

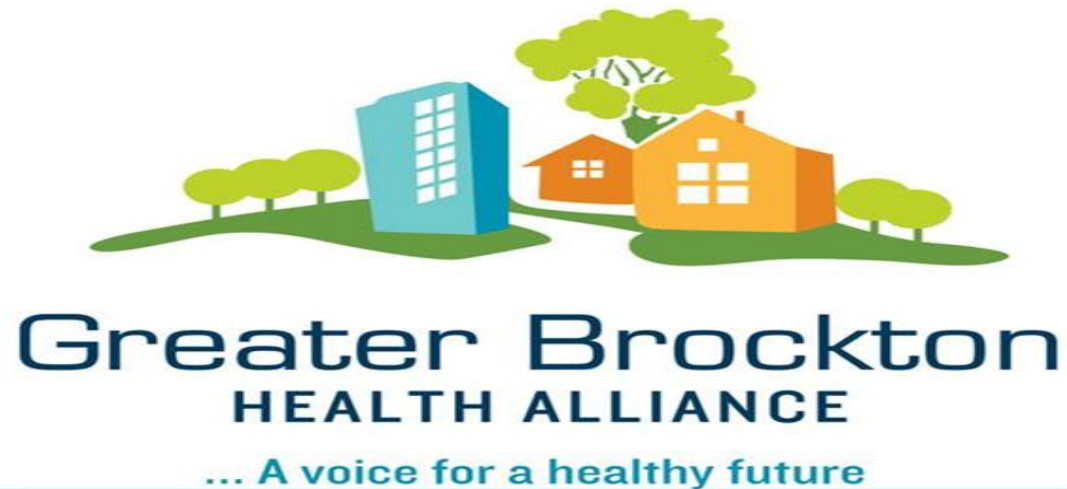


# Healing Our Community

January 9, 2020

DRAIN CENTER  
SUBSTANCE ABUSE

*Healing Our Community* is made possible by  
an Innovation Grant from:



## Information ● Tools ● Resources



Role of Shame in Addiction

Stages of Change

The Art of Active Listening

Self-care

**Guilt and shame** sometimes go hand in hand; the same action may give rise to feelings of both **shame** and **guilt**, where the former reflects how we feel about ourselves and the latter involves an awareness that our actions have injured someone else.



In other words...  
shame relates to self while  
guilt to others.

# Guilt vs. Shame

## Guilt is....

- Knowing you have done something wrong
- Is good
- Is a tool of the Holy Spirit

“I **made** a mistake”

## Shame is....

- Knowing you are something wrong
- Is bad
- Is a tool of the devil

“I **am** a mistake”





**Shame** is an emotion that all humans will experience occasionally, and one that can be helpful at times, but when it becomes too large a part of someone's life, it can be destructive.

This is a common theme for those struggling with addiction, which can often be fueled by shame or vice versa.

**SHAME**



The life of active addiction or alcoholism is full of secrets, lies, and manipulation in order to get the substances we need or to hide our behavior from loved ones.

Addiction happens as the result of many factors, but it can be fueled by trauma, mental illness, environment and upbringing, low self-esteem, and secrets.



# Shame Contributes to Addiction



- Cause individuals to develop low self-esteem
- Make people feel the need to hide their emotions or aspects of their personality because they are ashamed of them, which disconnects people from their family and friends
- Cause people to attempt to drown out negative self-talk with substances
- Exacerbate depression and anxiety

All of these things can cause someone to turn to drugs and alcohol or make an already-existing addiction worse.



Shame is characterized by these beliefs:

- Feeling that one is a failure or unworthy of help
- The notion that one is unimportant
- Believing that one does not deserve happiness
- Feeling that one is not lovable to others
- Believing that one is a bad person
- The feeling that something is wrong with oneself
- Believing that one's feelings are fraudulent

Shame is so painful to the psyche that most people will do anything to avoid it, even though its a natural emotion that everyone has. Its a physiologic response of the autonomic nervous system. You might blush, have a rapid heartbeat, break into a sweat, freeze, hang your head, slump your shoulders, avoid eye contact, withdraw, even get dizzy or nauseous.

### **Functional**

Derived from Darwinian Theory  
Adaptive in nature

### **Cognitive**

Self-evaluation  
Requires self awareness

### **Psychoanalytic Attachment**

Baby's attachment to caregiver  
Infant feels unwanted

Toxic shame is an emotion that can fester over time and make the addictive behavior worse. Over time it further disconnects individuals from the world around them and helps to create a pattern of secrecy, pain, and addiction.



