



## The Wounded Healer

James E. Campbell, MA, CACII

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Who am I and Why Am I Here?

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## Objectives

**Participants in this training will:**

- Develop a foundational understanding of the physiological impact of the brain in cultivating a positive therapeutic alliance.
- Develop an understanding of the concept of the Wounded Healer from a literary and historical viewpoint and its impact on the human services field and the recovery community.
- Identify curative factors that are necessary for effective treatment.
- Identify specific steps to becoming more effective in their clinical work.
- Develop a stronger understanding of the need of effective self-care and clinical supervision in order to be effective as a clinician.

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Who Are You and Why Are You Here?

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Although evidence-based practices can help provide significant guidance for us in better assisting those we serve, effective treatment remains primarily about the therapeutic alliance. The Wounded Healer is a consideration of the curative factors of treatment and explores the importance authenticity, rapport, and the power of the therapeutic alliance. The literary and historical foundations of the wounded healer concept are explored along with its impact on the field of psychology and the recovery community, its physiological foundation in the brain, and its restorative power in the therapeutic relationship along with its practical treatment implications.

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A Little History

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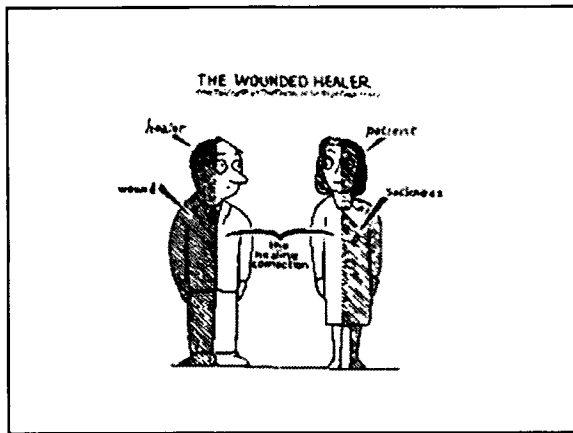
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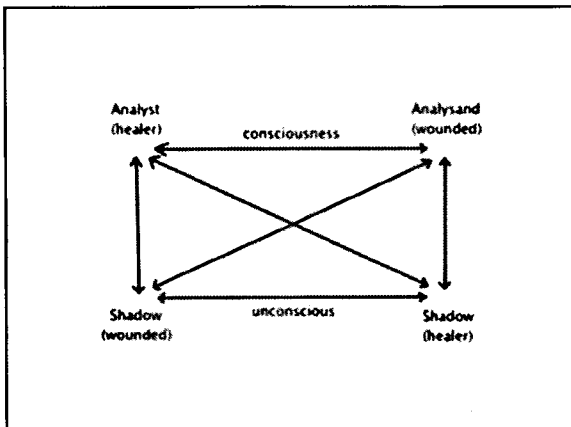
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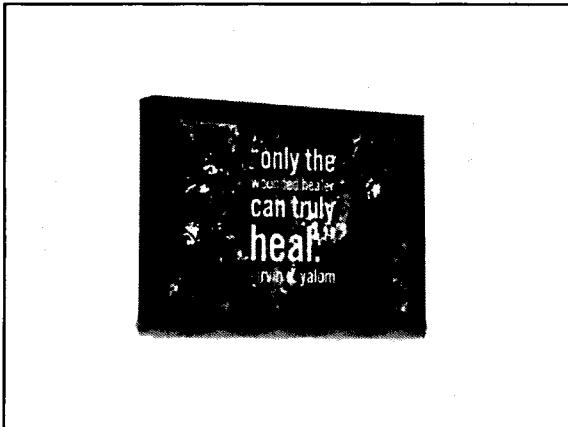
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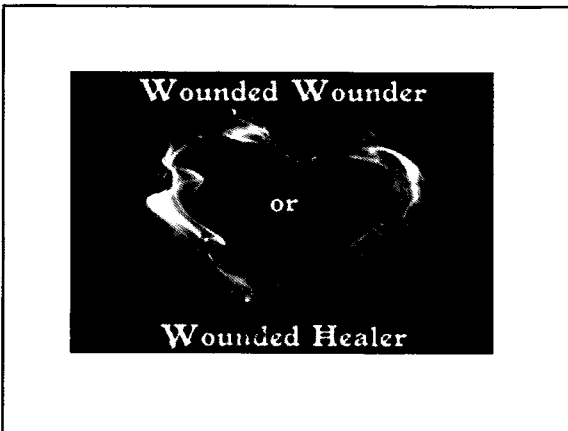
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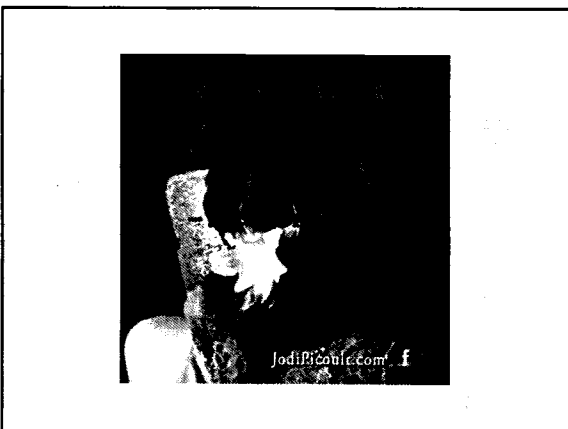
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● One of Those People

