



WZY 2018

Finding Joy



# About Dr. Louise

- \* Clinician, Educator
- \* Author- The Definitive Guide to Addiction Interventions
- \* Author- Falling Up -A Memoir of Renewal
- \* Women, Wife, Mother, Grandmother
- \* Adventurer



Louise Stanger Ed.D. LCSW, CDWF, CI



# Where are Your Marbles?

- \* Are They in or Are They Out?
- \* Where are you Today?
- \* How did you wake up?
- \* What Have You done to take Care of Yourself?





# Have you Brought Your Listening skills ?



- \* Eyes- Look at Person in front of you
- \* Ears- Turn off tune out other sounds
- \* Mouth- Quiet
- \* Hands- Folded
- \* Body- Lean in
- \* Feet- Quiet on the floor
- \* Brain- Thinking about Whats said
- \* Heart- Open and Compassionate

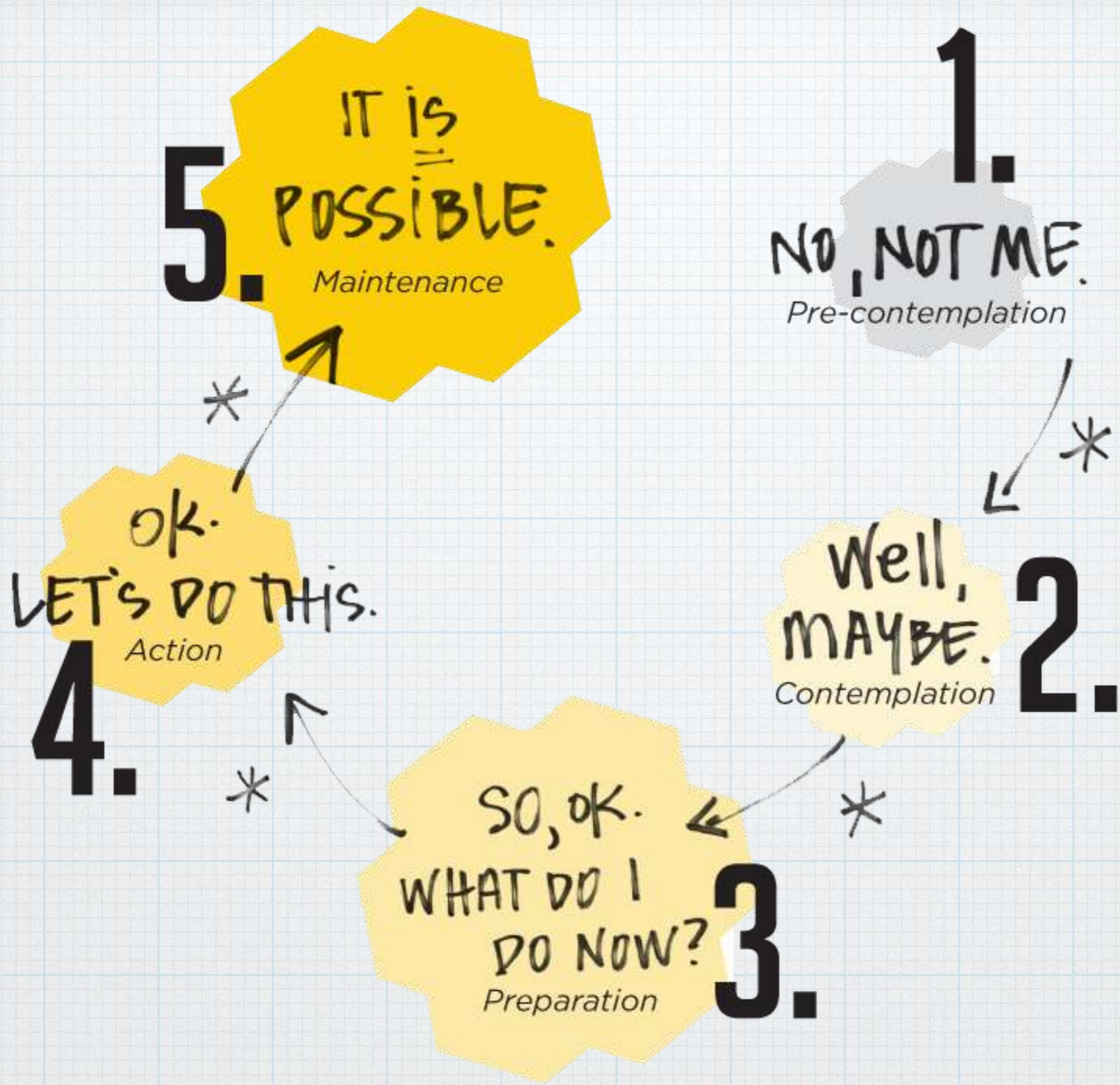


# How Ready are you For Change?



**Confidence  
& motivation**







# What is Recovery ?

- \* Letting Go of what we cannot control
- \* Learning how to care for ourselves and not being attached to the problem
- \* Learning about SA, MH, CP and other Disorders and how they effect us all



