

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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WPPNT Reminders

How to join the Zoom webinar

- **Online:** <https://dhs.wi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
 - Press # again to join. (There is no participant ID)

Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.

- Participate live to earn continuing education hours (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2022.htm>.

Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery

Mark Sanders, LCSW, CADC

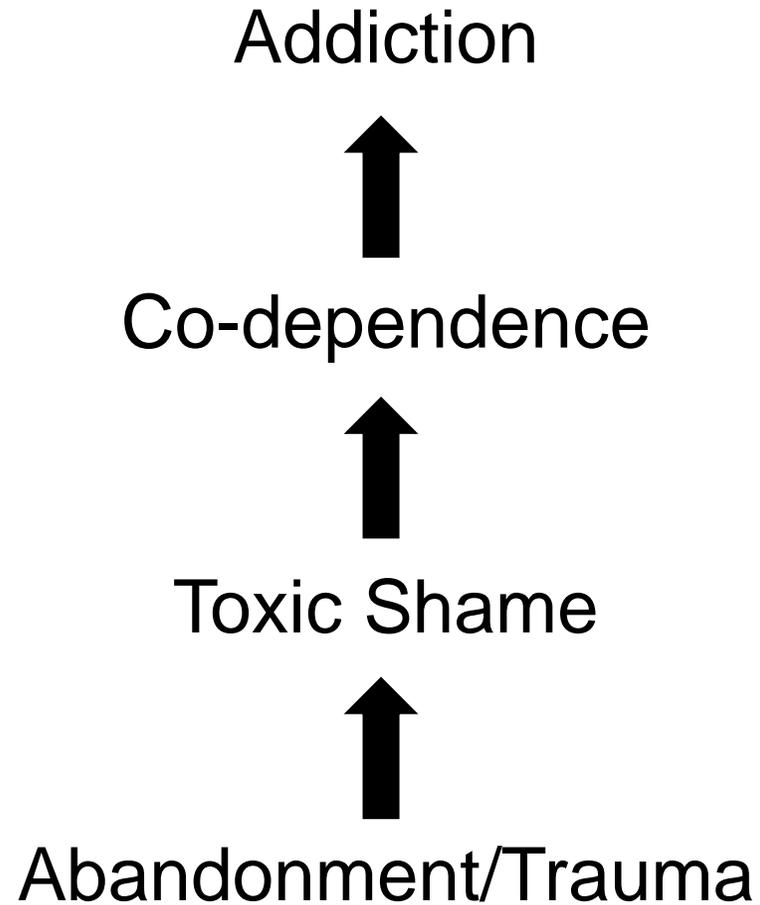
Relationship Detox:

***A Counselor's Guide to Helping
Clients Develop Healthy
Relationships in Recovery***



Mark Sanders, LCSW, CADAC

Iceberg Model



John Freil

Guilt vs. Shame

Guilt

- Behavior
- "I've done wrong"
- "I've done bad"
- "I made a mistake"

Shame

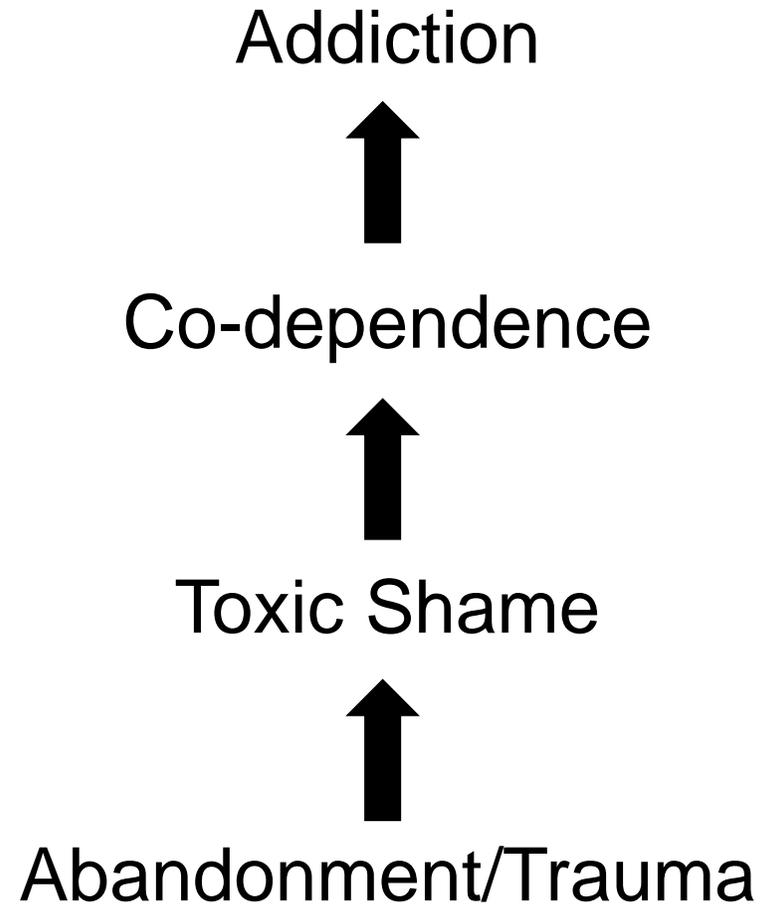
- Your being
- "There is something wrong with me"
- "I am bad"
- "I am a mistake"

Shame

The belief that I am unlovable and unworthy of belonging.