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Our Wounds

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Our Wounds:  
Where Do They Come From?

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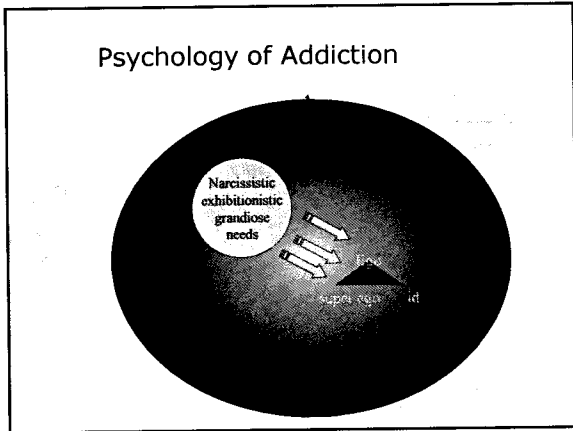
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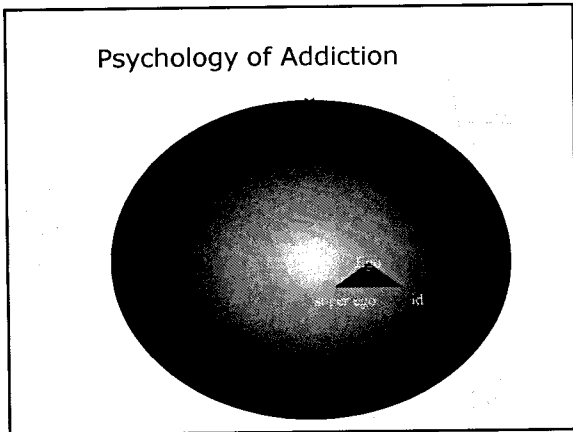
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Psychology of Addiction  
Manifestation of False Self Structure  
Shame

The belief that at my core I am bad - therefore I must earn my value. "To be good I must do good."

A need or constant external approval.

A persistent fear of punishment.

Nagging comparisons to others - "Do I measure up?"

Extreme sensitivity to others expectations.

People pleasing.

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We shame the shamed  
and wonder why they  
do not get better.

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Psychology of Addiction  
Treatment Assumptions

### Love

is the only true antidote to shame.  
We must have the courage to re-introduce the word  
love into our clinical lexicon and love our patients  
so they in time may love themselves.  
Over time our external love can be transmuted and  
internalized into self love.

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Attachment and the Brain  
Treatment Implications

We fail to realize that the “love hungry  
brain” will by necessity seek  
satisfaction either in unhealthy  
relationships or drugs.  
Herein lies the power of group! (family is  
a group-we all have one)  
The limbic regulation in the group can  
restore balance to its members.

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What our clients, patients,  
and people in general  
want to know:

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What our clients, patients,  
and people in general  
want to know:

Broken

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What Makes Treatment Work?

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Evidence-based Practices  
An Engine

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The Limbic System

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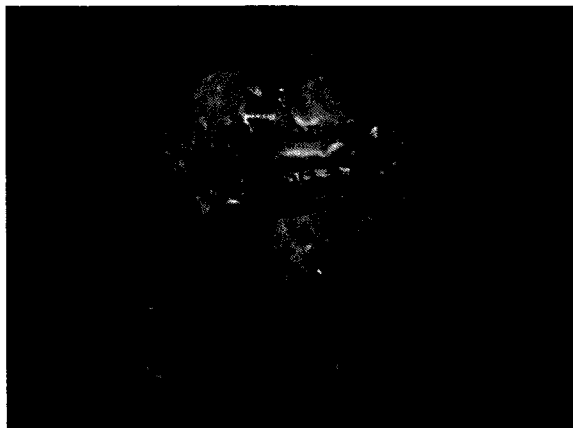
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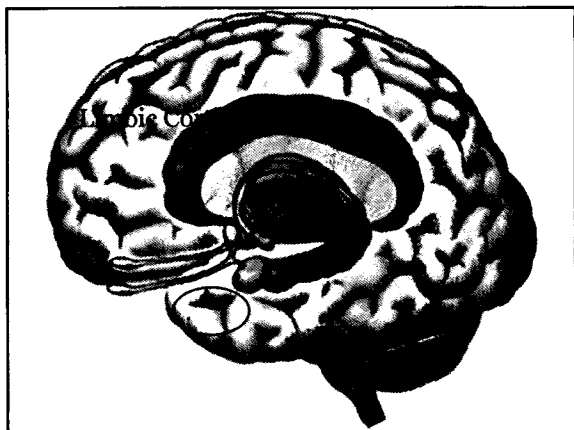
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Dr. Susan Holman  
 How does this work?

