look more like this, so think about m&m we've got the mobo, which is about a certain dynamics, but we've really got some mellow drama so.

Jean LaCour: I may have yard people in the background, I apologize.

Jean LaCour: Cutting the yard, but this thing about melodrama every culture has its own traditional plays or stories.

Jean LaCour: In which actors, they can choose a role they can dress in a costume they can portray situations tragedies comedies historical events.

Jean LaCour: Good theater is meant to entertain it's meant to inform or make fun or shed light on the aspect of the human condition.

Jean LaCour: So it's no accident that I have chosen the word of no drama to highlight the roles that family members act out when addiction is involved.

Jean LaCour: Now, take note here if you were to look up the word mellow drama in the dictionary, you would see that it is noted by three key factors, the first is.

Jean LaCour: It exaggerated conflicts right people taking sides i'm on mom's side i'm on dad side it happens right, the second is extravagant emotions, you see them here, and the third are stereotyped characters so there's certain roles.

Jean LaCour: The roles which family members, take when one member is addicted or dealing with trauma mental illness these roles have been studied they've been identified and.

Jean LaCour: So it could be any type of compulsion gambling sexual compulsion raging rage a holic or terrifying mental illness and so forth, but family members will react in predictable ways.

Jean LaCour: So we know this from what we call family therapy that you've seen the family therapy that led to understanding that there really are systems.

Jean LaCour: So, you know as i've talked about.

Jean LaCour: about the roles and the rules let's go on to the next slide and talk about the dynamics that keep this melodrama going we're going to we're going to start with this amazing word bondi what comes to mind.

Jean LaCour: really want you to think about when you when you think about bonding love the hands love to touching love to Karen know love the embracing.

Jean LaCour: bonding is the human it's where it happens really within the first hours a week or days of an infant's life when you're born that's why they know now put the baby, you know the naked baby on the Mamas chest, rather than over away and back when you had.

Jean LaCour: burst that women were knocked out they didn't really want to see their babies, so they were all.

Jean LaCour: cleaned up or in the situation of a premium the want to get that bonding because that is the way the human infant their nervous system is attached to humanity okay so it's soothing it's comforting it smell it so sounds that we just make around babies.

Jean LaCour: coming in there's a whole embracing, and this is, this is a part that takes place in the beginning, so as women and it's women helping women and helping younger women or we.

Jean LaCour: Help younger women to understand the power of this bonding and soothing and you're teaching that baby how to self sooth but in the beginning they're tuned to the mothers and nervous system and love.

Jean LaCour: Okay, the next word that goes with this without don't keep the slide here that, where does attachment, and you clinicians have heard of attachment disorders attachment takes longer it's a process of about a year and, if all goes well attachment.

Jean LaCour: Because we we wonder why.

Jean LaCour: Why their problems and.

Jean LaCour: So many.

Jean LaCour: People are anti social or they don't seem connected this process of attachment is an instinctive behavior many of you seen that.

Jean LaCour: Those videos and site class 101 where the baby ducklings they follow the mama duck in a little line.

Jean LaCour: that's instinct they follow their their mother figure will sing with infants, they are looking they are.

Jean LaCour: They have an instinct to em print, the first thing they see and these these attachments so it's a set of inborn behaviors and it's directed at the mother figure we know there Thomas when it's the nanny or their grandma.

Jean LaCour: But that's why I say another figure.

Jean LaCour: So.

Jean LaCour: Whoever that mother figure is you want to reinforce this attachment with the child, you know here I am i'm here i'm with you there's a sense that this attachment inside the infant is looking to attach it wants to.

Jean LaCour: it's the basis of creating within that inside of core of security.

Jean LaCour: Secure attachment is what this is called and it actually can only happen when that infant experiences security.

Jean LaCour: So, what happens if the mother has postpartum depression or could be, in a prison setting where they remove the child, I mean.

Jean LaCour: There there's so many things that you need to know as clinicians as women in recovery to be on the lookout and and these little babies coming off of detoxing from opiates that to make sure they're up there.

Jean LaCour: In the nursery there things steps that are taken for that baby to attach securely to another figure, because the infant will use this the safety.

Jean LaCour: And this idea of there is a face, looking at me with love with joy, you know how we look at the baby and the baby's tried to help keep our eyes focused.

Jean LaCour: Something very, very important is happening so we're helping them orient that there is a safe bonded attachment here, that is when you meet their needs for food and warmth and.

Jean LaCour: it's pre verbal totally pre verbal.

Jean LaCour: So the fourth this secure base is comes from the source, with the mother figure and because there is a secure base but to happen.

Jean LaCour: The baby can begin to explore in like talking about this first year and move away that crawling baby can leave a few.

Jean LaCour: feet or around the room that always looking back if you've seen infants they're always looking back.

Jean LaCour: or when the baby is being held and Bob has tried to give them off to someone their mother is that sense of attach security but it's the basis as they grow and mature and move further away, so we know that.

Jean LaCour: There are many times that infants do not get what they need, and this, and so what is formed is that.