## Shame: Barrier to Change



"Shame corrodes the  
very part of us that  
believes we are  
capable of change."

– Brené Brown

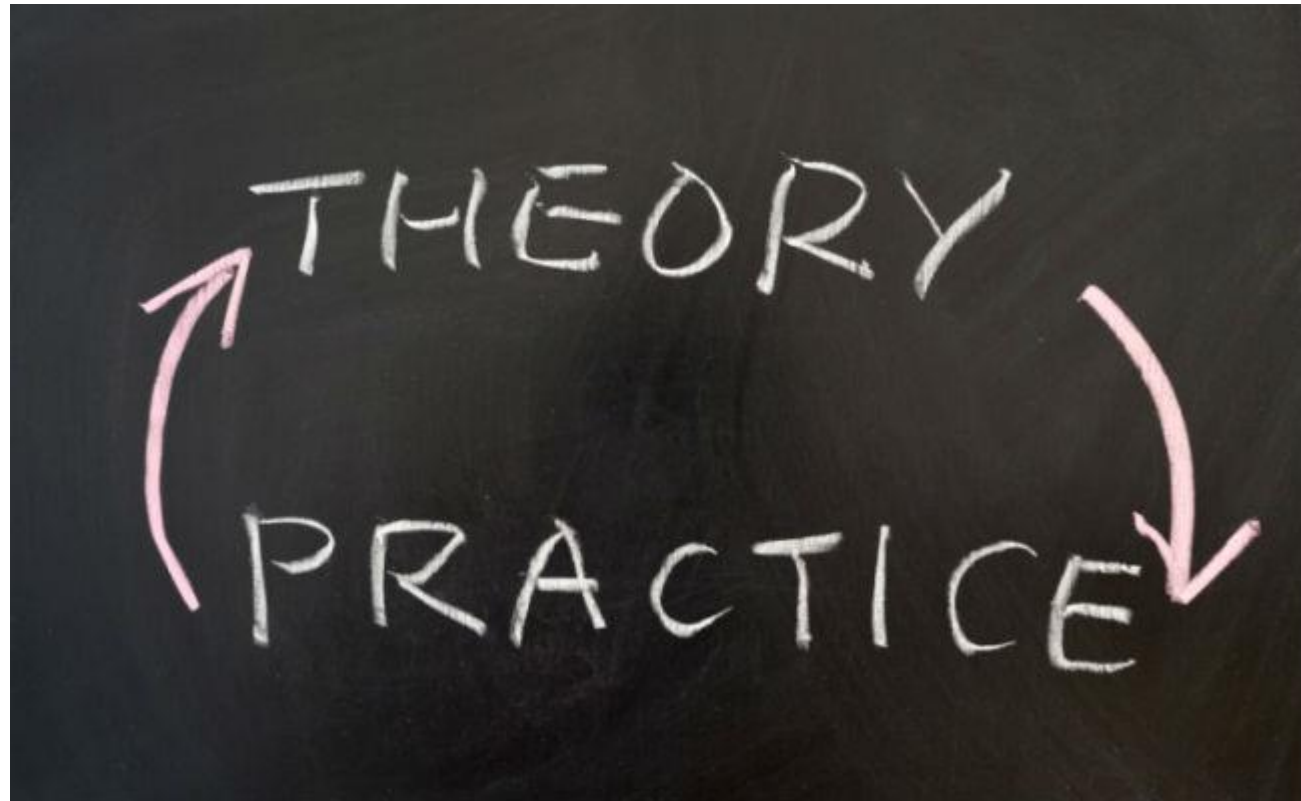
[potentiatherapy.com](http://potentiatherapy.com)



# Stages of Change

Most theories are about behavior, not about behavior change.

- *James O. Prochaska*



## Stages of Change

The Transtheoretical Model is an integrative, biopsychosocial model to conceptualize the process of intentional behavior change. Whereas other models of behavior change focus exclusively on certain dimensions of change (e.g. theories focusing mainly on social or biological influences), the TTM seeks to include and integrate key constructs from other theories into a comprehensive theory of change that can be applied to a variety of behaviors, populations, and settings—hence, the name Transtheoretical.