Let's assume that an average person has a dopamine level of 10,  
 ...and they try cocaine.

Their body may read this as a dopamine level of **18** with 10 being natural and 8 being drug-induced.

The body want to get back to "normal"; so it backs off on its dopamine level to 8.

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So what happens over time?

10	8	6	4	2	0	0	0
8	8	8	8	6	4	2	1
18	16	14	12	8	4	2	1

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Question: Why don't they just quit?

Is your biology now working for you or against you?

Isn't it just a question of willpower?

- Krispy Kremes
- Drowned or murdered?

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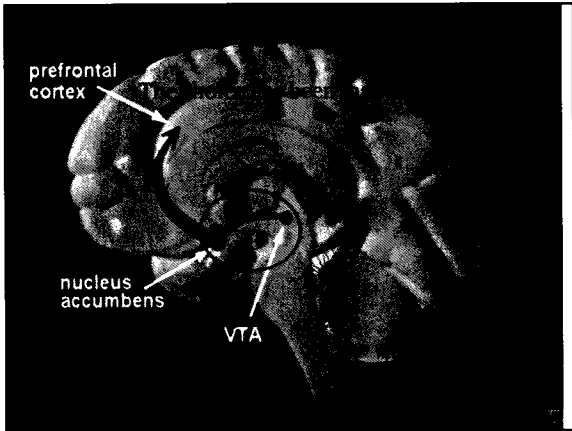
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**Social Context**

Conformity is adaptive.  
Shared values are the norm.  
Perception is altered by social context not just values.  
Culture determines how we see ourselves.  
We are intrinsically SOCIAL CREATURES.  
We cannot define ourselves outside of social context and relationships.

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Social Context  
Aspects of our Culture that Support  
Addiction

Eventually the "shamed" end up believing the  
messages that society is telling them about  
themselves.

We deserve our disease.

We really are the bad people that everyone  
(including ourselves) believes us to be.

I am truly so worthless not even God can love me.

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We are pack  
animals.

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We are herd animals.

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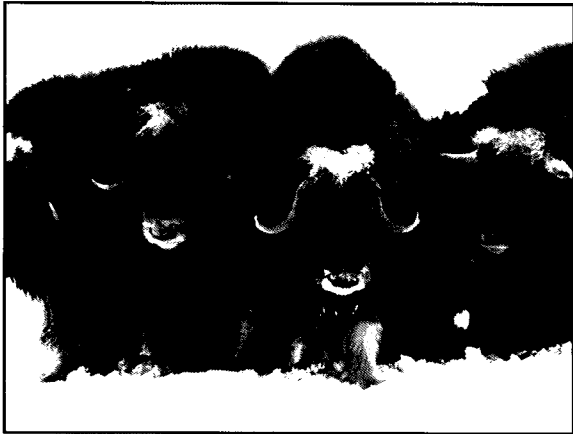
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How did they communicate?

They certainly did not talk, although there may have been some communication by shared sound.

They did not have carefully choreographed "paw" signals.

Pheromones were not fast enough.

So how did they communicate?

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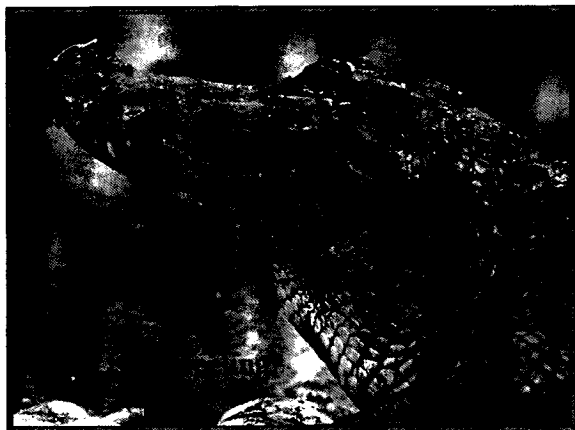
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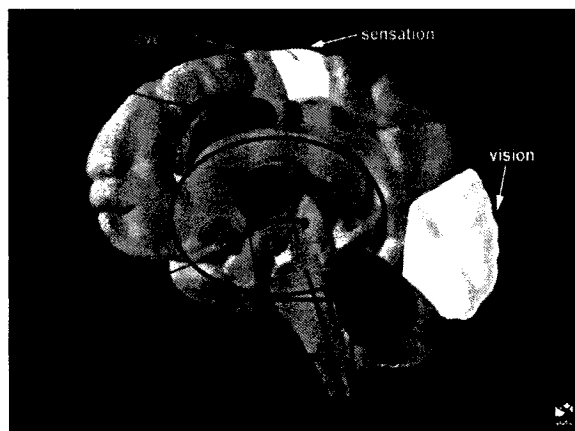
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### Attachment and the Brain