Jean LaCour: Okay i'm sorry just looking at the chat here, there is a insecure attachments one could be anxious a baby and input young child can be anxious coming back to that period of time, it can be avoided because perhaps some other figure.

Jean LaCour: is a source of pain or disorganized they don't know how our food to soothe themselves so very, very important bonding is what creates the basis of our human connection so next.

Jean LaCour: After bundy we come to boundaries and if you've been in recovery, you know the recovery, where you know the about boundaries.

Jean LaCour: You know that they're critical is what separates me from you.

Jean LaCour: Children have to learn boundaries you're there that's your this is mine and just say briefly, there are two types of boundaries, the first is external.

Jean LaCour: I use this image of a picket fence, as we learned that you're we set these boundaries, I can see you, but I am not you and you're on that side and i'm here it's very positive people must learn how to set boundaries, because without these boundaries.

Jean LaCour: People don't know what's mine they violate space and, of course, it can lead when there's abuse in the family, the fences are broken down and.

Jean LaCour: children and family members are not allowed to have boundaries and that comment I would have about internal boundaries, the image I use is a.

Jean LaCour: An apron if you've ever been to the dentist for X rays, they put a lead.

Jean LaCour: An apron or shield across your whole chest that's to keep the X rays from penetrating your organs and soft tissues just looking at your jaw your teeth, so we need to develop and that's something that we do learn in recovery is how to.

Jean LaCour: come out of this investment and not being trapped by.

Jean LaCour: Parents moods or control or thoughts or we can learn to say that's them, that is not me, I did not concept I can't cure it, you know these wonderful things that we had from the 12 step program you know I can't cure it.

Jean LaCour: That you really understand there is an internal boundaries, so that you can be safe and mature okay next.

Jean LaCour: Rules so in the system we have the bonding we have the the boundaries, and now we have these spoken and unspoken rules and guess what there aren't many.

Jean LaCour: There are rules like.

Jean LaCour: let's see if you can identify with any of these do as I say, and not, as I.

Jean LaCour: Do right do as I say, not as I do, be serious don't play around.

Jean LaCour: don't talk about sex or money.

Jean LaCour: And don't talk about problems we don't have any problems in this family make a lot of money don't spend money, and one that I grew up under that rule my life until recovery is be good be strong be perfect.

Jean LaCour: got it.

Jean LaCour: These rules again can be spoken, but they can be a it's kind of like this tension in the air, you know you look around you know what's happening i'm not going in there i'm not saying that or whatever, but they're actually levels of list of.

Jean LaCour: Rules that I thought you might find helpful.

Jean LaCour: These rules, though, are.

Jean LaCour: Actually Dane by damaging the ones i'm going to share with you, they keep us locked in painful patterns until you and I learn new ways of relating, so that we can break out and grow unhealthy ways, a man Dave David stoop.

Jean LaCour: states that there are some of his rules that he put down for children who grow up in dysfunctional families.

Jean LaCour: Alcohol mental illness trauma.

Jean LaCour: learn the unwritten and the unspoken rules of the household ones that are especially

common deny what's going on.

Jean LaCour: We do not believe what our census of perceptions are telling us anymore, because no one's validated it to us we're saying you know Daddy fell down as he died no you just tripped right.

Jean LaCour: So we end up lying to ourselves.

Jean LaCour: And to others about our circumstances.

Jean LaCour: Another rule is be in control, so we learn we don't show weakness, we don't ask for help, surely, because asking for help is a sign of witness it is weakness it's our job to control the chaos and the pain that's being caused by the adults in our environment.

Jean LaCour: About this, accepted the shame Okay, the shame is yours came to as parents look at us like shame on you, for upsetting your mother.

Jean LaCour: We end up being to blame for everything bad that happens, and we deserve to be punished and we deserve to be shamed so we learned that if we expose our weakness and our needs for comfort or support or care that.

Jean LaCour: That we will be shameful shame because it's It is shameful to have needs so we hide ourselves, we bury that we hide from God, if we have a concept of God we hide from others and we pretend we're good.

Jean LaCour: I got it I got you got this right, so if these rules are left and challenge, they will hinder growth, they will suppress change and diminish any hope of recovery.

Jean LaCour: And this last rule, I want to mention to you is very destructive and it's all encompassing, for it will stifle every impulse that you have for growth for change and this rule says don't rock the boat.

Jean LaCour: You and I will feel immense guilt and dis loyalty if we try to change if we when we went to go to recovery right when we went to live a different life or.

Jean LaCour: whatever that means for us, at whatever time of life if we try to break out of an unhealthy role that's warping are very self or break a rule we will be guilt and shame back into.

Control being controlled.

Jean LaCour: So.

Jean LaCour: I want to come back let's see to this, as we move to the next one spoken and unspoken let's go to the roles and remember I shared with you about melodrama.

Jean LaCour: We know that.

Jean LaCour: Certain place are performed again and again over many generations like Shakespeare Romeo and Juliet.

