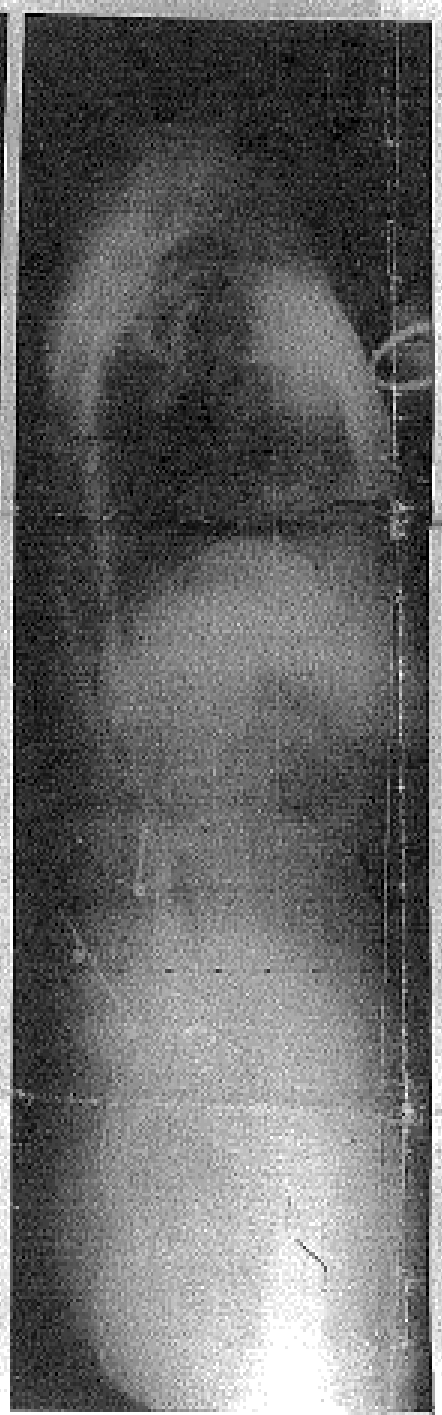
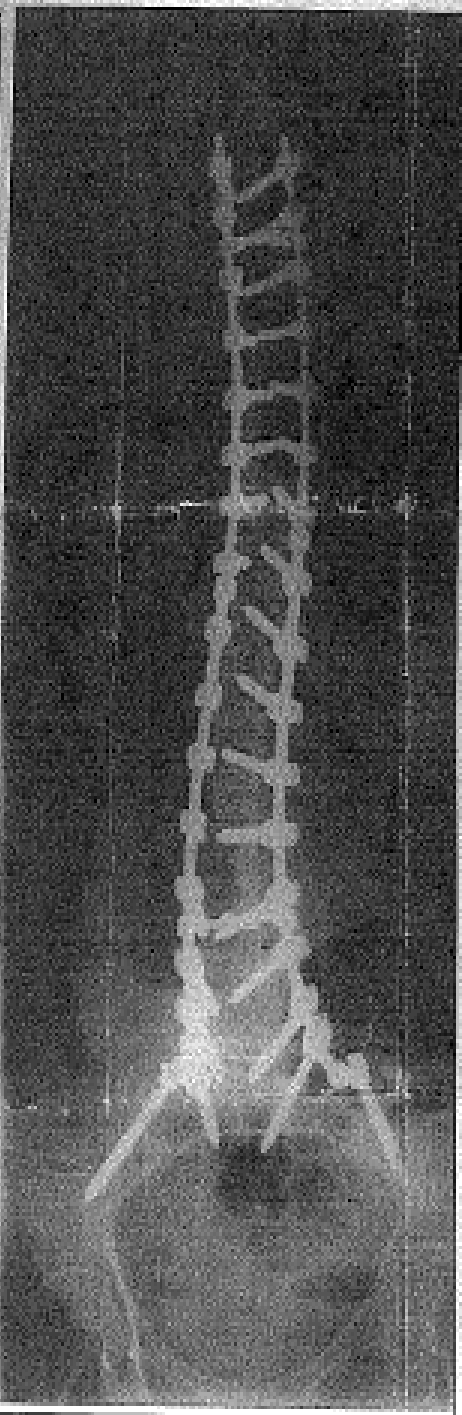


The Role of Families in the Treatment of Pain and Addiction

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Las Vegas Recovery Center



Objectives

- Learn about families with co-occurring pain and addiction.
- Review effects of emotions and codependence.
- Explain “Pain Recovery” for families.
- Experience mindfulness practice as it affects chronic pain.