The limbic system is able to quickly monitor the integration of the external and internal worlds that impact our life.

It is easy to confuse the experience of an affect (limbic) and naming that affect as an feeling (neocortex).

Affect is basic biology, feelings are when we become aware of the affect intellectually and emotions give it a name and context.

Sylvan Tompkins.

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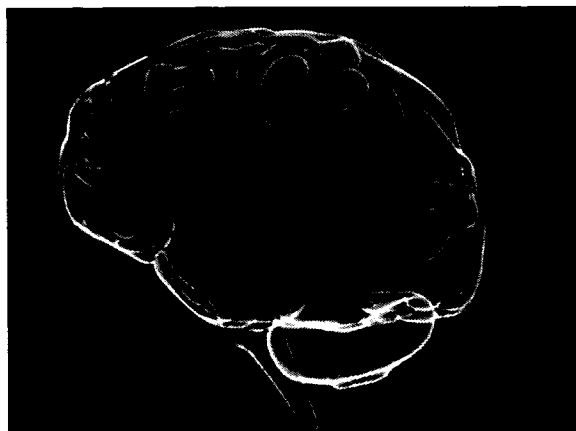
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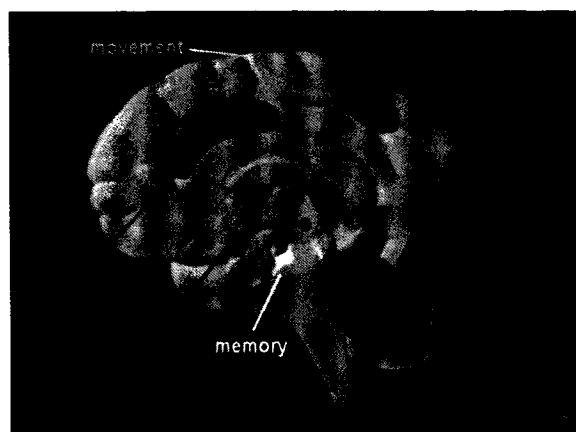
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Limbic Resonance and Social Intelligence

In addition, the limbic system has special physical apparatus specifically geared toward detecting and responding to the internal world of other similar creatures.

This capacity led to what is referenced as

**“limbic resonance.”**

This resonance seems uniquely developed to nurture and respond “intuitively” to our young and to love and be loved in general.

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Limbic Resonance and Social Intelligence

Mirror neurons are found in the new cortex and the limbic system

Memes – we are built to imitate

Emotional contagion

Highroad – slow but accurate

Low road – very fast but less precise

Low road + mirror neurons = empathy

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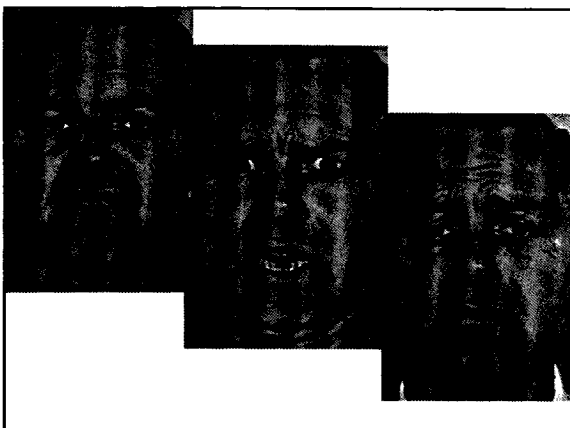
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 Attachment

Oxytocin – female bonding  
Vasopressin – male bonding

**“Falling in love” is a choice!**



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Attachment and the Brain

We can change what we know by appealing to our reason and intellect.

We can change how we behave – some of the time – by learning new skills.

We can change who we are and how we respond only by allowing ourselves to be loved over time.

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Drugs of Abuse & the Limbic System

All drugs of abuse impact the limbic system.

While they may differ in their pharmacological impact they lead toward dysregulated limbic energy.