Jean LaCour: or Hamlet they were written in the 1600s but the human dynamics are alive and real today.

Jean LaCour: The actors may change in different decades or centuries, the costumes the music the seats at the theater but Romeo and Juliet will play their parts in predictable ways, because the the roles will keep the family functioning.

Jean LaCour: So, in the same way that a family that has an alcoholic or addicted Member who

remains will remain the Center of stress and focus for the family.

Jean LaCour: Their behaviors can become the black hole that absorbs more and more attention and focus and their behavior requires reallocating our limited resources and our financial resources of the family, to the Net, to the detriment of all others, and so.

Jean LaCour: As a family is struggling with this part of our understanding is learning to identify our own roles and we'll speak about that.

Jean LaCour: in more detail in a moment, but you need to understand that each family will have seasons, when one member becomes the focus or the cause of the family's.

Jean LaCour: readjustment it could be an illness, it could be going back to school, it could be a sports commitment now the whole family is going to literally you know for three months.

Jean LaCour: At a time or grown up takes a job that has longer working hours, so people in the family adjust the chores have adjusted.

Jean LaCour: If a brother breaks his leg everybody takes up his chores and so it's normal to refocus me to focus and help a family member, but with addiction trauma mental illness these.

Jean LaCour: severe problems that particular whether we call them the addict the person with a substance use disorder, whatever the terminology is they become stuck in the middle and we lose.

Jean LaCour: We lose the ability to start everyone to have their needs, met and when this malfunctioning member of the family is stuck in the dysfunction.

Jean LaCour: The family system itself becomes distorted and drain and they do not know how to access new information or resources, why because don't rock the boat.

Jean LaCour: Okay.

Jean LaCour: let's look at.

Jean LaCour: This idea of.

Jean LaCour: Family let's see what the next slide is here.

Jean LaCour: rituals yes Okay, and a healthy family you've got the healthy bonding you've got the appropriate bonding boundaries, the rules make sense they help a child, learn and identify right and wrong acceptable you've got rules that can follow.

Jean LaCour: roles that can act out it's the youngest to the oldest or whatever, but again, we have to realize these rituals are how we interact it's how we communicate so rituals could be we always have.

Jean LaCour: soup and sandwiches and watch a movie on netflix on Sunday night or Saturday night or whatever, or we always clean the House and do our chores you know, on Saturday morning, this is this brain structure and order, but.

Jean LaCour: These these dynamics work, whether it's functional or dysfunctional So these are the four points about the family system that you might find interesting.

Jean LaCour: The family as a whole is greater than.

Jean LaCour: Greater than I love his family up here around the meal right it's greater than.

Jean LaCour: The sum of its individual Members paying for example, an apple is greater than its

parts, so you've got peel you've got scale we got the whole seeds Cape.

Jean LaCour: Cod not by themselves create a family or creating an apple a family, made up of the different individuals is what creates a family, so the whole is greater and different from just the sum of the individuals, the second.

Jean LaCour: The behavior of individual Members is inter related through a process that is circular that's why we had that picture of the mobo with the butterflies, and the breeds right.

Jean LaCour: If one Member changes their behavior, the others will also try to compensate and this turns.

Jean LaCour: This causes other changes and other Members, because they have to change so it's impossible actually to know which comes first.

Jean LaCour: Is it the substance abuse or is it a behavior called enabling which comes first one is in reaction to the other so from that moby Oh, we see that.

Jean LaCour: family members are tied together, like the shells are the butterflies, but the one object of the immobile when one is moved.

Jean LaCour: In the breeze or by trauma, the others will respond and play off of each other and one movement causes other movements.

Jean LaCour: So it's got the families greater than the whole that the movement is in a related in a circular fashion, the third point is each family has a pattern of communication, so it can be raising the eyebrow you know you don't you, with your mouth open or.

Jean LaCour: or SWAT up the back of the head, how do we communicate, how do we express emotion, how do we express care, how do we express encouragement.

Jean LaCour: is very, very important we have signals we have language, we can clarify what's going on in a family or we can confuse the interactions because there's hidden.

Jean LaCour: Meaning I was I had one brother one mother one Father i'm married.

Jean LaCour: love of my life, Charles he had five brothers.

Jean LaCour: brothers one sister very strong parents and I could not really catch all the nuances for many, many years of who said what to him and how did they know that and why did that create that and who was supposed to be first.

Jean LaCour: passing through.

Jean LaCour: You supposed to be last who's important issue is not important, especially as the wine or the cocktails continue to be toward liberally Okay, so we have.

Jean LaCour: Communication will be different for every family I could tell when my father looked at me in a certain way i'd cross the line.

Jean LaCour: Even though I was the baby of the family.

Jean LaCour: And this is his fourth one.

Jean LaCour: Is families will always strive to achieve balance among its members it's a primary need and it's called a word called homeostasis.

Jean LaCour: To understand I went to think about if you've ever been in a canoe in a canoe or the small boat.