# While in Treatment

## Your Loved one

- \* May balk a bit- Focus on whats wrong with others not with themselves-We roll with resistance
- \* May ask for things they do not need
- \* May at first feel things are getting worse not better
- \* A tendency to feel shame or guilt wanting to forget
- \* A desire to shield you from talking with staff
- \* A desire to minimize issues



# A Community Integration Approach

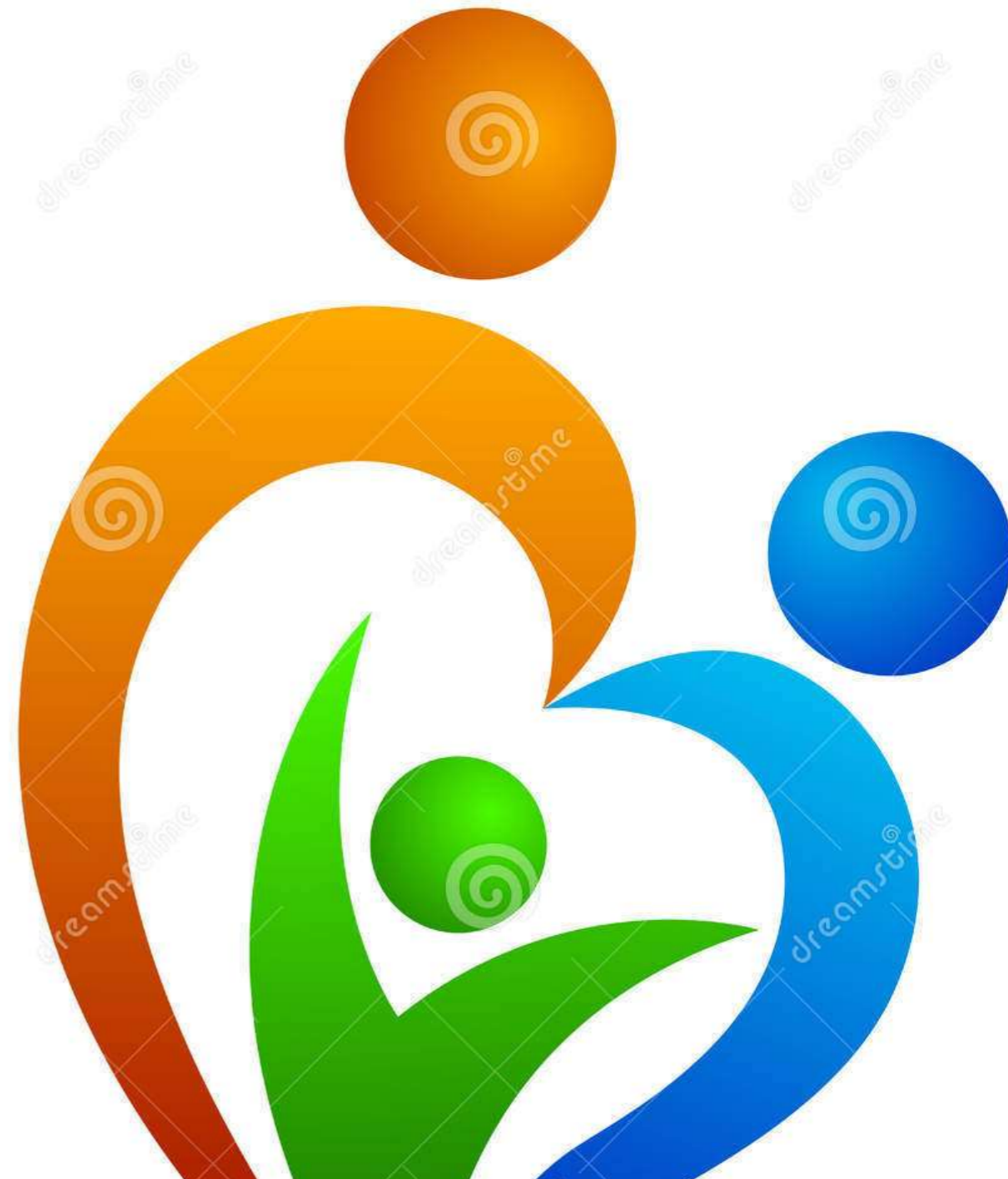
- \* Living Room
- \* Porch
- \* Sidewalk
- \* Trail