Brene Brown, Ph. D.

Iceberg Model



John Freil

Co-dependence

An over involvement with things outside of us and an underinvolvement with things inside of us. Left untreated codependence can lead to addiction.

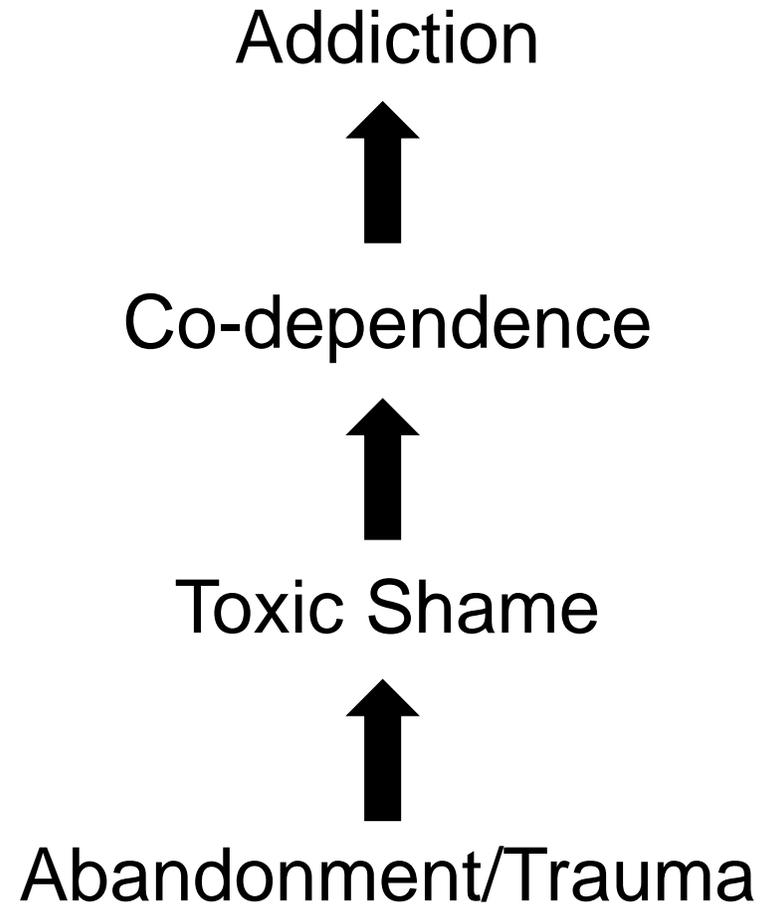
John Friel



Marilyn Monroe

Source: flickr commons

Iceberg Model



John Freil

Characteristics of Addictive Relationships

1. Lots of drama and obsession
2. Smothering
3. Extreme jealousy
4. The relationship is primarily based upon romantic fantasies rather than reality.
5. You abandon friends and relatives whenever you're in a relationship.
6. You tend to stay in relationships in spite of major consequences.
7. Abuse
8. When you leave one unhealthy relationship you enter another.

Characteristics of Healthy Relationships

1. Both individuals in the relationship are whole
2. Each partner is growing and encouraging the other to grow
1. Each has a separate life outside the relationship.
2. The relationship does not have too much jealousy.
3. The couple is able to argue in the present.
4. The absence of all abuse.
5. Giving without ulterior motives
6. The relationship is primarily based in reality not just romantic fantasies.

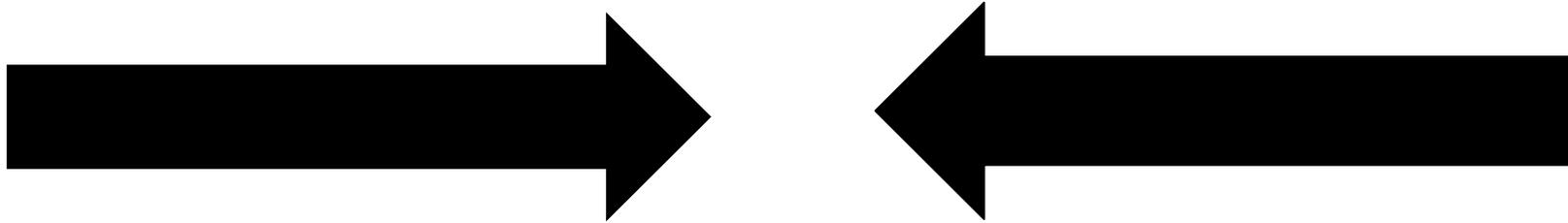
The Therapeutic Relationship as a Model for Helping Clients Develop Healthy Relationships in Recovery