Jean LaCour: Imagine a family that's fighting distress got out of control toddler and a bad dad or and one moves the all that rest, it just automatically shift to the other side of the boat or the canoe so you don't trip over there's this constant rebalancing to keep the boat afloat.

Jean LaCour: We did not want the family, the family, wants to stay together they want to counterbalance it's not really a thought it through process, it is a reaction and it is how a family reacts to survive the unpredictable and upsetting behaviors of life so.

Jean LaCour: Ultimately, a family system dynamics approaches you've seen here will promote growth and stability, or it will promote chaos and break down.

Jean LaCour: These dynamics are predictable they're passed down from generations in a family tree the bonding boundaries rules, rules rituals how we communicate and interact.

Jean LaCour: recovery will involve understanding right learning new knowledge, understanding and practicing healthier learning wisdom to practice healthier behaviors.

Jean LaCour: But it may sound daunting but little upon little and having role models, you can follow and it's we're talking about women relating to women and not competing or being aware of some of the issues between women.

Jean LaCour: The menstrual cycle, the intense emotionality that connection to men that have to do with many times, why women began using in the first place, as we learn these things we can help each other and actually begin to change.

Jean LaCour: Okay next.

Jean LaCour: So now we're going to be moving into Objective two.

Jean LaCour: and

Jean LaCour: This is pretty fast objective to that was the longest one is really understand family systems, you see that's a 20 hour presentation.

Jean LaCour: But we need to understand that.

Jean LaCour: There is a way to get free and you're going to be amazed at how simple it is.

Jean LaCour: Why do we want to I want you to have tools right quick for breaking free because we want to interrupt the negative patterns of relational cycles, we want to interrupt the cycles and to we want to increase emotional sobriety so we're going to look now.

Jean LaCour: Next slide.

Jean LaCour: i'm going to focus here on three rules for you, and when we when we get to the end you're going to find that you're going to have access to an e book that I have written it i'll make available to you, so you don't have to worry about writing all of these things down but.

Jean LaCour: This one about don't talk if we don't talk, what do we do we keep silent about problems.

Jean LaCour: we're told that our voice does not matter.

Jean LaCour: I want you to think just for a moment here, if you would.

Jean LaCour: That you've been hearing a lot about these rules, I want you to.

Jean LaCour: write down just for yourself to be shared it's not fit the chat how this rule might have affected you don't talk keep silent about problems or.

Jean LaCour: In our family we don't talk about.

Jean LaCour: So just come to mind you don't have to ponder you know what was what was cool about.

Jean LaCour: Communicating and talking.

Jean LaCour: Beside that you can want you just to note to yourself from later, these are worksheets that you're going to be receiving.

Jean LaCour: Does an example come to mind immediately, of how it's affecting you in your life now are there, certain things you do not talk about you won't even.

Jean LaCour: share with a loved one or a sponsor that you've kept very, very quiet.

Jean LaCour: Just write that down through later.

Jean LaCour: let's look at the second goal.

Jean LaCour: Next.

Jean LaCour: don't trust.

Jean LaCour: Because the eyes, she has learned this well depend on yourself and avoid the pain of disappointment.

Jean LaCour: does that say at all we've learned that no one cares about our pain or we're not able to communicate that i'm scared or somebody hurt me so we just learned, I have to depend on myself don't trust others feelings are dangerous, we can't go there.

Jean LaCour: Again, this is a toxic rule that affects our ability to trust others we learned that if we rely on a person.

Jean LaCour: We might rely on an institution or some kind of truth, but we rely on something it's outside of ourselves, and it can let us down trust is it affects hope because if there's nothing we can trust we can't hope that things will be different, we began learning trust.

Jean LaCour: When we're in what in two years old again going back to that secure attachment or that insecure attachment and it's nonverbal you can't tell a child to trust they either know they can trust for them it's not safe to trust.

Jean LaCour: So.

Jean LaCour: All parents all people, let, let us down, I mean I promise to do this, but i'm not going to be able to get there that day we make a different arrangement.

Jean LaCour: Sorry mama can help or I can't be there, but they see that there's ways to deal with things that change but trust trust can be established, and there can also still be changed, but broken promises and disappointments are a huge part of the pain of our past.

Jean LaCour: So I want you to.

Jean LaCour: to write down here.

Jean LaCour: Did you learn.

Jean LaCour: How to depend on yourself to avoid disappointment.

Jean LaCour: This right briefly.

Jean LaCour: Did you learn to control.

Jean LaCour: What areas to to control.

Jean LaCour: People.

Jean LaCour: Money drugs.

Jean LaCour: But it's worked it's kept you safe from being disappointed or let down, but we become cynical if we live there.

Jean LaCour: And just it will come to you, is there a situation now in your life presently or recent past where you have felt this come up again and I can't trust this situation and.

Jean LaCour: I need to avoid disappointment and count on myself to have an out or another way.

Jean LaCour: Is I can't trust my boss my family members, the government write the rules about coconut it can be at that level.

Jean LaCour: Okay, and the third, we could go to the next.

Jean LaCour: don't feel.

Jean LaCour: This woman has shut down hasn't she.