Sleep Disturbance

**Secondary
Physical Problems**

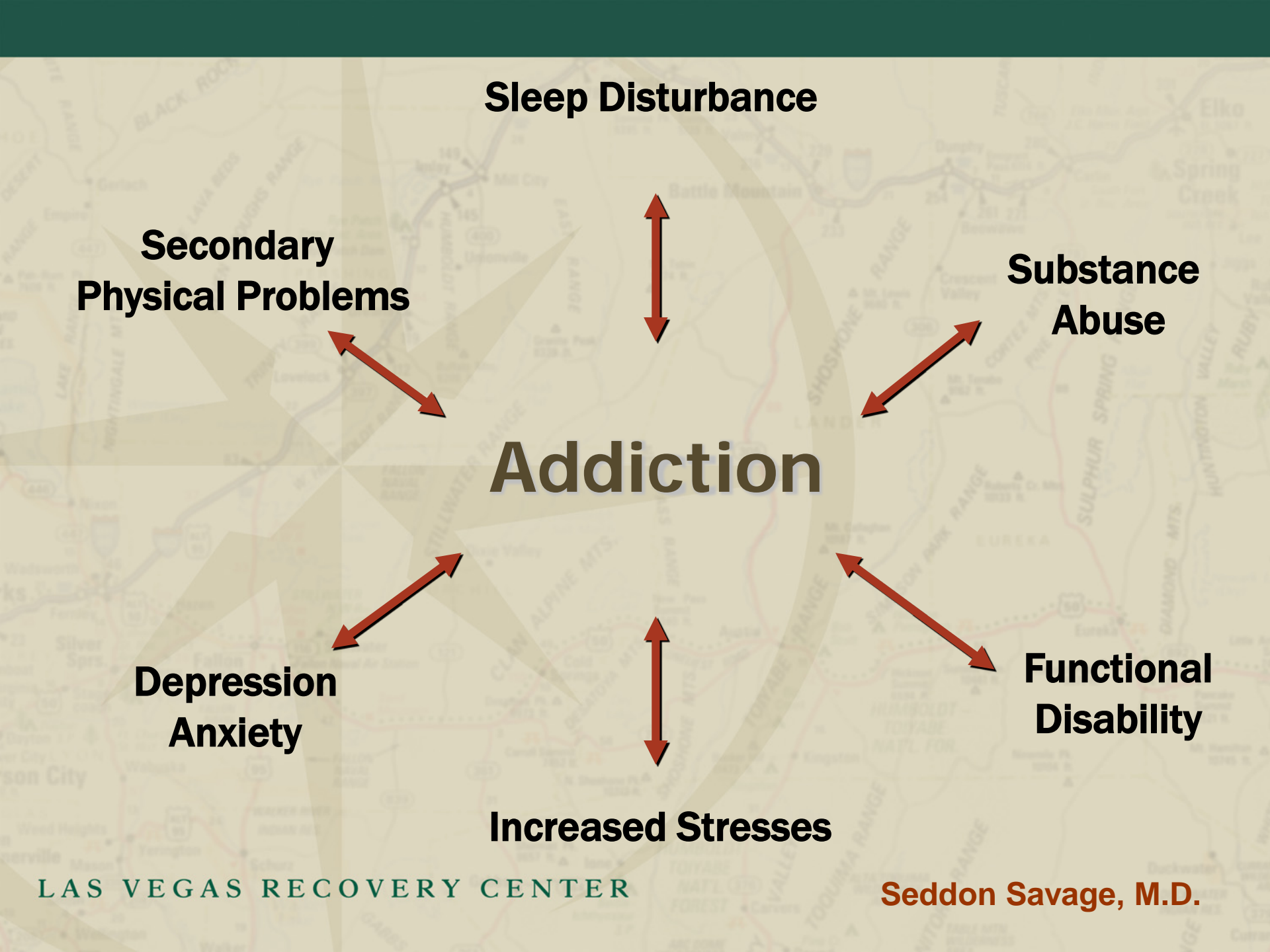
**Substance
Abuse**

Addiction

**Depression
Anxiety**

**Functional
Disability**

Increased Stresses



Sleep Disturbance



**Secondary
Physical Problems**



**Substance
Abuse**



**Chronic
Pain**

**Depression
Anxiety**



**Functional
Disability**



Increased Stresses



Sleep Disturbance

Secondary Discomforts

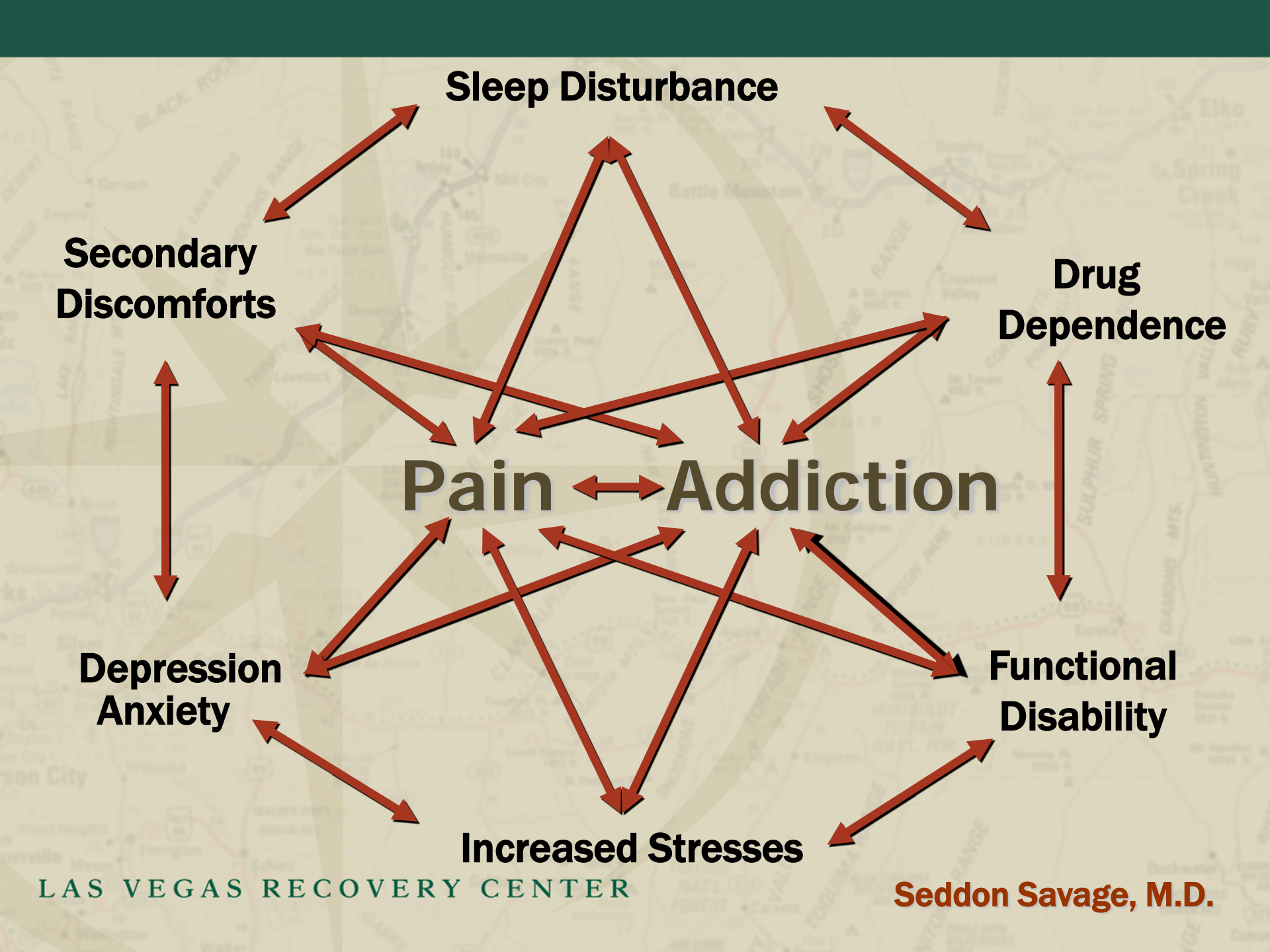
Drug Dependence

Pain ↔ Addiction

**Depression
Anxiety**

**Functional
Disability**

Increased Stresses



Sleep Disturbance

Secondary Discomforts

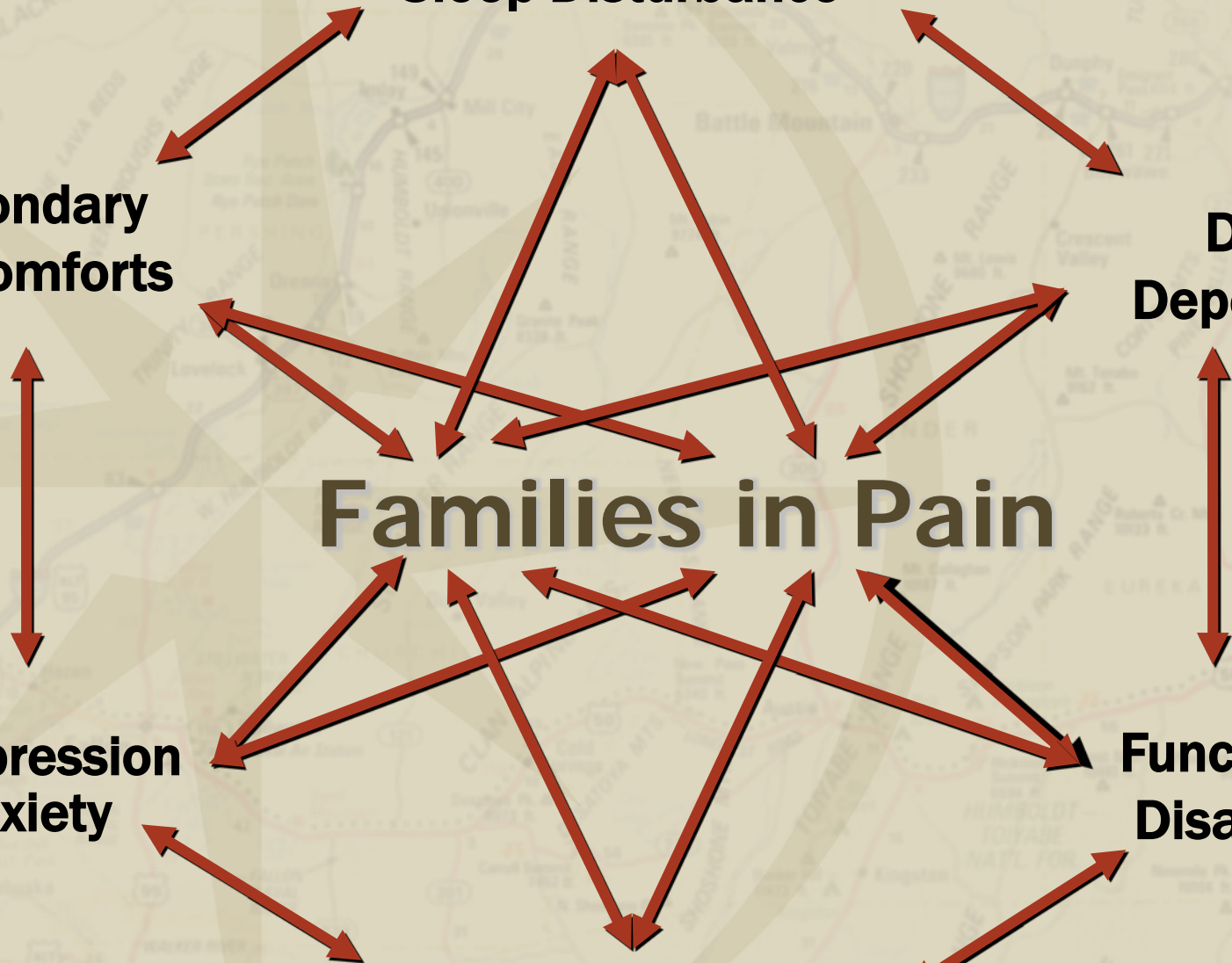
Drug Dependence

Families in Pain

Depression Anxiety

Functional Disability

Increased Stresses



Codependence

- Emanates from fear and shame.
- Most often originating from chronic painful family system.
- Dependency on people and things outside of self to the point of self-neglect.

CoDependence

- Organize lives – decision making – perceptions and values around another.
