

Adult Survivors of Childhood Trauma & Dysfunctional Families

Using Emotional, Social
and Spiritual
Intelligences in a
Resiliency-Based Model
for Life-Long Recovery

Robert J. Ackerman, Ph.D.

www.robertjackerman.com

KSAODS

Louisville, KY

July 25, 2017



“As Aristotle saw, the problem is not with emotionality, but with the appropriateness of emotion and its expression. The question is, how can we bring intelligence to our emotions—and civility to our streets and caring to our communal life?”

Socrates—know thyself!

The key to emotional intelligence—an awareness of your feelings as they occur.

“If PTSD can be healed, so can the more muted emotional scars that so many of us bear; that is the task of psychotherapy. And, in general, it is in learning to deal skillfully with these loaded reactions that emotional intelligence comes to play”

Daniel Goleman

Human
Development

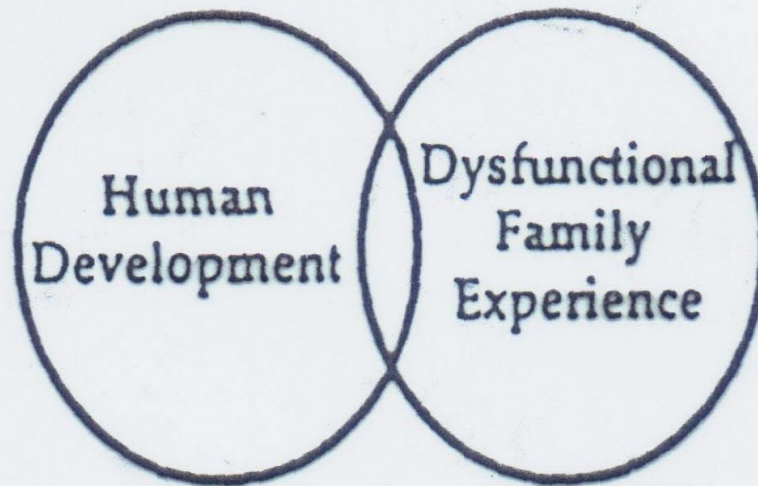
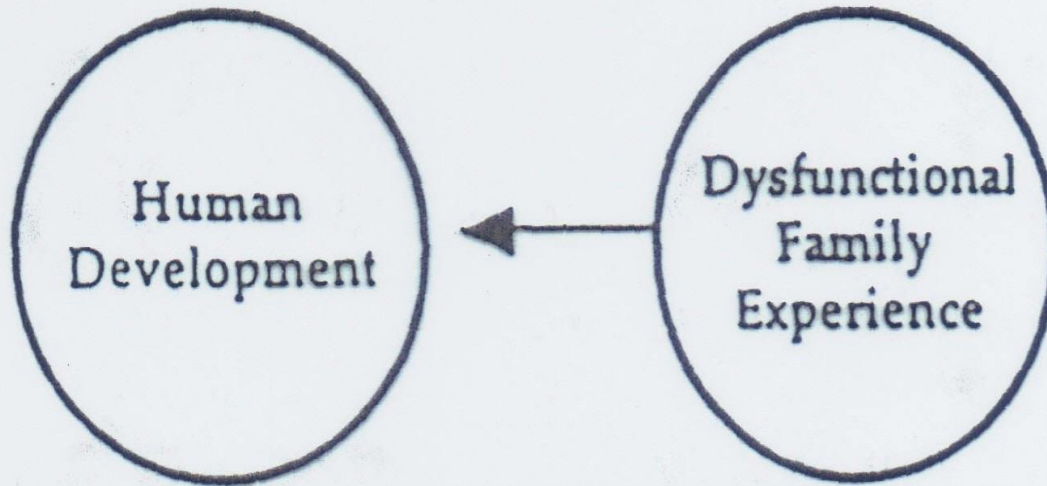
Dysfunctional
Family