Jean LaCour: The issue of don't feel as ignore your emotions and go numb to avoid your pain.

Jean LaCour: You know, in our recovery journey we are going to have strong emotions.

Jean LaCour: That have been around for years we don't really know about what to do a strong emotions people in recovery are either mad or sad glad they're always afraid.

Jean LaCour: But they don't know these other nuanced emotion.

Jean LaCour: don't know.

Jean LaCour: i'm eager i'm expecting i'm holding back and frustrated no i'm mad i'm sad i'm glad for a minute because i'm going to score tonight right i'm getting my way Okay, but i'm always afraid.

Jean LaCour: So it's important that we help each other experienced the ceiling, and I will tell you that.

Jean LaCour: As you move into this area, you need to know that a lot of that a lot of the drinking, we did or drinking was to numb these these intense feelings that we didn't know what to do with.

Jean LaCour: And so we would binge just so we can be crazy or wild or rage or say things, who would never say otherwise, but it doesn't help it doesn't process and get the the emotion dealt with, so if there are things that you don't want to feel right now.

Jean LaCour: In your present life, he might just note a situation that you're avoiding feeling that maybe

you want to deal with.

Jean LaCour: Your fears about work or loss or so many things, or if you're concerned about a loved one.

Jean LaCour: But it's important here to begin the process of journaling and i'm very serious about that you can change your life, you may not always have a good counselor you may not always be able to go to treatment, you may not have the right sponsor or a trusted left what and I want to show you.

Jean LaCour: My journal that I started.

Jean LaCour: When we had lost again many losses many, many losses and my friend jack canfield chicken soup for the soul sent me his new book.

Jean LaCour: And he had an activity in their success principles about starting a journal, but I wanted to do it, where I could see things, what do you want, what do you not want so in the area of finances I cut things out of newspapers and.

Jean LaCour: printed things offline and I would look at this and I would really meditate I do want things to change, and I want not to go numb.

Jean LaCour: And then I would Journal in another journal about my fears about finances let's say or having no money or how much money has been lost or this was what I did about our work.

Jean LaCour: At net institute Okay, what is an area of your work life or your career.

Jean LaCour: or your hope hopefully.

Jean LaCour: so forth again my my meditation in my inner light to how do I calm myself what what has to do with my spirituality so cheap.

Jean LaCour: And I would journal, the thoughts that came of it, I really wanted to order in my life i've been having a hard time addiction as about chaos isn't it, so I created the order.

Jean LaCour: and move towards truth or health, so I encourage you, these are simple things that you can break these rules don't talk to them trust them feel, what is it that I want and what is it that i'm hopeful.

Jean LaCour: about my family about my marriage and about my children and grandchildren, but the journaling Okay, this is just something that can go along with this, the journaling is some of the most powerful things that you can do and you've probably dealt with this before.

Jean LaCour: The next.

Jean LaCour: Okay roll stay the same so remember how to say you break you break out of the roles and how do we, how do we do this, I mean, how do we actually break these things down.

Jean LaCour: We do this but breaking free of the toxic rules and resist the roles, because children and family members have no way to share their feelings their fears their needs So what do you do.

Jean LaCour: You put on the mask and the professional woman i'm the one that's it all together i'm the one is too cool to trust anybody.

Jean LaCour: And we put on a mask and we play a role to the acceptable in the family.

Jean LaCour: to please our mother other families can be under such social pressure that they will cover up and denied all types of disruptive behavior domestic violence.

Jean LaCour: To save face and maintain social standing, whether in their neighborhood or religious community, but the key to breaking through free is simply at intentionally break one of the toxic rules, I mentioned.

Jean LaCour: In began with the journaling know with the colliding and finding a person.

Jean LaCour: But you need to understand you must find a safe and supportive environment or person is you begin your journey, the very nature of dynamics of mutual aid groups support groups is to do what provide a safe place to break the rules, you can talk, you can feel, and you can begin to trust.

Jean LaCour: And as we choose to overcome shame and control, we begin to feel very deep changes inside just signing this pictures of what word of your artistic dropping please.

Jean LaCour: it's a scary time but it's a liberating time so look for trustworthy counselors or mentors who understand the process of recovery for adult children of alcoholics or other family systems problems.

Jean LaCour: take time to verbalize about an event that helps you in silence, but as you begin to talk.

Jean LaCour: don't overwhelm people like you go to a meeting, for the first time, and you just don't your whole life and all of your trauma and all of your.

Jean LaCour: That over sharing it's like there's a there's a rhythm and a safety of being with safe people as you begin to learn and watch other people how they share so again a slight change in your role will.

Jean LaCour: The role that people, except for you can be astounding if you're always the good one or the compliant line, are you always the spiritual one.

Jean LaCour: Give yourself permission to do something different don't be a good one today that doesn't need to be the.

Jean LaCour: be the total rebel but just break out of your role in some way don't be the one who always has the answer always says solution.

Jean LaCour: resist being in a world that no longer fits you and, as you take.