# Friends and Family may feel

- \* Anxious- Resentful-Marbles out
- \* To minimize family problems
- \* To avoid talking with staff
- \* A desire to fix things
- \* To bail loved ones out
- \* To shield client from bad news
- \* To look good to the Public
- \* To Avoid Trying Self Help groups a
- \* To feel guilt or shame





# What is that??

- \* All of these feelings are natural and normal and are a by product of living in a situation that has been colored by stress, addiction, chronic pain, mental health and other disorders
- \* Always reach out to us ..
- \* We are here to help







# The Invitation

Courageous Recovery



# What is Recovery?

"Being in control."

"Moving forward."

"Achieving a better quality of life."

"Feeling happier."

"Having good mental health again."



# What is Recovery?

- \* Lifetime Growth
- \* Development of New Problem Solving Skills and Strategies
- \* Responding not Reacting
- \* Being Mindful and Compassionate to Self and Others





# What does Recovery Look like for Loved Ones

- \* Your loved one demonstrates
- \* A change in attitude and action
- \* Is emotionally stable
- \* Is practicing new skills and strategies, replaced self centeredness with
- \* Has a realistic appreciation of the disease
- \* Demonstrates humility, willingness and is addressing past wreckage
- \* Has participated in all clinical offerings
- \* Is addressing any legal or financial issues
- \* Is planning for after care
- \* Is following Driftwood Rules
- \* Is able to handle confrontations



DRIFTWOOD  
courageous recovery



# Family and Friends

\* Addiction is a brain disease

## Learn

\* Chronic Pain, Mental Health Disorders are diseases

\* To differentiate between the disorder and the person

\* To learn stress reduction

\* To build recovery network of their own - Alanon etc





# Detachment

## The 7 'C's



- \* I didn't cause
- \* I can't control
- \* I can't cure
- \* I can take care of myself
- \* I can communicate my feelings
- \* I can make healthy choices
- \* I can celebrate myself