High Risk
Child

```
graph BT; A[High Risk Child] --> B[Human Development]; A --> C[Dysfunctional Family];
```

Common Characteristics of Human Development Theories

- Stage theorists
- Normal developmental crisis emphasis
- Sequence oriented
- Building block assumptions



ASSESSMENT OF FAMILY FUNCTIONING

BEAVERS* SYSTEMS MODEL

- Based on how well a family functions as a group
- Family structure doesn't matter, ie. single parent, etc..
- Emotional state of a family depends upon:
intimacy-power-control

Family Functioning Levels

Level 5 Families

Severe Dysfunction

most pain, chaos, no clear authority figure, members focus on side issues that are usually a problem, avoid real problems, 8% of American families

Level 4 Families

The Borderline Family

more functional, but is run by a tyrant who insists on her or his way and tells members to what to think, do, and feel, 24% of families

Family Functioning Levels

Level 3 Families

Midrange Families

members live by a series of internalized rules, actually the rules rule them, too much role performance behavior, guilt, intimidation, and manipulation is what keeps members in line, not their own wishes

Level 2 Families

Adequate Families

rules are consistent, clear authority figures (parents), flexible

Family Functioning Levels

Level 1 Families

Optimal Families

same as above, but members feel a strong sense of belonging and acceptance

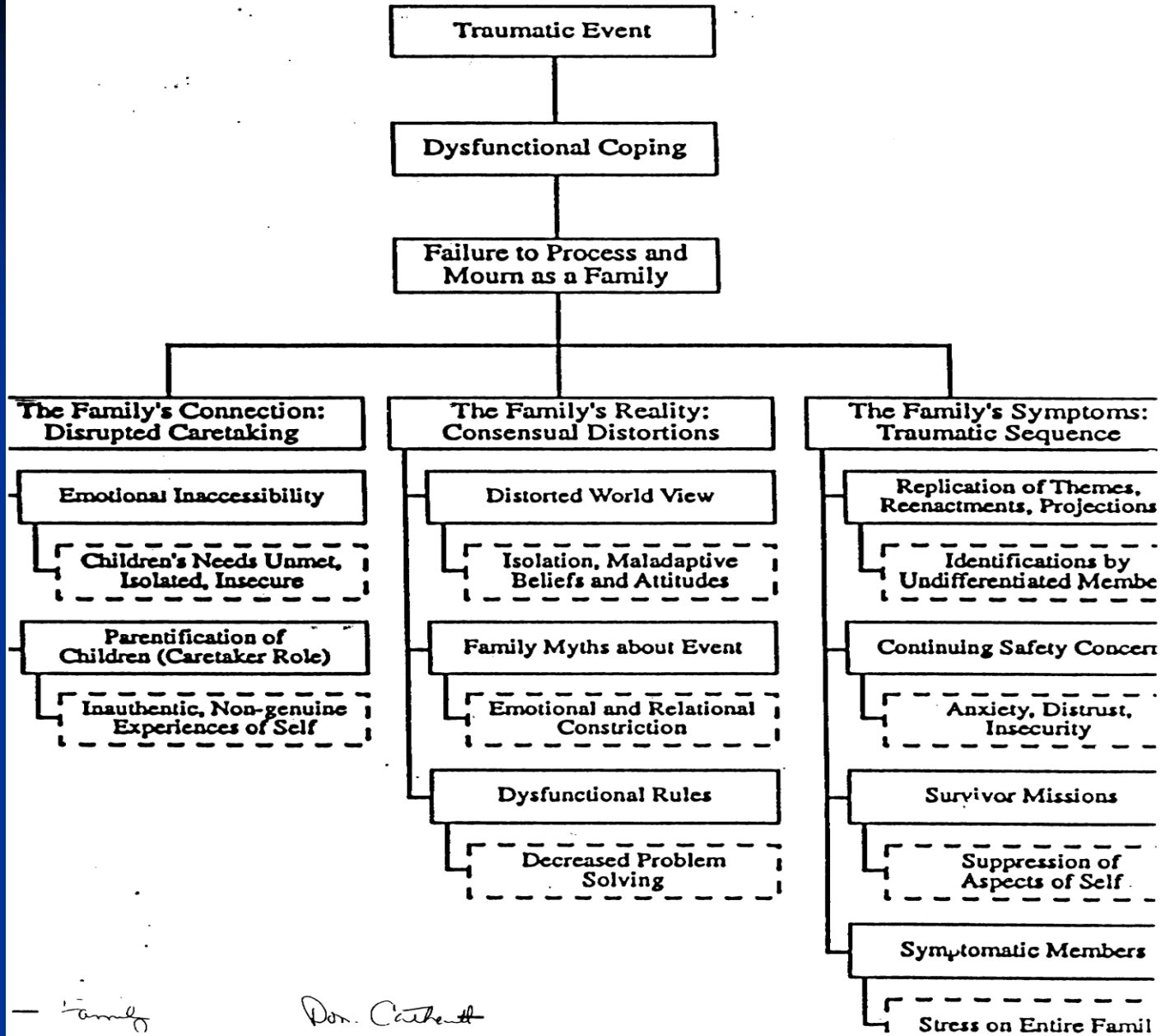
*Beavers W.R. (1982). Healthy, midrange and severely dysfunctional families. In F. Walsh(Ed.), Normal Family Processes (pp.45-66). New Guilford Press