- Overly focused and other centered.
- Compelled to meet needs of others to fix or control them.

Codependence

- **Difficulty experiencing healthy self-esteem.**
- **Difficulty setting healthy boundaries.**
- **Difficulty recognizing needs.**

Empathy for Pain

- Watching pain delivered to other person – increased EEG SEP in Somatosensory Cortex.
- Displayed AVERSION to perceived pain in others.
- No response to benign touch.
- S1 – involved in “social cognition” - discomfort due to another’s pain.

Bulfari – Cerebral Cortex 2007

Distorted Boundaries

- **Enmeshment - Can't tell the difference between your pain and my pain – your suffering and my suffering.**

Preoccupation → Hypervigilance → Mindreading

- *When Bill's wife says, "You go, I'll be fine," that must mean she wants him to stay home with her.*
- *When she rolls over in bed that must mean the pain is worse and she needs more medications.*
- *When Kevin says he feels better that must mean he's wants me to go out and then he will have his druggie friends here.*

Chronic Losses

- Loss of relationship as it once was.
- Loss of social and recreational opportunities.
- Loss of hopes and dreams.
- Loss of sexual satisfaction and intimacy.
- Loss of freedom.
- Loss of financial security.

Feelings - Fear

- Fear that he or she will not get any better.
- Fear of financial ruin (e.g., bankruptcy, poverty).
- Fear that your life is over.

Feelings – Anger

- Anger for thinking he is not trying hard enough.
- Anger for what happened to cause this (e.g., God, the drunk driver who was responsible for the accident).
- Anger with the medical system for not having the answers.
- Anger at the doctors for creating and perpetuating the addiction.
- Anger at insurance companies for denying procedures and holding up the approval processes.
- Anger at friends or family for not being there to help.

Feelings - Embarrassment

- Embarrassment for his or her behavior when overmedicated.
- Embarrassment about having to show up alone to events.
- Embarrassment about physical disability.

Feelings - Guilt

- Guilt for being angry.
- Guilt for not being able to do more to make a difference.
- Guilt for wanting out of the relationship and feeling trapped.

Feelings -Sadness

- Sadness for the lost social times.
- Sadness for the lack of joy in our lives.
- Sadness for the impact this has on our children.
- Sadness for loss of dreams, hopes, plans, future.

Feelings - Loneliness

- Loneliness that comes with social isolation.
- Loneliness because of the emotional disconnection as he is preoccupied, distant, medicated.

Secondary Gain for Family

- Identity, a sense of worth, gives me importance.
- Sympathy from others for being suffering caregiver.
- I can't be abandoned, s/he needs me – security.
- Offers me excuses for my behavior:
 - *reason to act out my anger.
 - *reason to drink, overeat, not take time for exercise.
 - *reason to isolate.
- Allows me greater control over all aspects of my life and his/her.
- Purpose in life, a focus.
- Financial– the check.

