

# Contents

---

<b>PART 1: INTRODUCTION</b>	<b>1</b>
Whole and Parts	1
Origins	2
Assumptions	2
Everyone Is Impacted	3
Learn From Listening and Watching	3
Child Focus	4
Healthy Caring, Not Enabling	4
Families and Substance Abuse—A Brief Overview	4
Roles	5
Rules	5
Boundaries	6
Family Esprit de Corps (Collective Sense of Self)	6
<b>PART 2: STRUCTURE OF FAMILY GROUP FOR FAMILIES WITH SUBSTANCE ABUSE</b>	<b>7</b>
Group Process and Structure	7
Process	7
Group Leadership	8
Avoiding Resistance	8
Coleadership	9
Structure	9
Recruitment	9
Dual Diagnosis	10
Structure of Family Group	10
Children in Group	12
Family Group Rules	12
Screening	13
Process and Structure of Therapy	14
Locus of Control from External to Internal	14
Confidentiality and Legal and Ethical Issues	15
Blended Families	16
Diverse Families	16
Staffing	16
Working with Expressive Arts	17
<b>PART 3: THE CURRICULUM</b>	<b>19</b>
<b>CURRICULUM SECTION I: FAMILY STRUCTURE</b>	<b>20</b>
<b>I-1 Family Roles</b>	<b>21</b>
How Families Look: Roles and Structure Worksheet	22
<b>I-2 Impact of Addiction on my Family</b>	<b>30</b>
Before—During—After	30
<b>I-3 How We Experience Our Family</b>	<b>34</b>
Family Sculpting	34
<b>I-4 My Family: Cycles and History</b>	<b>38</b>
Genogram	42

<b>CURRICULUM SECTION II: FAMILY IDENTITY</b>	<b>45</b>
<b>II-1 Family Identity I: Who We Think We Are</b>	<b>46</b>
Family Coat of Arms	46
<b>II-2 Family Identity II: Structure</b>	<b>52</b>
Family Routines and Rituals	52
<b>II-3 Family Identity III: Who We Feel We Are</b>	<b>56</b>
“My Family” Poem	56
<b>II-4 How I See My Family</b>	<b>60</b>
Circle Drawing	60
 <b>CURRICULUM SECTION III: SOBER FUN</b>	 <b>63</b>
<b>III-1 Family Fun</b>	<b>64</b>
Group/Family Game Night	64
<b>III-2 Playing Together</b>	<b>67</b>
Drumming/Music	67
 <b>CURRICULUM SECTION IV: TOWARD HEALTH</b>	 <b>71</b>
<b>IV-1 Healthy Helping</b>	<b>72</b>
Healthy Helping Worksheet	72
<b>IV-2 Doing It Differently</b>	<b>76</b>
Poem: “New Hands” by Carol Lynn Pearson	76
9 Dots Exercise	76
My Family’s New Story	76
<b>IV-3 Relationships I: Healthy or Unhealthy?</b>	<b>85</b>
Healthy Relationship/Unhealthy Relationship	85
<b>IV-4 Relationships II: Choosing a Relationship</b>	<b>91</b>
Choosing a Relationship Worksheet	91
<b>IV-5 Relationships III: Stages in Relationships</b>	<b>96</b>
Stages in Relationships Worksheet	96
<b>IV-6 Private or Secret?</b>	<b>104</b>
Family Bag	104
<b>IV-7 Families in Recovery I</b>	<b>109</b>
What’s True and What’s Not?	109
Family Goals and Relapse Issues	109
<b>IV-8 Families in Recovery II</b>	<b>117</b>
Family Timeline	117
<b>IV-9 Healing Families</b>	<b>120</b>
What I Can Do	120
<b>IV-10 What Could Be Better?</b>	<b>125</b>
Making Group More Meaningful To Me—Fish Bowl	125
Group Rules	125
<b>IV-11 Rebuilding Trust</b>	<b>129</b>
Rebuilding Trust Discussion and Worksheet	129
<b>IV-12 Building Lifelong, Healthy Supports I</b>	<b>134</b>
Parts of My Life	134
<b>IV-13 Building Lifelong Healthy Supports II</b>	<b>139</b>
AA/NA/Al-Anon	139

<b>IV-14 Spirituality</b>	<b>142</b>
Spirituality and My Family	142
<b>IV-15 Developing Healthy Rules</b>	<b>146</b>
Rules in My Family	146
<b>CURRICULUM SECTION V: ANGER</b>	<b>151</b>
<b>V-1 Anger in My Family</b>	<b>152</b>
What I Learned About Anger and What I Want to Teach My Children Worksheet	152
<b>V-2 Strategies to Manage Anger</b>	<b>156</b>
Strategies to Manage Anger Worksheet	156
<b>V-3 Conflict in My Family</b>	<b>163</b>
Conflict in My Family	163
<b>V-4 Making Arguing Work</b>	<b>169</b>
Fair Fighting Rules Worksheet	169
<b>CURRICULUM SECTION VI: COMMUNICATION</b>	<b>174</b>
<b>VI-1 Working Together</b>	<b>175</b>
Words and Story	175
<b>VI-2 Assertive Communication</b>	<b>180</b>
How Assertive Am I?	180
Assertiveness/Aggressiveness Scenarios	180
How to Ask for What I Want	180
<b>VI-3 What We Haven't Said</b>	<b>187</b>
Letter to Family Member	187
<b>VI-4 Our Different Experiences</b>	<b>192</b>
Answer by Moving	192
<b>VI-5 Do You Hear Me?</b>	<b>196</b>
Active Listening	196
<b>VI-6 Gratitude</b>	<b>202</b>
Gratitude Quilt	202
<b>VI-7 Resentment: Taking Back the Power</b>	<b>205</b>
Letting Go Activity	205
<b>CURRICULUM SECTION VII: PARENTING</b>	<b>209</b>
<b>VII-1 When Daddy Drinks</b>	<b>210</b>
Functional Analysis	210
<b>VII-2 What About the Kids?</b>	<b>221</b>
Parenting Styles—How Can I Be a Better Parent?	221
<b>VII-3 What Do We Tell the Kids?</b>	<b>227</b>
What Do We Tell the Kids?	227
<b>VII-4 Consequence With Empathy</b>	<b>233</b>
How Can I Be a Better Parent?	233
<b>Bibliography</b>	<b>239</b>
<b>About the Authors</b>	<b>241</b>