Jean LaCour: The courage to to choose these baby steps it will begin to make a difference, so you need to know we move through roles our entire life as you go from school age to high school to college to if you if you're part of a family job profession we're always changing and adding roles so.

Jean LaCour: Give yourself permission.

Jean LaCour: it's never too late.

Jean LaCour: So let's go to the next one.

Jean LaCour: Now we're changing and we're coming to the third and last and final.

Jean LaCour: I believe we're probably running out of time here allison but I will make this very quick this third.

Jean LaCour: The third objective we just finished up on how to use and demonstrate a tool to interrupt interrupt negative relational cycles.

Jean LaCour: But this third objective is, I want you to be able to identify trends and research current

women thought leaders who are transforming the cultural dynamics and and really the options for women in recovery.

Jean LaCour: This comes from the work of a woman named Susan Cain I have her email and everything here for you, she has.

Jean LaCour: done something amazing for for all of us in.

Jean LaCour: Our culture to overcome its kind of toxic positivity this idea that her thought is around her book is that.

Jean LaCour: her book is called.

Jean LaCour: Get her sweet.

Jean LaCour: And it is how sorrow and logging make us whole and if anyone understands this is people in recovery, the sorrow and the tragedy that went with recovery.

Jean LaCour: But the longing and the moving towards the life and the change and so she speaks many times that she just showed some of the slides to demonstrate.

Jean LaCour: What this one woman is doing, we don't always have to be that pushing on and and overcoming and being the right font but but letting the law need to draw us next.

Jean LaCour: She has principles here, and this principle.

Jean LaCour: She has 10 principles, by the way, you can download from her website.

Jean LaCour: Bitter sweet, and this one to me spoke of her point that creativity, has the power to look pain in the eyes and turn it into something else we can look at the storms of life Okay, creativity and beauty can transform our tragedy and next.

Jean LaCour: I love this.

Jean LaCour: This picture.

Jean LaCour: We are just humans is her point we are flawed and we are beautiful and we're longing for love and we really will continue to push through and do what it takes to find the lineup that lot in the first.

Jean LaCour: image that I love that speaks to her.

Jean LaCour: To her process here, you can see, this road is the road we thought we were on until it really is the road, instead, this was the life we had that before addiction before cove it right and something happened it stopped.

Jean LaCour: The road we want to travel does end, but it is the unknown and even the undesirable and dangerous path.

Jean LaCour: that's all that is left for us.

Jean LaCour: and her point here is follow your longing.

Jean LaCour: go where it is telling you, and it will guide you and teach you.

Jean LaCour: I was raised to be good be strong be perfect, everything must be wonderful so having my husband descend into clinical depression and alcoholism in our life.

Jean LaCour: into it, as we knew it.

Jean LaCour: This path opened up, it was rickety it was not safe to go to the family class at the treatment Center because he was not going but it's the road that longing for love and life and something that draws you and gives you courage so next slide as we close out here.

Jean LaCour: This is a picture of Susan Cain grab podcast by TIM ferriss he's all over the Internet, and you will listen to help her explanation of the melancholy that's in our lives and the value of beauty and how it transforms us this is amazing, the next.

Haley Hartle, NAADAC: hi everyone, I think we might have lost Dr Jeanne briefly, so we will give her a minute here just to come back on.

Haley Hartle, NAADAC: So if you want to continue to share in the chat box on the experiences that you've had in today's webinar any thoughts opinions.

Haley Hartle, NAADAC: Remember, to put any questions that you have in the Q amp a box I don't believe we'll have time to get to a lot of them today, but any that we don't get to we will pass along to Dr Jean so just hang tight and we will see if we can get her back on.

Haley Hartle, NAADAC: One thing we can do here was looking through Q amp a and chat box and seeing what you guys were saying one thing that we can do is, if you guys can list any of the ways that you have broken some of the rules, she was talking about so don't trust don't speak and there was one more.

Haley Hartle, NAADAC: I believe so i'll go ahead and go back to those rules, so we can see.

Haley Hartle, NAADAC: yeah don't talk don't trust and don't feel so if you can go ahead and list some of the ways that in your own life, you have seen.

Haley Hartle, NAADAC: Each of those rules broken, that would be great.

Jean LaCour: Again this is again beginning your process, thank you haley this is i'm going to close here quickly you need to know that.

Jean LaCour: And the last gosh.

Haley Hartle, NAADAC: Dr Jeanne yes we we actually have lost you there for a second so um we lost your video and your microphone feed, so if there was anything you said in about the last two or three minutes if you can go ahead and repeat that that would be.

Jean LaCour: Okay um let's go back to physic kane.

Jean LaCour: going.

Haley Hartle, NAADAC: On we've made it to this she recovers.

Jean LaCour: sounds perfect perfect perfect okay don has been through you know substance abuse she and her husband have dealt with.

Jean LaCour: Their own journey but she came to a point in June of 2011 where her workaholism that obsessive working and doing was destroying her health, and she started a Facebook page called she recovers, and just would post some of her thoughts and people would join and she would.