Dialogue

Your experience with pain or person in pain

Therapeutic Recommendations

Psycho – education – Pain and Addiction

- Family needs to reduce the mystery and uncertainty about the causes of pain.
- Education on chronic pain causes and treatments can reduce family enabling.
- Family needs insight about suffering and methods to reduce suffering.
- Family needs extensive aftercare when the patient returns to the home environment.

Therapeutic Recommendations

Psycho – education – Pain and Addiction

- Misunderstand the nature of pain.
- Which activities are harmful and which help.
- Need to understand that the worst treatment is rest and that activity is beneficial.

The family as well as the patient need continual reinforcement to stay on track.

Therapeutic Recommendations

(continued)

- Recognize codependent thinking and behaviors
- Recognize harmful effects of enabling
- Recognize secondary gain
- Acknowledge and find support for grief and loss
- Recognize family illness and consequently family recovery

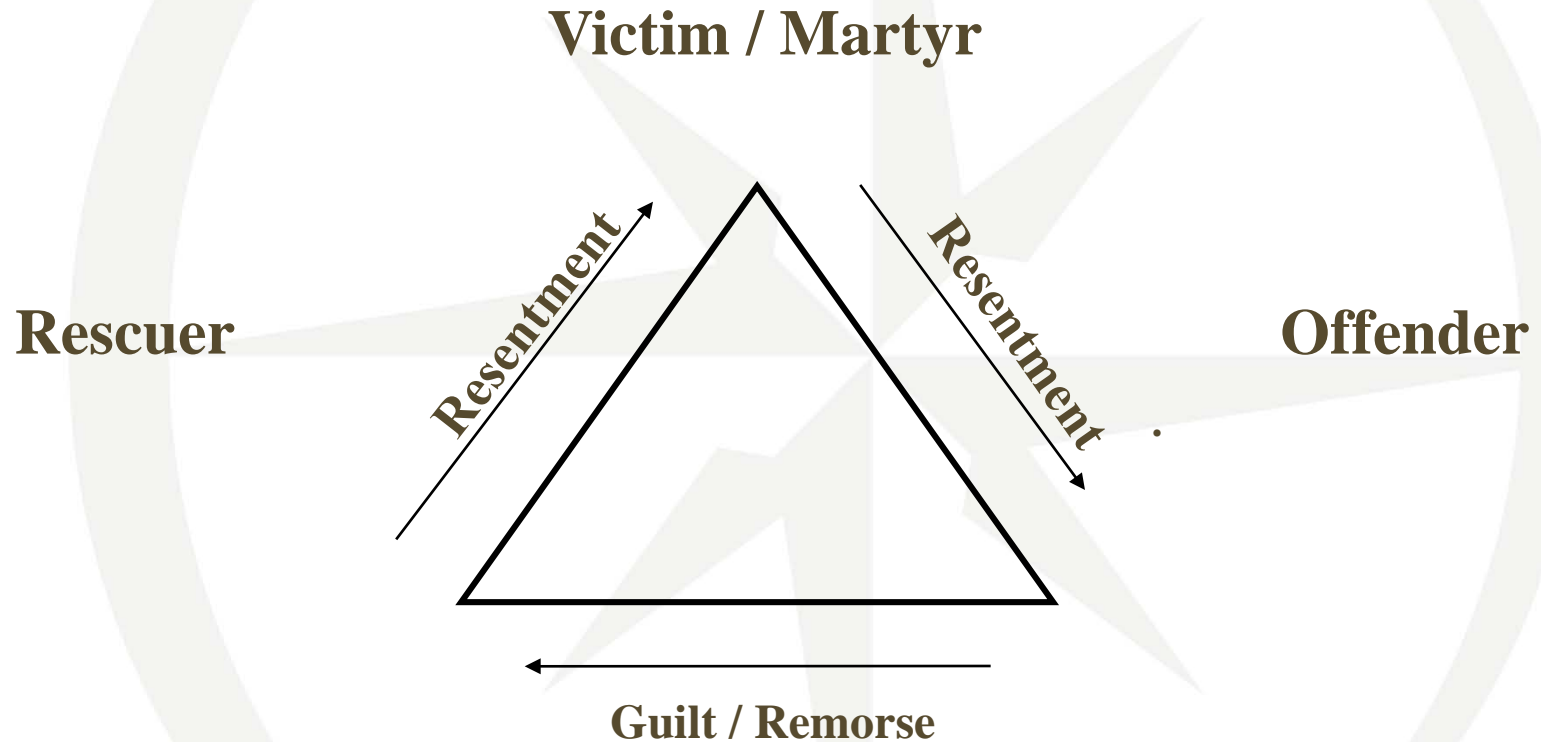
Chronic Care-giving (perfect helper) leads to:

- Selflessness.
- Lack of self-care.
- Needless/wantless – other's needs much greater than mine – reinforces martyrdom.
- Ultimately end up angry.

Codependent Traits

- **Control.**
- **Preoccupation/Hypervigilance.**
- **Distorted boundaries.**
- **High tolerance for inappropriate behavior.**

Karpman Triangle

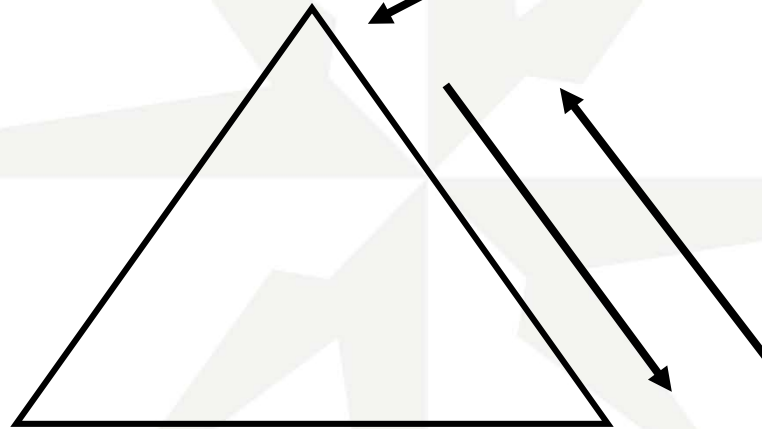


Danny

Victim / Martyr

Poor me, I can't help myself.