The Engagement Phase

4 factors that lead to therapeutic change – Source: Scott Miller, Ph. D. *What Works in Therapy*

- A. The Therapeutic Model
- B. Counselor hopefulness
- C. The therapeutic relationship
- D. Client factors

Equilatarian Relationship



Discover the Client's Uniqueness

- A. If you had 3 wishes, what would they be?
- B. When are you happiest?
- C. What do you do on Saturday afternoons?
- D. Who are your heroes?
- E. What is your favorite food?
- F. What kinds of things are funny to you? Do you like to tell jokes or hear jokes?
- G. If you agreed to work with me, what do you think is important for me to know about you in order to be most helpful?

Counseling Phase

- A. Experiencing a new way of relating.
Consistency, keeping your word, affirming.

- B. Modeling healthy boundaries

Types of Boundaries

- Loose – no one is aware of what's going on with anyone else in the family
- Enmeshed – family members are too involved in each other's lives
- Healthy, clear – the necessary distinction between the various subsystems is present; member are allowed the 5 freedoms

The Five Freedoms

- To think what you think rather than what you should think
- To feel what you feel rather than what you should feel
- To want what you want rather than what you should want
- To see what you see rather than what you should see
- To imagine your own self actualization

Termination Phase

A. Denial

- Bring it up
- Expect and explain regression
- If the client disappears, reach out

Termination Phase Continued

B. Anger

- Allow open expression
- Try not to personalize it

Termination Phase Continued

C. Sadness

- Allow open expression
- Express feelings of your own

Termination Phase Continued

D. Release

- Discuss client progress
- Discuss work that is yet to be done
- Discuss your relationship
- Express confidence

Stage One and Stage Two Recovery

Strategies for helping clients develop healthy relationships in recovery.

Stage One Recovery – The primary goal of Stage One is recovery! This is a marvelous achievement.

Stage One and Stage Two Recovery Continued

Stage Two Recovery – What happens after sobriety. Making the most of a life that has been rescued from addiction. Striving to achieve the best quality sobriety! Primary goal of Stage Two is learning to make relationships work. Last things to change are negative core beliefs.

Negative Core Beliefs

1. “I Will never get my needs met if I have to depend upon other people.”
2. “What other people think of me is more important than how I feel.”
3. “God is going to get me.”
4. “I am ugly.”

Negative Core Beliefs Continued

6. “There’s only one right way to do things – my way.”
7. “I am unworthy of success.”
8. “I have no talent.”
9. “You should never do anything for yourself. If you do, you’re selfish.”
10. “I am unworthy of love.”

(Some clients in Stage Two Recovery report that they are able to find their 'soul'.)

Helping Clients With Relationship Issues

Stage One Recovery

- Relapse prevention
- Assertive linkage into communities of recovery
- Sponsorship
- 90 days of continuous recovery support

Helping Clients With Relationship Issues Continued

Stage One Recovery

- Use of recovery coaches
- Recovery check-ups
- Telephonic recovery support

Helping Clients With Relationship Issues Continued

Stage One Recovery

- Enouragement – Strengthen recovery support and spirituality whenever you enter a new relationship
- Teach the differences between friends and associates
- Encourage healthy friendships
- Begin trauma work – Seeking Safety

Helping Clients With Relationship Issues Continued

Stage One Recovery

- Intensive Family Case Management
- Behavioral Couples Therapy
- Monitoring for other addictions

Helping Clients With Relationship Issues

Stage Two Recovery

1. Addressing abandonment issues
2. Helping clients during relationship detox

Definition: Relationship detox: Making the decision to not be in a relationship for a while in order to cleanse oneself of the toxic effects of previous relationships.

What to Do During Relationship Detox

- Seek therapy to examine relationship patterns
- Continue to work on spirituality
- Have a love affair with yourself
- Strive for your goals

What to Do During Relationship Detox Continued

- Re-establish bonds with friends
- Consider making new friends
- Have strategies for avoiding the ‘first drink’
- Consider dating people to whom you are not initially attracted to
- Be gentle with yourself as you are striving to develop new relationship skills

“Chemistry is when I meet someone who will help ensure that I feel sick, stay broke, and feel unlovable.” Source:
Anonymous client

What to Do During Relationship Detox Continued

3. Strive for differentiation of self in your family of origin

Differentiation of self in the family of origin. The ability to establish the 'I' position when the family system is pushing you towards enmeshment.

What to Do During Relationship Detox Continued

Women:

- Trauma
- Mother/daughter and father/daughter issues
- Self-care
- Sisterhood
- Self-esteem

What to Do During Relationship Detox Continued

Men:

- Trauma
- Mother/son and father/son issues
- Absence of role models

King, Warrior, Lover, Magician