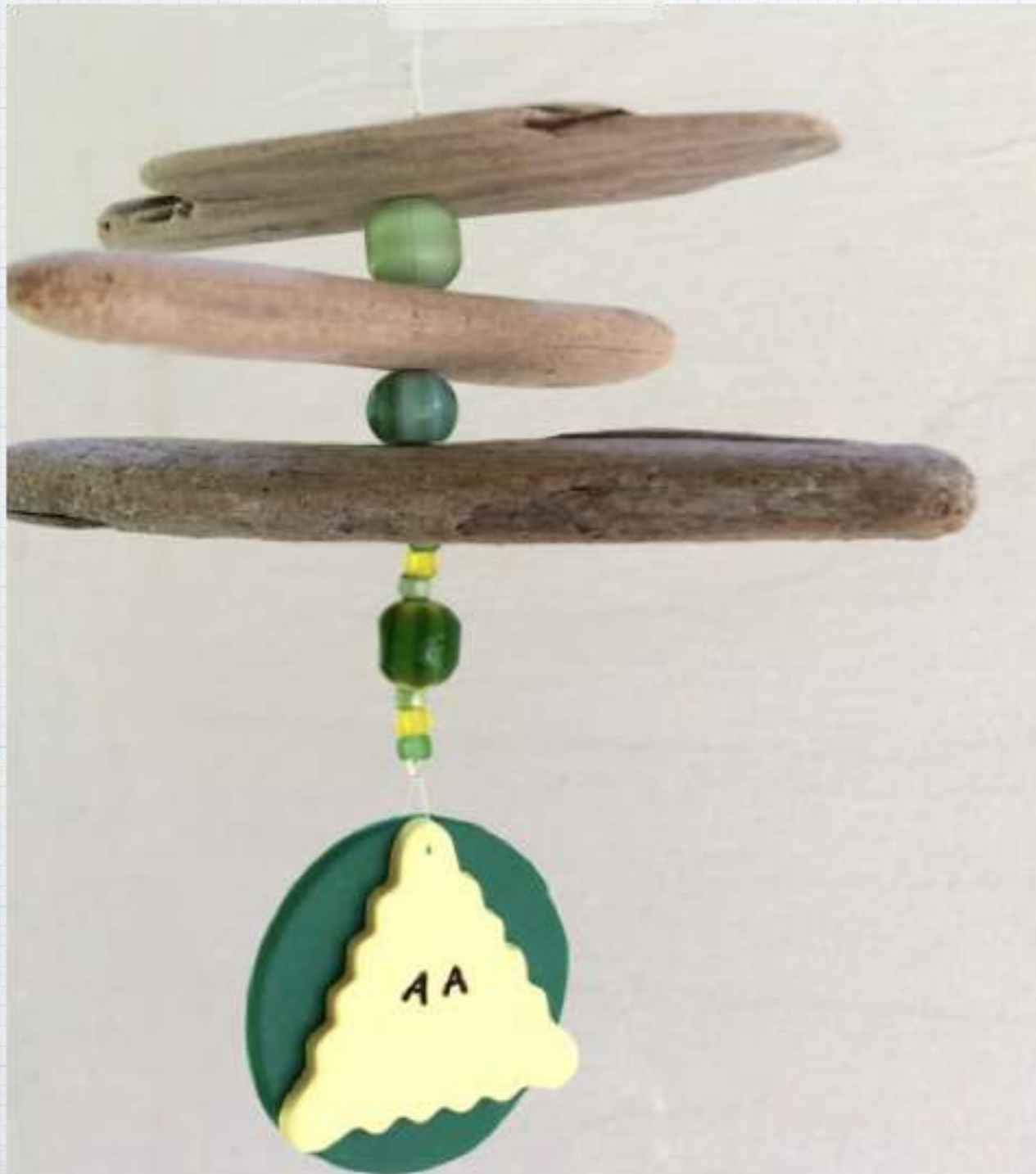
# 5 Magic Words

- \* Yes
- \* No
- \* Oh
- \* Really
- \* Whatever





# Seven Principles Of Recovery



- \* Abstinence
- \* Peer Support
- \* Medication
- \* Exercise
- \* Ritual
- \* Good Nutrition
- \* Professional Services



# Help with HALT

- \* Encourage Healthy Eating
- \* Encourage Statement of frustration -I feel
- \* Encourage New Friendships-support Exercise-Meetings etc
- \* Encourage Mindfulness, Stess Busters etc
- \* Be Willing to Practice What you Suggest



Before engaging in any self destructive behavior... ask yourself.

Are you:

## Hungry

When did I last eat?

Is my hunger emotional or does my body need food?

If your body is asking for food, find something nutritious to snack on.

## Angry

What's are you dealing with right now that is stressful? Is the stress what's making you angry?

Find out way you're angry and find ways to diffuse that anger.

## Lonely

When is the last time you socialized?

Was it a positive or negative experience?

Reach out to your support system. Let them to help you.

## Tired

Have I been getting enough rest and giving my body the breaks it needs?

How can you energize yourself? Take some time to yourself and relax.