Limbic communication is distorted.

Limbic learning is compromised.

Age and gender matter.

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Limbic Resonance and Social Intelligence

Emphasis on Social Intelligence  
People are given permission to love well

to be loved  
to love others  
to love self

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Attachment and the Brain

Despite all that we have learned.  
Despite all the techniques and skills we have perfected.  
Despite all of our evidenced based interventions.

It is the therapeutic relationship that matters the most.

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Limbic Resonance and Social Intelligence  
Treatment Implications

**Be alive-**  
**Be aware-**  
**Be intentional-**  
**Be self-loving- and be grateful for all the relationships who are making who you are**

**And then, if you have the courage, love your patients and they may learn how to love themselves.**

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**Limbic Resonance and Social Intelligence  
Treatment Implications**

1. Basic assumptions will change.
2. Families will be admitted to treatment not individuals.
3. Motivational enhancement techniques will amplify a therapeutic relationship and reduce shame.
4. Transference and countertransference will be examined and valued.
5. Treatment environments will be more welcoming.

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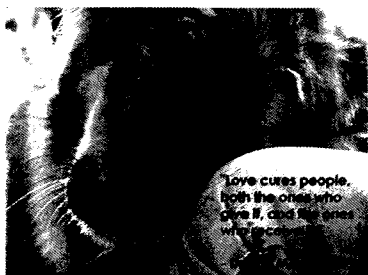
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**Carl Rogers**

- Congruence
- Authenticity
- Unconditional Positive Regard

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Motivational Interviewing

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Motivational Interviewing

- Developed by Miller and Rollnick in the 70's and 80's
- Provided an alternative to the confrontational approach
- Combines directive and client-centered approach
- Emphasizes helping behavior change through exploration and resolution of ambivalence
- Counselor creates an environment that invites change

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Four General Principles of MI

- Empathy
- Discrepancy
- Self-efficacy
- Resistance

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### Empathy

- Create an atmosphere of acceptance
- Reflective listening
- Suspensions of assumption and advice
- Avoid argumentation
- Focus on learning as much about the client's perspective as possible
- The client genuinely feels heard and accepted

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### Discrepancy

- We will change for what we love
- Counselor finds out what the client loves
- Enhances discrepancies between what the client is doing and what they desire to do; who they are and who they want to be
- Explore ambivalence

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### Self-efficacy

- Client recognizes the need for a change
- Maintains the belief that change is possible
- More importantly has belief in himself and his ability to change

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### Resistance

- A natural part of change (inertia)
- A point during treatment where the counselor recognizes the need to do something different to engage the client in the process of change
- Counselor should avoid power struggles and help client explore "what is" compared to "what could be"
- Engage the client in "change talk"

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### Six Traps to Avoid

- Engaging in a question and answer format
- Taking sides on the change issue
- Playing the expert
- Labeling the problem
- Developing a premature focus
- Blaming the client for the behavior

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### Encouraging OARS + Strategies

- Ask Open questions
- Affirm the client (strengths, change attempts, etc.)
- Listen Reflectively
- Summarize
- Elicit change talk.

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**Change Talk**

- Ask evocative questions (encourages expression of client's view/concerns)
- Use the importance rulers (1-10 scales)
- Explore the decisional balance (weighing pros and cons)
- Elaborate (encourage more, clarification)
- Ask for extremes (the best/worst consequences)
- Looking back (Look back to before the problem and compare to now)
- Look forward (look to the future to describe how a change would impact the future or if no change occurs)