Why Survivors of Dysfunctional Families Are Not All the Same

1. Degree of dysfunction and the parental role
2. Type or kind of dysfunctional parent/s
3. Different reactions to stress
4. Personality and perceptions

Why Survivors of Dysfunctional Families Are Not All the Same

5. Gender implications and interpretations
6. Age and developmental factors
7. Cultural considerations
8. Off-setting contributing factors



— family

Don. Carver

Unspoken Rules of Troubled Families

1. Be in control at all times.
2. Always be right, do the right thing.
3. If something doesn't happen as planned, blame someone or yourself
4. Deny feelings, especially the negative or vulnerable ones like anxiety, fear, loneliness, grief, rejection or need.

Unspoken Rules of Troubled Families

5. Don't expect reliability or consistency in relationships.
6. Don't bring transactions or disagreements to completion or resolution
7. Don't talk openly or directly about shameful, abusive, or compulsive behaviors in the family

Dysfunctional Families

Areas of Conflict

- Perceived isolation
- Inconsistency
- Self-condemnation
- Control needs
- Approval needs
- Rigidity
- Fear of failure

Core Concepts of a Strength-Based Model

Individual Concepts

- *self-efficacy
- *positive coping
- *practical knowledge
- *special talents
- *forgiveness
- *persistence

Strength-Based Recovery

Victim

List the ways that you feel
or believe that you have
been victimized

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Victim

List the ways that you feel or believe that you have been victimized

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Missing

As a result of being victimized what did you miss?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Victim

List the ways that you feel or believe that you have been victimized

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Missing

As a result of being victimized what did you miss?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Change

How you would like to be

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

*The most important element is **Choice**

Recovery Lag

- *not all individuals/families are affected the same way
- *not all parts of the individual/family will need intervention
- *not all individuals/family will respond the same way to treatment
- *not all personal or family issues/problems will recover at the same rate
- *not all members of the family will need the same amount of support
- *not all individuals/families will recover to the same degree

Principles of a Strength-Based Approach

- *every individual, group, family and community has strengths
- *trauma and abuse, illness and struggle may be injurious but they may also be sources of challenge and opportunity
- *assume that you do not know the upper limits of the capacity to grow and change and take the individual, group, and family aspirations seriously
- *we best serve clients by collaboration
- *every environment is full of resources

Fundamental Strategic Goals for Strength-Based Models

- *Recognize and build on existing strengths in individuals, families, and communities.
- *Build new strengths in individuals, families, and communities.
- *Strengthen the larger social environments in which individuals, families, and communities are embedded.
- *Engage individuals, families, and communities in a strengths-based process of designing, implementing, and evaluating interventions.

