Kentucky School of Alcohol and Drug Studies

Presents

Gender Issues In Addictions Treatment

Presenter

Mark Sanders, LCSW, CADC
PTSD vs. Complex Trauma

with complex trauma exposure to a specific traumatic event is not required
Complex Trauma Includes Multiple Layers and Years of Traumatic Experiences

- Neglect
- Abandonment
- Multiple placements
- Parental substance abuse
- Adult emotional unavailability
- Multiple losses
- Exposure to domestic violence
- Abuse
Most Common Symptoms of Complex Trauma

- Difficulty regulating emotions  65%
- Difficulty with impulse control  63%
- Negative self-image (eating disorder)  62%
- Difficulty concentrating (ADHD)  60%
- Aggression (Conduct Disorder)  56%
- PTSD  12%
- Substance Abuse  10%
Center for Disease Control and Prevention

The Adverse Childhood Study (ACE)

Research with Nearly 18,000 Adults

Discovered A Strong Correlation Between Early Childhood Trauma and Physical and Mental Illness in Adulthood
ACE Study

Directions – For each “yes” answer, give yourself one point. For each “no” answer, give yourself zero points.

When you were growing up in your household, before age 18, did you have any of the following experiences?

1. Often had a parent or someone else in the household who swore at you, yelled at you, and sometimes, or often, acted in a way that made you believe you might be physically hurt. ____

2. Sometimes, often, or very often, were you pushed, grabbed, slapped, or had something thrown at you, or hit so hard that you had marks or were injured? ____
ACE Study Continued

3. An adult or person at least five years older ever touched you or fondled you in a sexual way, had you touch their body in a sexual way, attempted oral, anal, or vaginal intercourse with you or actually had oral, anal, or vaginal intercourse with you. _____

4. Were you ever mad to feel unloved, unprotected, and not special in your home? _____

5. Were there times when you did not have food, clean clothes, and a place to live? If you were sick, were there times when an adult did not take care of you consistently? _____
ACE Study Continued

6. Did you ever witness your mother or stepmother get pushed, grabbed, slapped, hit, or have something thrown at her? ____

7. Was there anyone in your household who was a problem drinker, alcoholic, or who used street drugs? ____

8. Did you live with a household member who was depressed, mentally ill, or attempted suicide? ____

9. Were your parents ever separated or divorced? ____

10. Did you ever have a household member who went to prison? ____
Reality

“Where there is trauma in the family there is usually a conspiracy of silence. Everyone has to honor the ‘no talk’ rule. These Dark Secrets if internalized can lead to physical and mental health problems.”

Judith Herrmann
Good Family Secrets

- Santa Claus
- The tooth fairy
- Surprise birthday party
- How you feel about people as people
Dark Secrets
Level I Dark Secrets

- Phobias
- The intimate details of an affair
Level II Dark Secrets

- Your real ethnicity
- Adoption status
- Who your parents really are
Everyone in the family knows the secret. They will repeat the secret across generations until the secret is openly dealt with.

Source: Family Secrets
Level III Dark Secrets

- Addictions
- Living with addictions
Level IV Dark Secrets

These secrets cause the most damage if not discussed

- Incest
- Childhood sexual abuse
- Sexual assault
- Torture
- Witnessing extreme violence
- "The secret that you only tell once"
Follow-up Research on the ACE Study

Year

2010

- link between lung cancer and childhood trauma

2009

- link between childhood trauma and premature death
- prescription drug abuse
Follow-up Studies Continued

2008  • pulmonary disease and childhood trauma

2007  • mental illness in adulthood
       • cigarette smoking

2006  • early alcohol and drug use

2005  • homelessness in adulthood
Follow-up Studies Continued

2004
- depression in adulthood
- liver disease
- heart disease
- teen pregnancy

2003
- illicit drug use
- mental illness
Follow-up Studies Continued

2002  ● alcoholism and depression in adulthood

2001  ● suicide attempts and risky sexual behavior

2000  ● HIV and other sexually transmitted diseases
Iceberg Model

Addiction

Co-dependence

Toxic Shame

Abandonment/Trauma

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.

Bryne Brown, Ph. D.
Iceberg Model

Addiction

Co-dependence

Toxic Shame

Abandonment/Trauma

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
Billie Holiday
Iceberg Model

Addiction

Co-dependence

Toxic Shame

Abandonment/Trauma

John Freil
## Cycle of Domestic Violence

**Lenora Walker, Ph.D.**

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