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●Charleston Green

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●Magic

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●Character Actors

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●Points of Brokenness

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●Belly Love

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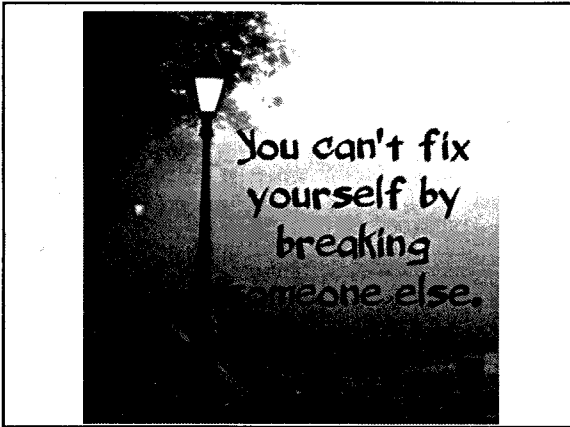
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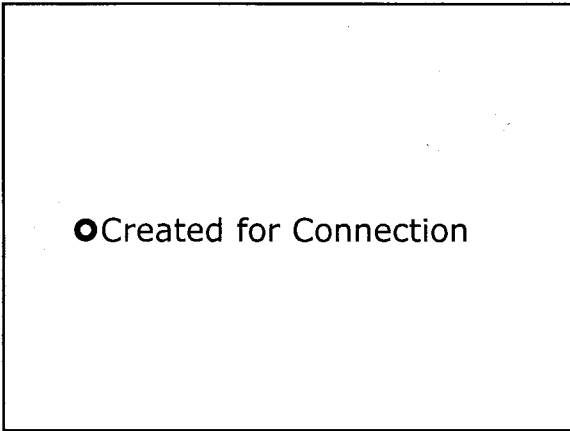
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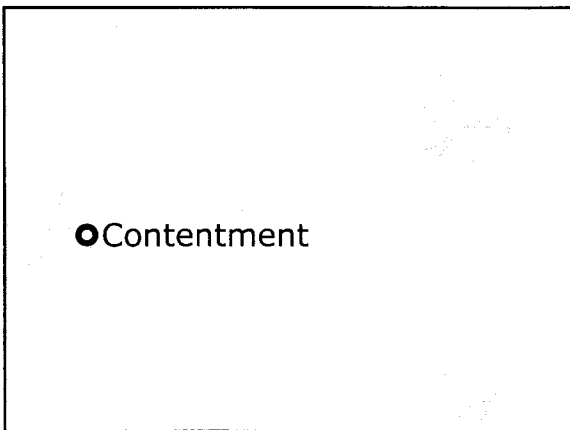
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●Honesty

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●Strengths

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●Voices from Our Past

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● Courage and Risk

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Spiritual Platform

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**Spirituality vs Religion**

<b>Religion</b>	<b>Spirituality</b>
Religio - obligation or rule.	Spiritus - breathing. The essence of life.
Tells us how to lives.	What gives life meaning.
What constitutes the righteous life.	What gives human life its unique meaning.
Ten commandments, not the ten suggestions	

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Spirituality: What is it.

It is what makes us human and separates us from all other creatures by degree.  
Existential expression.

Spirituality is a **doing thing**  
If we stop "doing" spirituality we lose our humanity.

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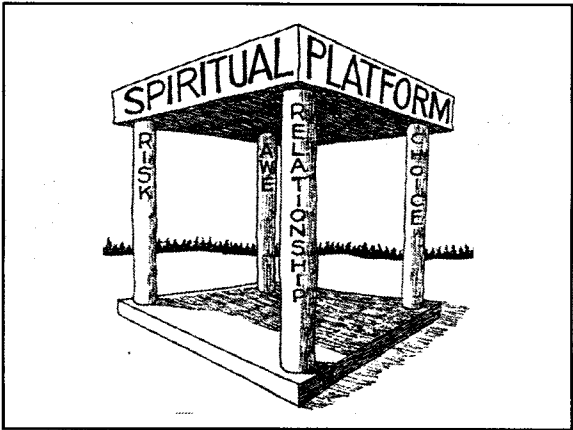
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Spirituality

The **choosing** is more important than the of the choice.

The **risking** is more growth producing than the "outcome" of risk.

The **relating** is more connecting than the relationship.

The **wondering** is more expansive than the object of awe.

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Spirituality

Spirituality is not defined by the content of our lives but by the experience of life's process as we live it.

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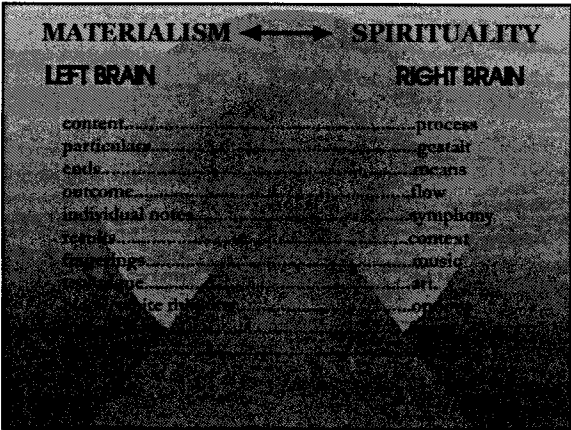
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**Spiritual Commitments**

Be alive

Be aware

Be intentional

Be self-loving

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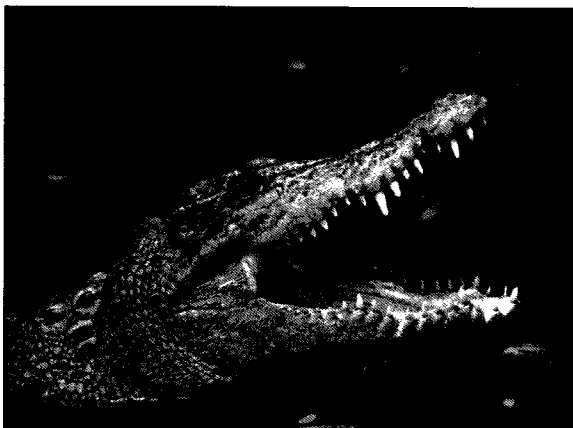
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**Treatment Implications**

You cannot out talk the limbic system.  
Craving management is different than “relapse prevention”.  
Behavior changes the brain more effectively than words.  
Pain is too potent a motivator for words to undo.