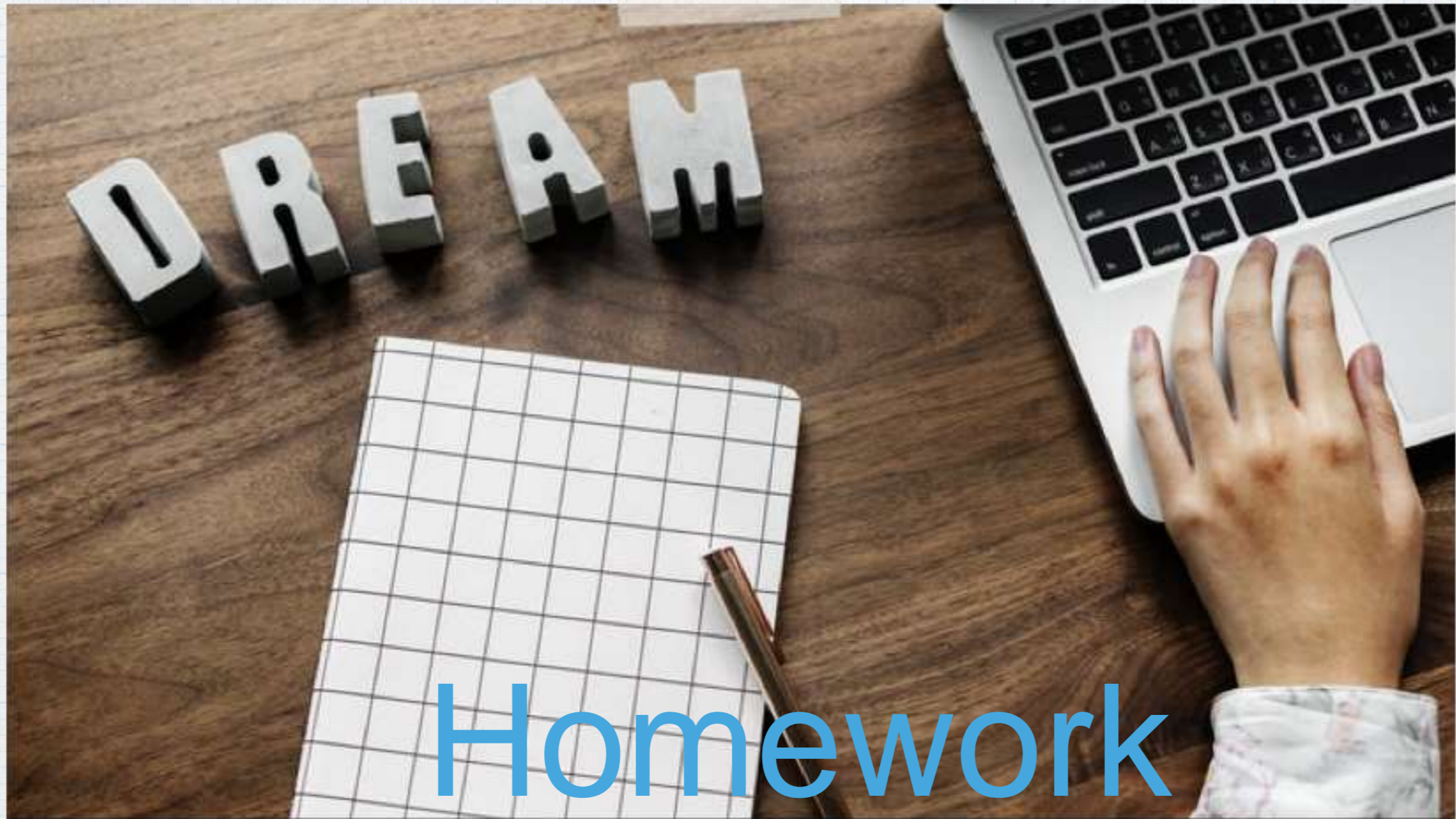
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# Blueprint for Success







# Homework Assignment

For Family and Friends



# Take the Courageous Recovery Challenge

- \* Daily Gratitude List
- \* 3 Things Each Week
- \* Physical Activities
- \* Emotional Activities
- \* Spiritual or Consistent  
with Your Values