# Stages of Change

**"Those who cannot change their minds  
cannot change anything."**

**George Bernard Shaw**

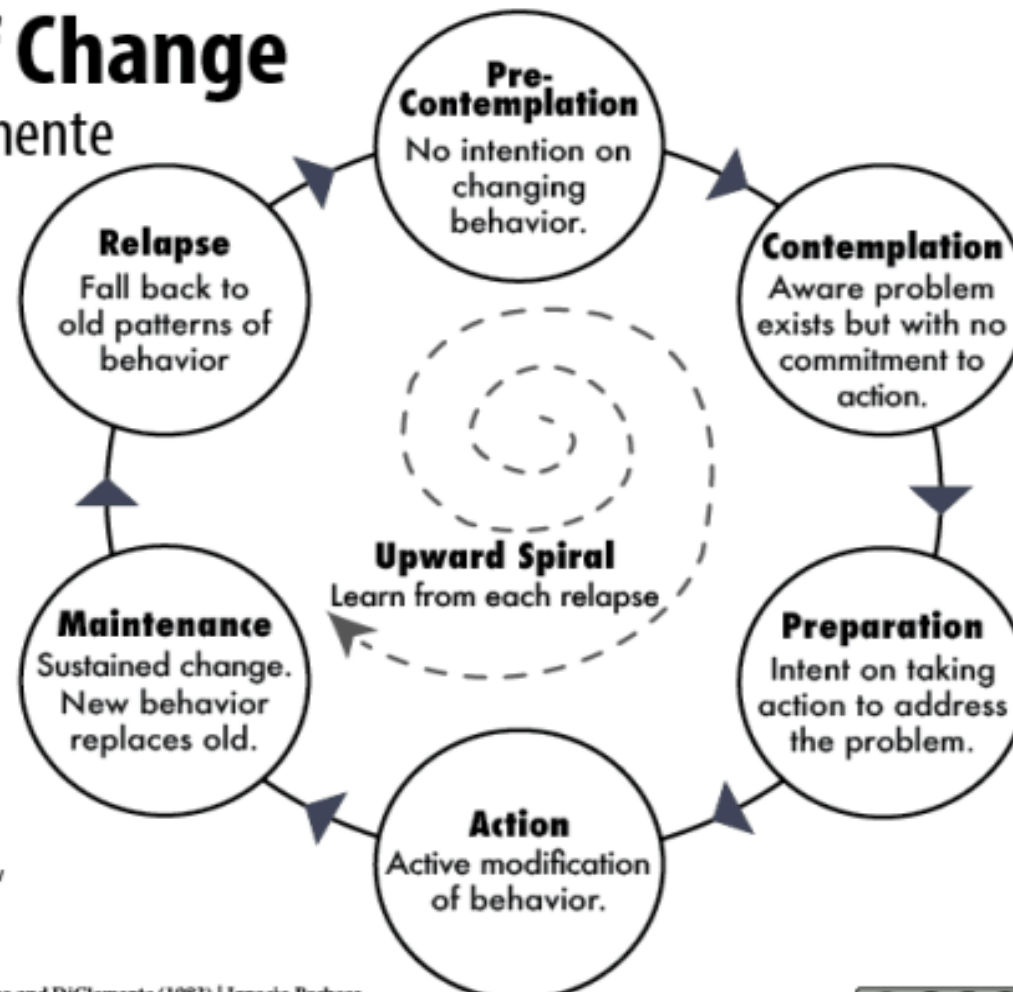


MOTIVATIONGRID.COM

## The Cycle of Change

Prochaska & DiClemente

- **Precontemplation:** A logical starting point for the model, where there is no intention of changing behavior; the person may be unaware that a problem exists
- **Contemplation:** The person becomes aware that there is a problem, but has made no commitment to change
- **Preparation:** The person is intent on taking action to correct the problem; usually requires buy-in from the client (i.e. the client is convinced that the change is good) and increased self-efficacy (i.e. the client believes s/he can make change)
- **Action:** The person is in active modification of behavior
- **Maintenance:** Sustained change occurs and new behavior(s) replaces old ones. Per this model, this stage is also transitional
- **Relapse:** The person falls back into old patterns of behavior
- **Upward Spiral:** Each time a person goes through the cycle, they learn from each relapse and (hopefully) grow stronger so that relapse is shorter or less devastating.



The Cycle of Change

Adapted from a work by Prochaska and DiClemente (1983) | Ignacio Pacheco

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Version 3.3 Updated 09 September 2018



## Decisional Balance

Benefits of Changing	Benefits of Staying the Same
Drawbacks to Changing	Drawbacks to Staying the Same



## Stages of Change

***If you continue to carry  
the bricks from your past,  
you will end up building  
the same house.***

- L** = Look interested - get interested
- I** = Involve yourself by responding
- S** = Stay on target
- T** = Test your understanding
- E** = Evaluate the message
- N** = Neutralise your feelings

# Hearing Vs. Listening

## Hearing

- Implies perceiving sounds
- Is a passive process
- Involves effortless activity

## Listening

- Understanding information with involvement from mind and body
- Is an active process
- Requires conscious efforts, concentration and interest

## Active Listening

# Dangers of Oversharing



## **Warning Signs:**

Emotional distress

Unexpected reactions

Graphic details

Battle stories

## **Proceed with Caution by Pump the Breaks:**

Reflect on what the purpose or goal of the discussion

Set healthy, firm boundaries

Use grounding techniques


Encourage self-soothing and self-care

Seek assistance, as needed

Healing requires a safe environment where you can begin to be vulnerable, express yourself, and receive acceptance and empathy.