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**Treatment Implications**

Content is important, particularly in early recovery. However, process interventions should not be overlooked.  
Issues of relational connection; mother to child, husband to wife, sister to sister, brother to brother, father to child, friend to friend, must be supported.  
Don't forget family.

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### Treatment Implications

The therapeutic relationship is of primary importance.  
 Issues of "play" and fun in addition to spontaneity need to be addressed in treatment.  
 Group interventions need to be safe and needs to bring the patients into the "here and now."

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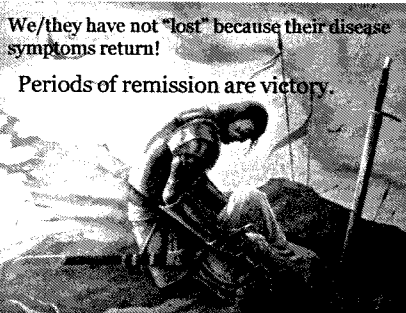
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We shame them because we have been SHAMED.



We/they have not "lost" because their disease symptoms return!  
 Periods of remission are victory.

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### Stop Shaming

#### Language of Recovery

Alternative Terminology	Current Terminology
Treatment is an initiation into recovery <i>(one of multiple pathways into treatment)</i>	Treatment is the goal. Treatment is the only way into Recovery
Substance Use Disorder	Substance Abuse / Addiction
Drug of Use	Drug of Choice / Abuse
Abstinence	Sober
Recovery Management	Relapse Prevention
Strength / Asset Based Assessment	Pathology Based Assessment
Focus on the drug CLIENT feels is creating the problem	Focus is on total abstinence from all illicit and non-prescribed substances in the client's lifetime.
Each client's substance has unique interactions with the brain; medication if available is appropriate	A Drug is a Drug is a Drug
Recovery	Relapse
Recovery is part of the process	Relapse is part of Recovery
Abstinence / Drug Free	Clean / Sober

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### Treatment Implications

We can change what we know by appealing to our reason and intellect.  
We can change how we behave – some of the time – by learning new skills.

**We can change who we are and how we respond only by allowing ourselves to be loved and to love unconditionally over time.**

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● Conformity

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THE OPPOSITE OF COURAGE IS  
NOT COWARDICE, THE OPPOSITE  
OF COURAGE IS CONFORMITY.

~ ROLLO MAY ~

BLESSEDARETHEWEIRD.COM

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What Makes Treatment Work?

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Two Curative Factors

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● Who Am I?

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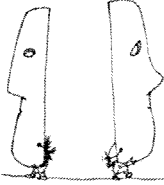
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**MASKS**

She had blue skin,  
And so did he.  
He kept it hid  
And so did she.  
They searched for blue  
Their whole life through,  
Then passed right by—  
And never knew.