Jean LaCour: Put beautiful pictures or a thought.

Jean LaCour: First, there were 10 then there were 20 then there were 1000 when she called me up there were like 180 5000 women on her Facebook page.

Jean LaCour: And now, along with her daughter taryn who's gone through her own recovery and yoga was a huge part of karen's recovery, she has gone on to specialize in trauma informed coaching and teaches that to facilitators they have 320 5000 women in their global online community.

Jean LaCour: And I will send you to their website she recovered.org their principles of she recovers, we believe in a world where all women.

Jean LaCour: In or seeking recovery are celebrated supported and being essential to healthy communities, we inspire hope reduce stigma and empower women to increase their recovery capital heal and help others.

Jean LaCour: And one thing is, we recover out loud when we're ready and help others, so this is a mother daughter duo just left there Miami conference 550 women a beauty music dance play amazing things check them out next.

Jean LaCour: All right, in the room is great thanks Angela just saw that this is heather low and she was professional woman.

Jean LaCour: hrs as a social work background, but her drinking just kept cricket you know what is that you take the first drink and then the extreme takes you and her fight to to kick that to move out of it, what that process was like and so she is.

Jean LaCour: She is not a professional rabbit recovery coach she's a professional facilitator and addiction awareness, she works with individuals and.

Jean LaCour: really goes right into businesses and she's part of working with our team, but she's worth knowing if you're looking for an individual to relate to hear so heather load ditch to drink and next.

Jean LaCour: We come to Ruby Warrington, this is the book sober curious.

Jean LaCour: That started the movement and December 2018 server curious, it is a blissful I love it blissful sleep greater focus deeper connection and limitless presence awaiting all of us, on the other side of alcohol.

Jean LaCour: Okay, so she has she's a joyful writer journalist in her background and.

Jean LaCour: It just caught just caught, there are many people who tell their stories but somehow this is part of that trend, because more and more women want a different lifestyle, but don't.

Jean LaCour: know how to get there, this is whether you're in recovery seeking recovery or just you want to moderate your use of alcohol or other substances so she has her own podcast.

Jean LaCour: And she does have a workbook that if this draws you she said, a gentle spirit that that is like 100 days to reset your relationship Okay, and next.

Jean LaCour: We come to.

Jean LaCour: holly whitaker look at this quit like a woman love it the radical choice to not drink in a culture obsessed with alcohol.

Jean LaCour: She.

Jean LaCour: Has her own style little kick butt there I love it.

Jean LaCour: If she does you know point us a roadmap out to live our best lives, so if you're looking to.

Jean LaCour: just learning this whole idea, she comes at it about our relationship with men, how many of us have began to use alcohol in those types of relationships.

Jean LaCour: you'll never look at drinking, the same way after you've read this it's it's amazing book and they're also it came out December of 20 1968 these are these are new, but they have inspired thousands and thousands and thousands of women, which she recovers and.

Jean LaCour: super curious and quit like a woman it's amazing and so before we.

Jean LaCour: Go on, I want to say that there are, I had to limit this to serve so many women and I wanted you to see that.

Jean LaCour: It was hard for me to choose, but these other women's names that are out there that are accessible to you are available or there are there resources.

Jean LaCour: But I could not let this this this session close without really a shout out for Cynthia Marina to he who is the Executive Director of maniac we met on work groups and DC and.

Jean LaCour: And she'd come in from the West Coast for she'd done amazing work, you know, on the streets and alcoholics and her insight her joy her energy her vision have really helped to shape.

Jean LaCour: The modern treatment field counselor education, the International view bringing in live peers and recovery support services and her book is on the resource list that we have.

Jean LaCour: Given here for you raining in your brain her story and her tools are fabulous so I don't want to feel anxious you didn't get all the notes you've now got resources to to really take your time and pick and choose, so the next slide.

Jean LaCour: Three rules, you must break to get free from the pain of the past I would love, if you would like it to to download this ebook recovery coach training.com.

Jean LaCour: Maybe you could write it there allison is recovery coach training.com.

Jean LaCour: Forward slash three dash roles dash you must break K a dash right in there three rules.

Jean LaCour: dash you dash must break.

Jean LaCour: So now we come to the end you're.

Jean LaCour: You have.

Jean LaCour: Again, women so many women are moving into the coaching field we know there's so many women in the counseling field but coaching and the facilitation it's another way to to use your gifts and skills and desire to help, so I want to make sure you know how to find me the last slide.

Jean LaCour: You can contact us here the international Center for addiction and recovery education, care that's about all of our programs, and again the recovery coach training it's not peer driven it's professional coach driven so.

Jean LaCour: I haven't gotten to see any of you.

Jean LaCour: But it's been a pleasure, knowing that you're there, and if there's anything I could do or questions and all of our time frame, but i'll be able to we can communicate.

Jean LaCour: Thank you allison and haley.

Haley Hartle, NAADAC: awesome Thank you so much, Dr Jean I think we are putting that link in the chat here soon to the ebook so everyone can have access to that.