Enters Here



Rescuer

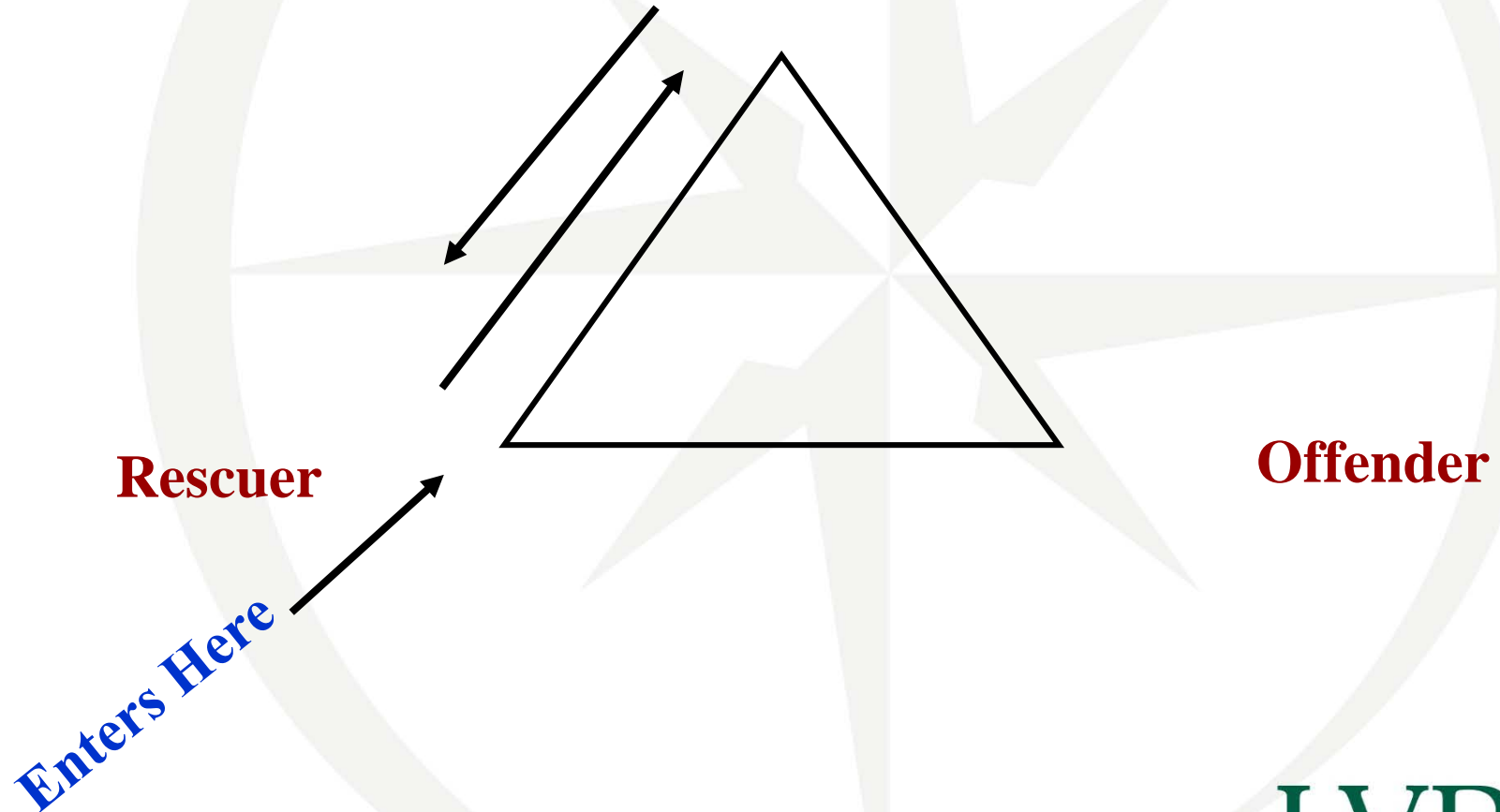
Offender

I'm entitled

Mom

Victim / Martyr

Why me? I'm doing so much to help you.

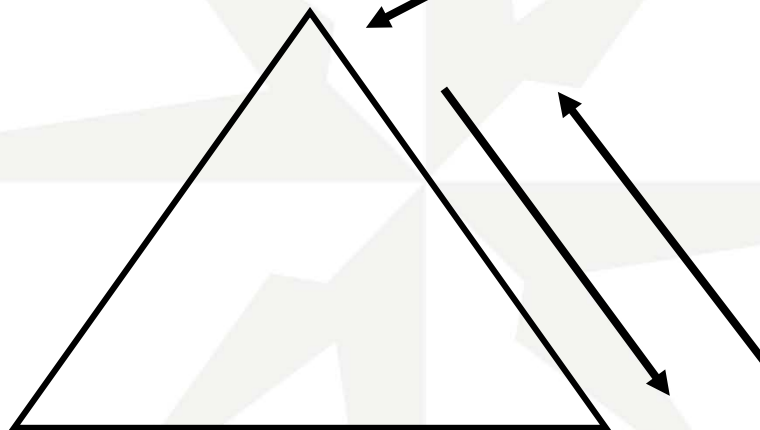


Dad

Victim / Martyr

Poor me, I'm overwhelmed

Enters Here



Rescuer

Offender

I'm entitled

Stepping Out of the Triangle

- Recognize your entry door.
- Challenge faulty thinking – identify cognitive distortions.
- Develop healthy boundaries.

QUESTIONS?

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LVRCSM

LAS VEGAS RECOVERY CENTER

Pain Recovery for Families:

- Mental
- Emotional
- Physical
- Spiritual

RESULTING CHANGES

- Relationships
- Positive actions and behaviors

THANK YOU

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