© 1997 by the author

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**Us and Them**

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**● Defense**

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● Insignificant Pieces

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● Holding a Hurricane

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● Someone Who's Real

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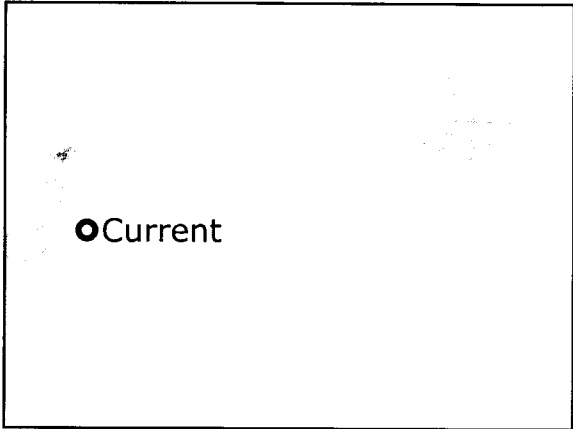
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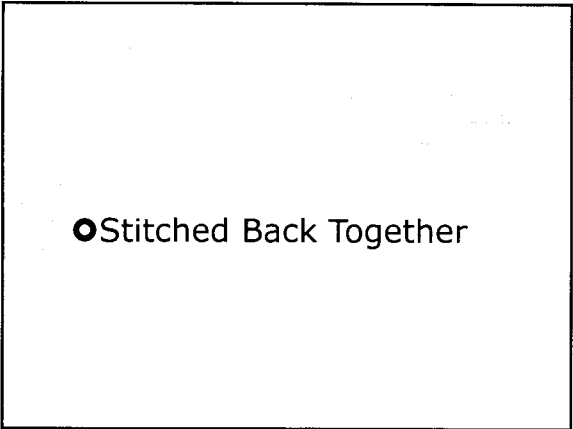
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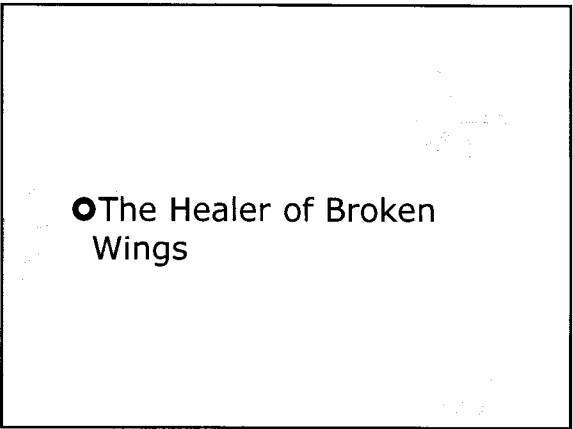
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●Pride

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●Too Much to Waste

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●Identity

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●It Takes Work

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●IM PERFECT

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●The Illusion of Control

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● Not Powerless

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● Other People's Brokenness

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● A Plan

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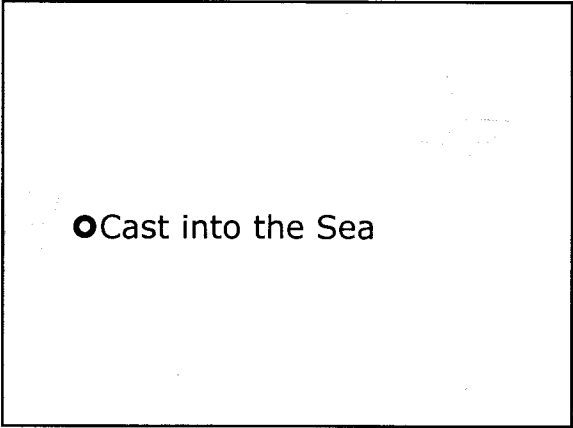
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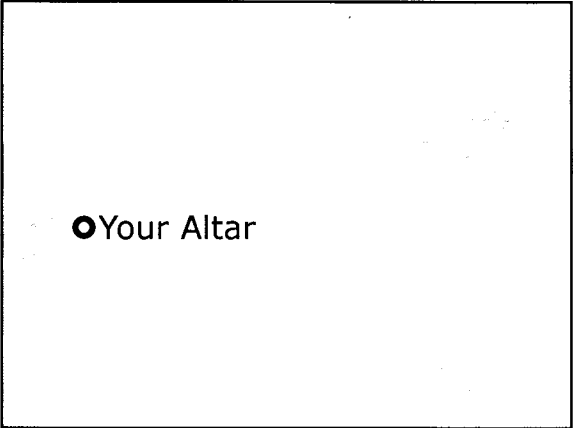
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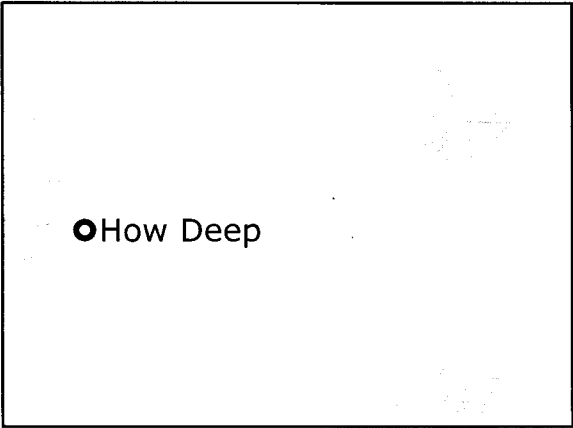
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●A Man of Sorrows

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The wounded child with in our psyche is not a “pool of relational pollution” that can be drained, filtered and refilled through introspection and insight. Rather this pain in the psyche is like a storm with in the ocean of the unconscious.

A seasoned sailor never makes the mistake of confusing the sea with a placid pool. Through patience, awareness, intention and the shared wisdom of community, the sailor does not shrink the ocean but learns to navigate it - learns when to find safe harbor in the face of the approaching storm - learns to accept and to use the storm itself as an integral part of the ocean’s wonder, life and mystery.

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●The Best Marriage Advice

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