Identifying strengths needed for change

*Identify the behaviors/talents you used to cope with dysfunction.

*Identify the strengths you learned from surviving dysfunction.

*Which strengths can you use in other functional/dysfunctional situations?

*How did you learn self-care and what strengths can you use now to increase and maintain your physical, emotional and spiritual health?

*What are your cognitive (thinking) and emotional strengths today?

Resiliency Chart

Achievement Skills

Protective Factors

Social Intelligence



Moral Intelligence

Resiliency Skills

**Emotional
Intelligence**

Resiliency Considerations

- *It is not a fixed attribute of individuals.
- *Adversity is additive over time.
- *Resilient behavior does not necessarily indicate good emotional health.

“Responses to an emotional trigger can be relearned, but the trigger does not disappear...emotional lessons—even the most deeply implanted habits of the heart learned in childhood—can be reshaped. Emotional learning is life-long”

Daniel Goleman

The Domains of Emotional Intelligence

Peter Salovey

- *knowing one's emotions—self awareness to recognize a feeling while it is happening
- *managing emotions—appropriate for building self awareness
- *motivating oneself—channeling emotions in service of a goal, emotional self-control, delaying gratification and stifling impulsiveness
- *recognizing emotions in others—people skills, empathy
- *human relationships—skill in managing emotions in others

Social Context Factors of Emotional Intelligence

- *ability to motivates oneself
- *persist in the face of frustration
- *control impulse
- *delay gratification
- *to regulate one's mood
- *keep distress from impairing thinking
- *to empathize
- *to hope

Emotional Intelligence

Includes

- Self-control
- Zeal and persistence
- Ability to motivate oneself
- Persist in the face of frustration
- Impulse control

- Delay gratification
- Regulate moods
- Ability to think not impaired by distress
- To empathize
- To hope

Emotional Awareness

- Meta-cognition—is an awareness of thought process
- Meta-mood—is an awareness of your own emotions
- Self-awareness—is the sense of ongoing attention to your internal states, it is being aware of both our mood and our thoughts about the mood

Inter personal intelligence is the ability to understand other people

Intra personal intelligence is the ability to turn it inward, to form an accurate model of self

Styles for Dealing with Emotions

(John Mayer)

■ Self-aware

Aware of the mood while you are having it,
autonomous and sure of their boundaries, good
psychological health, and a positive outlook

■ Engulfed

Swamped by emotions and helpless to escape
them not really aware of feelings and no control
over emotional lives, feel overwhelmed

■ Accepting

Accepting of moods and not trying to change them

- A. those who are in a good mood and thus don't want to change
- B. those in a bad mood, but do nothing to change them, i.e. depressed, etc.

“Once your emotional system learns something, it seems to never let it go. What therapy does is to teach you to control it—it teaches your neocortex how to inhibit your amygdala. The propensity to act is suppressed, while your basic emotion about it remains in subdued form”

Joseph Le Doux

Two Part Model Social Intelligence

(Daniel Goleman, 2006)

Social Awareness

empathy

attunement

empathic accuracy

social cognition

Social Facility

synchrony

self-presentation

influence

concern

Five Part Model of Social Intelligence

(Karl Albrecht, 2005)

1. Situational Awareness

The ability to “read” situations, understand the social context that influences behavior, and choose behavioral strategies that are most likely to be successful.

2. Presence

Also known as “bearing,” presence is the external sense of one’s self that others perceive: confidence, self-respect and self-worth.

3. Authenticity

The opposite of being “phony,” authenticity is a way of behaving which engenders a perception that one is honest with one’s self as well as others.

4. Clarity

The ability to express one’s self clearly, uses language effectively, explain concepts clearly and persuade with ideas.