- Seek a trusted therapist to help work through trauma or past events that could have contributed to toxic shame
- Work on self-esteem through developing healthy relationships and practicing self-care
- Find a recovery support group that can relate to your experiences
- Be honest about emotions with trusted, safe people
- Journal, make art, or find something you enjoy doing that boosts confidence and promotes relaxation and introspection





### Questions to ask yourself before offering support:


Do I have the emotional bandwidth to offer support?  
Am I able to be fully present for this right now?  
Do I feel capable of being supportive?  
Am I supporting because they need it or because I need to feel supportive?

### Questions to explore if you realize you can't support right now:

Can I express that honestly and compassionately?  
Can I care for myself so I can fully show up when I'm ready?  
Am I able to set a boundary and tend to my own needs?  
Can I get to know how I can tell whether or not I'm able to offer support?

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Lisa Olivera



Most people need love and  
acceptance a lot more than they  
need advice.

## Self-Care

Almost everything will  
work again if you unplug  
it for a few minutes,  
including you.

ANNE LAMOTT



What does self-care look like  
for you?

@psychedmommy

# Self-Care

What I think it  
has to be



massage  
pedicure/manicure  
candle lit bath  
yoga  
spa day  
brunch with friends  
having a night away  
meditating  
reading a self-help book  
vacation  
shopping  
organizing the house

What it might  
look like



brushing my hair  
making my bed  
sitting outside for 10 min  
saying "no" (or "yes")  
eating nourishing food  
calling a friend  
listening to uplifting music  
stretching  
snuggling my pet  
going to bed early  
watching a funny video  
not putting myself down



### ☐ **Seek Help (talk)**

- Professional
- Family/Friends
- Learn to Cope/Alnon

### ☐ **Set Small Boundaries**

- Avoid shaming, blaming, being accusatory or judgmental
- Emphasize love without judging for being wrong...offer something in return, own your own wrong part...
- “This helps avoid negatively or things that trigger anger”
- Learn to say no!

### ☐ **Create a connection with yourself**



## *Healing Our Community*

March 26, 2020 6pm-8pm

Beth Israel Deaconess Hospital- Plymouth

Funk A Conference Room

- ☐ Boundaries and Ethics
- ☐ Empathy vs Codependence
- ☐ Behavioral Health Implications & Considerations
- ☐ Moving from Impact to Empowering for the Family
- ☐ Self-care

# Resources

## JANUARY - MARCH 2020 DROP IN CENTER DATES

### EAST BRIDGEWATER

Community Covenant Church  
400 Pleasant Street - 5pm-7:30pm

*January 2<sup>nd</sup>*  
*February 6<sup>th</sup>*  
*March 5<sup>th</sup>*

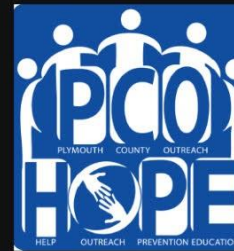
### PLYMOUTH

New Hope Chapel  
89 Court Street - 5pm-7:30pm

*January 21<sup>st</sup>*  
*February 18<sup>th</sup>*  
*March 17<sup>th</sup>*

HELP - OUTREACH - PREVENTION - EDUCATION

## Get the PCO HOPE App!



## Info Resources Giving Outreaches Events



## Recommended Reading

- Rising Strong by Brené Brown
- Loving Lions: A Guide for Families Struggling With Addiction by Michael Wilson, Jr.
- Healing Family Strategies by Diana Clark
- If You Love Me by Maureen Cavanagh
- The Book: The Story of Red Tail Hawk by KA Morini

- <http://www.samhsa.gov/>
- <http://www.helpline-online.com/>
- <http://www.aaboston.org/meetings.asp>
- <http://www.al-anon.alateen.org/>
- <https://www.na.org/>
- <http://learn2cope.org/>
- <http://moar-recovery.org/>
- <http://www.healthrecovery.org/>
- <http://hazeldenbettyford.org>

# Contact Information



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