

Kentucky School of Alcohol and Drug Studies

Presents

Father Hunger/Father Wounds Intervention  
Strategies with Chemically Dependent  
Clients Impacted by Fatherlessness

Presenter

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# Definition of Key Terms

## Father Hunger

A lack of sufficient fathering due to death, emotional unavailability or desertion and the child's yearning for this fathering, often throughout their life span.

# Definition of Key Terms Continued

## Father Wounds

The injury of a child verbally, emotionally, physically or sexually by his or her father and the life long effects of the wounds.

Celebrities raised  
by  
grandparents

# What Involved, Responsible, and Committed Fathers Provide For their Daughters

- Positive impact in utero
- Greater birth weight

# Involved Fathers Continued

- Decreased risk of premature death
- Nurturing
- Affirmation
- Protection

# Involved Fathers Continued

- Security
- Confidence
- Increased probability of healthy relationships
- Help with individuation

# Involved Fathers Continued

- Attention
- Decrease in financial insecurities
- The male perspective
- Decreased risk of sexual abuse
- Increased probability of academic success



# The Impact of Fatherlessness on Girls

“How he leaves matters”

# 3 Ways Fathers Leave Their Daughters

- Death
- Desertion
- Divorce

# Other Ways Fathers Leave Their Daughters

- Workaholism
- Depression
- Emotional unavailability
- Addiction

# Fatherless Daughters Continued

## Father Hunger

- Constant search
- Dating older males
- Promiscuity
- Desperately seeking love
- “A national day of mourning”

# Fatherless Daughters Continued

- Toxic shame and abandonment issues
- Heavy drug use
- An addictive relationship style

# Fatherless Daughters Continued

- Depression
- Increase in violence
- Gang affiliation

# Fatherless Daughters Continued

- Decreased emotional intelligence
- Angry demeanor and attitude
- Unresolved grief



# Fatherless Daughters Continued

- Feeling ugly
- Rift with her mother
- Difficulty trusting men

# Fatherless Daughters Continued

- Self-abuse
- Increased desire to have a baby as a teen
- Spiritual distress

**Increased Risk of Domestic Violence**

# The Fatherless Woman Syndrome

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## The “un” factor

- Unworthy of success
- Unworthy of love

# The Fatherless Woman Syndrome Continued

## The triple fear factor

- Fear of commitment
- Fear of relationships
- Fear of being alone

# The Fatherless Woman Syndrome Continued

## Sexual factor

- Promiscuity
- Sexual anorexia

# The Fatherless Woman Syndrome Continued

- The mask factor
- The perfection factor
- The projection factor
- The get even factor



# The Fatherless Woman Syndrome Continued

- Addictive relationship factor
- Depression factor

Source: Whatever Happened to Daddy's Little Girl? By Jonetta Rose Barras

# Intervention Strategies with Girls and Women

- Talk therapy- to address issues of abandonment
- Grief work
- Reading

# Intervention Strategies Continued

- Gestalt Therapy
- Treat the cover-ups
- Involve grandfathers and uncles
- Rally the extended family

# Intervention Strategies Continued

- Encouraging journaling
- Involve in activities that increase confidence
- Recommend sports
- Help with affirmations...

# Intervention Strategies Continued

- Help with the search- “National Daddy-Daughter Reunion Tour”

# Intervention Strategies Continued

Help with the question, “Who was my father?”

- Mother
- Maternal grandparents
- Paternal grandparents
- Aunts and uncles
- High school yearbook
- Your father’s friends
- Facebook

# Intervention Strategies Continued

- Network mentorship
- Provide support for single mothers of teenage girls

Help her leave addictive and abusive relationships.



# Relationship Detox

Making a decision to not be in a relationship for awhile in order to cleanse yourself of the toxic effects of previous relationships.

# What to do During Relationship Detox

- Have a love affair with yourself
- Go for your goals
- Strengthen your spirituality
- Utilize therapy to understand your pattern
- Change the definition of “my type”

# Interventions Strategies Continued

Coach fathers on how to be dads:

- Examine the impact of how your father parented you
- You're important
- It's okay not to be perfect
- Stay involved with the school

# Interventions Strategies Continued

Coach fathers on how to be dads:

- Attend her events
- Go to dinner together
- Respect your daughter's mother
- Become the on-call parent
- Listen to your daughter

# Interventions Strategies Continued

Coach fathers on how to be dads:

- Side-by-side time
- Keep lines of communication open
- Take your daughter to school and work

# Interventions Strategies Continued

Provide resources- National Fatherhood Initiative [www.fatherhood.org](http://www.fatherhood.org)

- 24/7 Dad's curriculum
- Inside out program for incarcerated dads
- Dad email-weekly tips
- Dad's Club

# Interventions Strategies Continued

## Helping dads with reconciliation

- Assess insights into pain caused
- Prepare amends
- Make amends
- Expect rejection

# Interventions Strategies Continued

## Helping dads with reconciliation

- Move at your daughter's pace
- Be consistent
- Important not to let your relationship with your daughter's mother impact co-parenting
- Receive support from other fathers