5. Empathy

More than just an internal sense of relatedness or appreciation for the experiences of others, empathy in this context represents the ability to create a sense of connectedness with others; to get them on your wavelength and invite them to move with and toward you rather than away and against you.

Concepts of Moral Intelligence

(Michele Borba, 2002)

- *Empathy
- *Conscience
- *Self-control
- *Respect
- *Kindness
- *Tolerance
- *Fairness

Motivation Sources & Recovery

Extrinsic

Initial stress

Negative indicators

External needs

Pushed

You have to

Short sighted

Driven by how it was

Source is behind you

Deficiency thinking

Uniqueness of
disorder is stressed

Intrinsic

Direction

Positive indicators

Internal needs

Pulled

You want to

A developing sense
of self

How it could be

Source is in front of
you

Acceptance of self

Self-actualization

Goals of a Recovering Person

- Learn how to make decisions and responsible choices.
- Learn how to function in new ways socially.
- Establish stable relationships with friends, family, and others.
- Follow a recovery plan
- Self-actualize

Characteristics of Resilient & Emotionally Intelligent Adults

- Celebrates self and survival
- No longer lives in fear
- Respects self
- Free of grief and loss
- Can handle memories
- Can trust
- No longer controlled
- Can receive from self and others
- Embraces the “spirit” of recovery
- Develops a sense of spirituality

Gender Identification Boundaries

C						C
C						C
C						C
C	B				B	C
C	B				B	C
C	B	A	A		B	C
C	B	A	A		B	C
C	B	A	A		B	C
C	B	A	A		B	C

Gender & Self Concept

Women

Men

fragmented

fragmented

negative focused

image enhancing
focused

Gender & Attributing Blame

Women

Men

Internally focused

Externally focused

Self-criticism

**Criticism of others/
situational factors**



Gender Implications for CoA/ACoA

Mother

Father

Both

Daughters

Sons

Gender Differences in Impact on Sons & Daughters of Alcoholics

Daughters

1. Both parents
2. Father only
3. Mother only

Sons

1. Mother only
2. Both parents
3. Father only

DYSFUNCTIONAL MOTHERS

DAUGHTERS

Role Models
Relationships (women)
Parenting skills
Gender Identity
Trust
Trying to please
Shame

SONS

Image Conscious
Relationships
Protect and defend
Trust
Emotional Incest

Dysfunctional Fathers

Daughters

Relationships

Role confusion

Intimacy

Sense of self

Sexual abuse

Perfectionism

Sons

Role models

Not good enough

Under-fathered

Lack of emotions

Just like him

Internal Approach Issues To Facilitate Change

- Client is more process oriented
- Higher self-condemnation
- Self-concept is negatively fragmented

Internal Approach (cont)

- Emotional reactions initially dominate
- Considers problems are internally caused
- More comfortable discussing feelings

Internal Approach (cont)

- Needs to examine social context of behavior
- Focuses on implied meaning of words
- More likely to ask questions for insight

Internal Approach (cont)

- Needs to learn to ask for what is needed
- Establish personal and professional boundaries
- Communicate directly

Internal Approach (cont)

- Stand up for self
- Wants someone to listen

External Approach Issues To Facilitate Change

- More solution oriented
- Wants a plan or action to use
- Image enhancing self-concept

External Approach (cont)

- More likely to blame others for problems
- Believes that only positive emotions can be shared
- Wants to be left alone to figure it out

External Approach (cont)

- Uncomfortable with the situation as opposed to feelings
- More literal about the meaning of words
- Less likely to ask questions, if so, more for direction or justification of behaviors

External Approach (cont)

- Needs to accept responsibility for actions
- Needs to learn appropriate ways to express feelings, especially negative ones
- Become internally validated

External Approach (cont)

- Establish same-sex relationships
- Accept for help
- Overcome the inability to receive

“Let Go & Grow”

A Four Stage Model for Recovery

- 1. Making peace with reality
- 2. Making peace with yourself
- 3. Making peace with your family
- 4. Achieving Positive Emotional Intmacy