Haley Hartle, NAADAC: I think allison should put that in there soon.

Haley Hartle, NAADAC: And we can go, I think we have time for one maybe two questions, so we can go ahead and try to answer those.

Haley Hartle, NAADAC: So our first question with most up votes was i'm a marriage and family therapy student at liberty university, I want to work with families in recovery any advice on where to start and any good resources.

Jean LaCour: Well, liberty, has an excellent counseling program from what I understand, and if you are in.

Jean LaCour: Family counseling they are going to.

Jean LaCour: take you through family family systems and how to do that so.

Jean LaCour: At the Masters level, I was really speaking here at the recovery level the recovery wisdom and why recovery work so.

Jean LaCour: i'm going to.

Jean LaCour: i'll be in touch with you, if I can think of things that begin with some of the resources, where is our resource list literally many times in masters level counseling they won't be looking at things from an addiction perspective and we've come to understand.

Jean LaCour: addiction, because of family system so everyone's going to get it right handling it's right in there, so you've got.

Jean LaCour: much information, so let me just direct you to begin here and.

Jean LaCour: Then from there.

Haley Hartle, NAADAC: We had a few handouts, that we had listed on our website and I don't know that that was one of them, so if you can forward that to me again i'll make sure that gets put on the website for everyone.

Haley Hartle, NAADAC: So.

Jean LaCour: I did want you to have some.

Jean LaCour: Other worksheets for you to do, personally, and that you can use with clients or people that you're sponsoring.

Haley Hartle, NAADAC: yeah yes, yes, so thank you so much, unfortunately, that is the only question we have time for so, on the other question that was in there, Dr Jeanne we can pass along.

Jean LaCour: To you, and if you are to.

Haley Hartle, NAADAC: answer that will then post it to our website, so thank you so much for being here with us today and for your amazing presentation and we'll just go into a couple of things to wrap.

Haley Hartle, NAADAC: up here or go.

Haley Hartle, NAADAC: So a few logistics reminders and everything that you need from this webinar is on the web page you used to register so it's nayak.org forward slash women series.

Haley Hartle, NAADAC: reclaiming recovery session and make sure that you take that see quiz and download the certificate within 24 hours if you need it to say live on it.

Haley Hartle, NAADAC: So again, those are two very important steps if you need that certificate to say live any social workers don't forget we have that video here at the end for you to.

Haley Hartle, NAADAC: learn how to put your license number on your certificates some upcoming webinars we have next Wednesday on may 11 we have effective treatment for survivors of intimate partner violence with gabrielle as a part of Alma.

Haley Hartle, NAADAC: And then, on Friday, may 20 we continue our women in recovery specialty online training series with Dr joy Miller, and that is, I believe our last session for that so be sure to join that and sign up and then we have other webinars coming up on may 25 and June 1 those are both free webinars.

Haley Hartle, NAADAC: A reminder about our additional specialty online training series, so we have a web page with each of these different series.

Haley Hartle, NAADAC: upon completion of all of the webinars in the respective training series, you can apply for the respective certificate evidencing your accomplishment and completing all of those trainings so we have advances in addiction.

Haley Hartle, NAADAC: In technology in the addiction profession wellness and recovery ethics in practice clinical supervision and addiction, treatment and military and veteran culture.

Haley Hartle, NAADAC: We are coming up on that part six that last part for the women in recovery series, so we hope that you would join us with that.

Haley Hartle, NAADAC: And a few reminders about the benefits of joining nayak you do get over access to over 320 sees when you join as a Member, so thank you so much, all of you for being here and for social workers, you can stay on and watch this video for everyone else, we will see you at the next one.

hi everyone thanks for watching this quick tutorial on how to enter.

Your social work license number into axiom our association management software and home to your nayak Member account.

You will only need to do this, one time after that the system will be set up to pull your license number into your certificates of completion.

That you earn after attending and a deck webinar or training alright so let's get started, you can see here on my screen first step is to log into your Member account.

Once you're logged in you want to go to my profile right here in the lower left hand corner.

Ensure that you've selected account in the account tab and then arrow down and ensure you've selected additional information, as you can see here on my screen next go over here to the right select the licenses tab it's all set up here, as you can see, and then click add new license.

here's where you really want to pay attention you want to make sure under listens type that you select social work license in this field.

This is what is going to tell the system to pull your license number into the certificate, so you want to make sure you get that right.

It is required that you enter the state as i'm doing here, as well as your license number that's going to go in the certificate.

The rest is optional, but feel free to put that in so that the system has that recorded for you, once you have all the information in there you're just going to go ahead and hit save.

If you have another credential or a certification that you want to add into the system, you can go ahead and do that you just want to ensure that at the top under licensed type.

You select states certification license or license or accreditation and then fill out the rest of the information.

You only want to have one license type with social work license and that's it you guys are all set up your see certificates will now include your license number, as is required in many states and jurisdictions thanks for watching and get to learning.

Haley Hartle, NAADAC: Thank you so much, everyone will see you at the next one.