

Kentucky School of Alcohol and Drug Studies

Presents

Gender Issues In Addictions Treatment

Presenter

Mark Sanders, LCSW, CADAC

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*



Secrets Theory

*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

The diagram features a blue background with a stylized iceberg. The top part of the iceberg, which is above the water line, is a dark blue triangle. The submerged part of the iceberg is a lighter blue, wavy shape. The text 'Iceberg Model' is written in yellow, italicized font at the top. Below it, the word 'Addiction' is written in yellow, italicized font, positioned just above the water line. A yellow arrow points upwards from 'Addiction' to the word 'Co-dependence', which is also in yellow, italicized font. Another yellow arrow points upwards from 'Co-dependence' to the word 'Toxic Shame', which is in yellow, italicized font. A final yellow arrow points upwards from 'Toxic Shame' to the phrase 'Abandonment/Trauma', which is in yellow, italicized font. The entire diagram is set against a dark blue background with a lighter blue, wavy shape representing the submerged part of the iceberg.

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

The diagram features a blue background with a stylized iceberg. The top part of the iceberg is above the water line, while the larger, submerged part is below. The text 'Iceberg Model' is at the top. Below it, the word 'Addiction' is positioned above the water line, while 'Co-dependence', 'Toxic Shame', and 'Abandonment/Trauma' are positioned below the water line. Three yellow arrows point upwards from the bottom text to the top text, indicating a causal or developmental progression.

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



Marilyn Monroe



Billie Holiday

Iceberg Model

The diagram features a blue background with a stylized iceberg. The top part of the iceberg is above the water line, while the larger part is submerged. The text 'Iceberg Model' is written in yellow, italicized font at the top. Below it, four stages are listed in yellow, italicized font, connected by upward-pointing yellow arrows. The stages are: 'Addiction' (at the tip of the iceberg), 'Co-dependence', 'Toxic Shame', and 'Abandonment/Trauma' (at the base of the iceberg).

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Cycle of Domestic Violence

Lenora Walker, Ph.D.

	<i>Buildup</i>	<i>Violence</i>	<i>Honeymoon</i>
10			
9			
8			
7			
6			
5			
4			
3			
2			
1			

Kentucky School of Alcohol and Drug Studies

Presents

Gender Issues In Addictions Treatment

Presenter

Mark Sanders, LCSW, CADDC