# Father Hunger/Father Wounds for Male Clients with Substance Use Disorders

# Core Issues for Males Wounded by Their Fathers

## Father/ Son Pain

- The absence of a caring father
- The presence of an abusive father

# Core Issues for Males Wounded by Their Fathers Continued

## Male Depression

- Lack of capacity to feel
- Externalization of their pain
- Feelings of inadequacy without hope

# Core Issues for Males Wounded by Their Fathers Continued

## What Fathers Do

- Hold their sons less than they hold their daughters
- Smile at their sons less
- Talk to their sons in rougher voice tones
- Discourage their sons from crying

# Core Issues for Males Wounded by Their Fathers Continued

- Comfort their sons less when they do cry
- Give sons harsher discipline
- Give sons shorter explanations for tragic events
- Fathers are often rigid in steering their sons along traditional lines

# Core Issues for Males Wounded by Their Fathers Continued

- Fathers roughhouse more with their sons with less physical attention, criticize more, correct them more, and play with them more competitively
- Talk less about feelings with their sons

# Core Issues for Males Wounded by Their Fathers Continued

- Often laugh and smile if sons express ordinary levels of anger or aggression; if they express feelings of fear, anxiety or sadness, they are often steered away from these emotions.

# The Many Masks of Male Depression

- Anger
- Rage
- Violence



# The Many Masks of Male Depression Continued

- Substance Use
- Isolation
- Midlife Crises
- Affairs
- Thrill-seeking behavior

# The Many Masks of Male Depression Continued

- Alcohol and drug use
- Suicide that looks like homicide
- The father as a limited role model

# 4 Male Archetypes

King, Warrior, Lover, Magician  
by Robert Moore

# King

Noble, leader, the man who blesses others. He sacrifices his needs for the good of the group.

# Warrior

Protector, demonstrates courage

“Courage is not the absence of fear...”

Mark Twain

# Lover

Emotionally open, vulnerable, intimate,  
Relationship builder,

# Magician

The man who pulls a rabbit out of a hat, negotiator, creative problem solver

All four of these roles are present within one man. Each has a shadow. A less mature version of the archetype.

Robert Moore



# Shadow King

Corrupt leader, dictator

# Shadow Warrior

Bully, gang member, rage-a-holic

# Shadow Lover

## Womanizer

# Shadow Magician

- Con artist
- Manipulator

# Core Issues for Males Wounded by Their Fathers Continued

- Feelings of Failure/ Not being affirmed by the father
- Toxic masculinity- doing dangerous things in the name of being a man
- Performance anxiety
- Difficulty acknowledging fear (anger and rage are often okay to express)
- The father as a poor role model for intimacy

# Impact of Fatherlessness

- Increased rate of depression and Anxiety Disorder
- 5 times the average suicide rate
- Increased risk of complex trauma
- 32 times the average incarceration rate
- Lower average income

# Impact of Fatherlessness Continued

- Lower job security
- Higher unemployment rate
- Receive government entitlements for longer periods of time
- Increased rates of Substance Use Disorders

# Impact of Fatherlessness Continued

- Increased rates of homelessness
- Difficulty with intimacy
- Emotional unavailability
- Desertion of the next generation
- Increased risk of chronic pain, asthma and life expectancy

Source: Fatherhood Initiative



# Intervention Strategies

- One good relationship
- 7 adults
- Provide mentorship and activities that build “heart” endurance and confidence
- Counseling for attachment and complex trauma
- Provide early help for Substance Use Disorders

# Intervention Strategies Continued

- Use group interventions
- Help with disengagement from gangs and other destructive peer groups
- Help with rage
- Provide Rites of Passages

# Gang Prevention Socratic Questions

- Do gang members make money selling drugs?
- When a gang member goes to jail, who usually visits?

# Gang Prevention Socratic Questions Continued

- Who accepts collect phone calls?
- Who pays for the lawyer?
- Does the gang have a retirement plan?

# Gang Prevention Socratic Questions Continued

- When do gang members want to leave the gang?
- What is the history of gangs in your area?
- Who do gang members fight with more, each other or rival gangs?

# Rites of Passage

## Definitions

- Events that mark a person's progress from one status to another
- Culturally prescribed rituals for transitioning adolescents into adults
- Arnold Van Gennap (1873-1957), an ethnographer, coined the phrase “LesRita de Passage” (1909)

“The purpose of a rite of passage is to separate the person from their former group preparing them for the new phase of life and the increased pro-social responsibility that comes with that new life, followed by their celebratory reentry into society at a new level.”

# 3 Phases of a Rite of Passage

- Separation
- Transition
- Reincorporation/celebration



# Examples

## Coming-of-age rites

- Barmitzvah
- Batmitzvah
- Debutante Ball

# Examples Continued

- Graduation
- Quinceanera
- Sweet Sixteen

# Examples Continued

## Religious rites of passage

- Baptism
- First Confession
- Confirmation

# Examples Continued

- Barmitzvah
- Batmitzvah
- Quinceanera
- Missionary work

# Examples Continued

- Promise Keepers
- New Warriors

# Examples Continued

## Cultural Rites of Passage

- Cattle herding- East Africa
- Hunting- Native Americans, Africans
- Celebration of first menstrual cycles- Native American, Africans