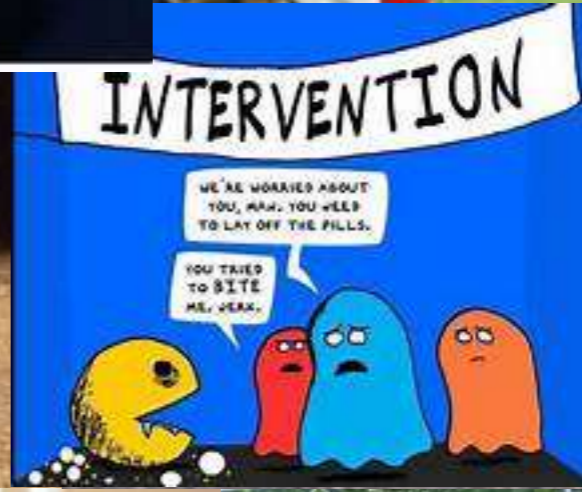






Closing Ceremony





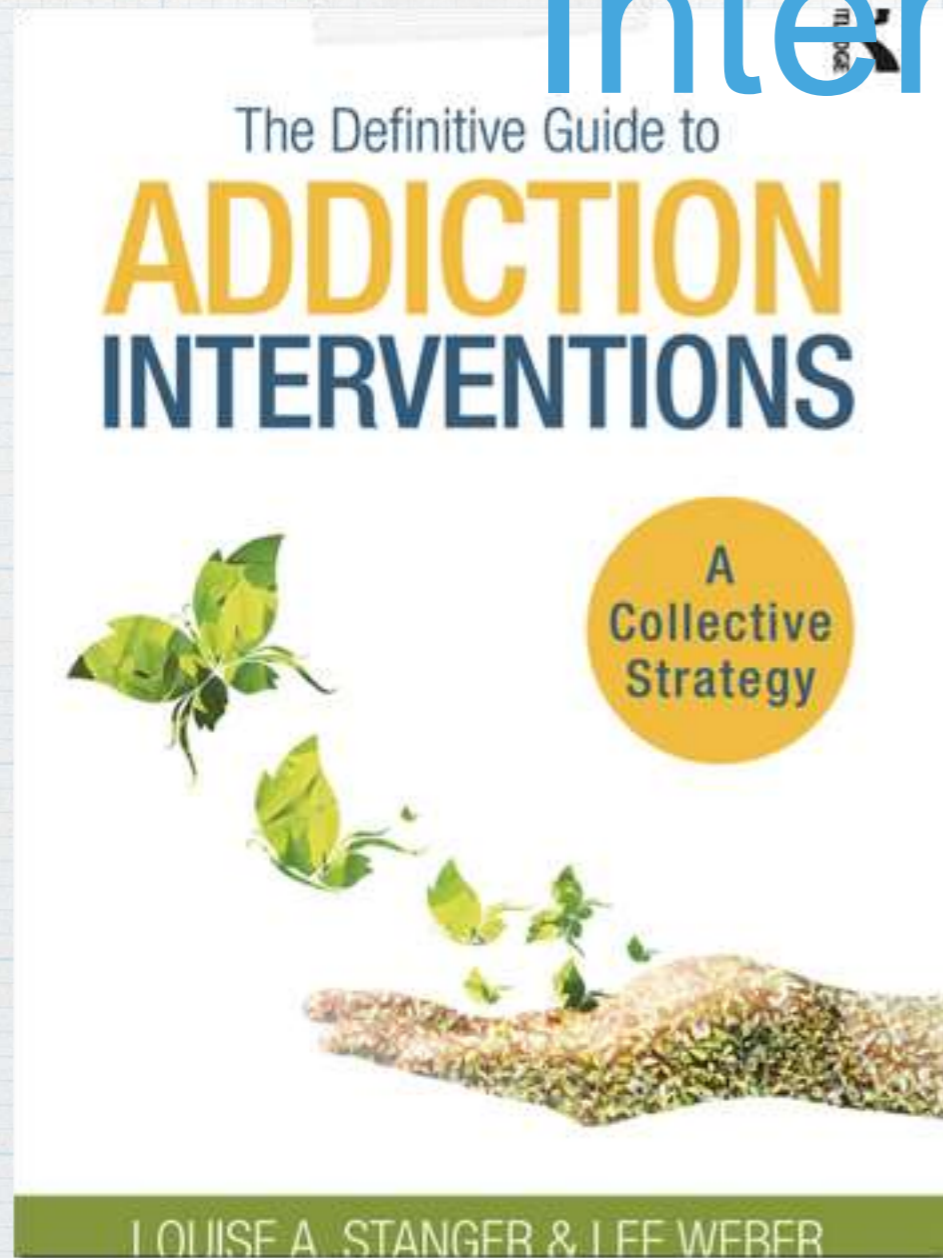




# Taking Recovery Home



# The Definitive Guide To Addiction Interventions



- \* Available on Ruthledge and on Amazon
- \* “An Intervention is an invitation to change”



# Keep Falling Up!

- \* Falling Up A Memoir of Renewal- Available on Amazon





# To Reach Dr. Louise

- \* <http://www.allaboutinterventions.com>
- \* 619-507-1699
- \* [DrStanger@allaboutinterventions.com](mailto:DrStanger@allaboutinterventions.com)
- \* Available for Trainings, Keynotes, Family Programs and of course Solution Focused Family Recovery Coaching and Intervention





# Resources

- \* The Daily Good [www.dailygood.org](http://www.dailygood.org)
- \* Falling Up-A Memoir of Renewal- Louise Stanger
- \* The Book of Joy- Dali Lama and Desmond Tutu
- \* The Daring Way & Rising Strong Brene Brown
- \* Alanon Family Groups
- \* NAMI
- \* The Journey of the Heroic Parent- Brad Reedy
- \* Parallel Processes
- \* Stop Walking on Eggshells -The Workbook -Randi Kruger
- \* Headspace [www.headspace.com](http://www.headspace.com)