

Invisible Loyalties

Uncovering the Transgenerational Impact of Addiction Trauma

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Definitions

“We become traumatized when our ability to respond to a perceived threat is in some way overwhelming,” (Levine, 2008)

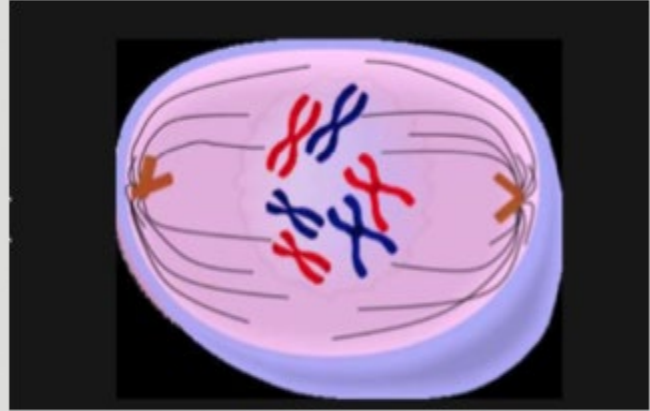
“Research demonstrates that there are biological, psychological, and philosophical after effects of trauma. The person becomes a victim and will likely experience a rupture in his/her daily routine. Coping and adaptation patterns will be passed down to future generations. This process of passing down family behavioral patterns is considered to be done at both conscious and unconscious levels.” (Kahane-Nissenbaum, 2011).

How Trauma is Transmitted

PHYSICALLY

Epigenetics

In Utero



-Transmission Continued-

PSYCHOLOGICALLY

Silence

Over Disclosure

Identification

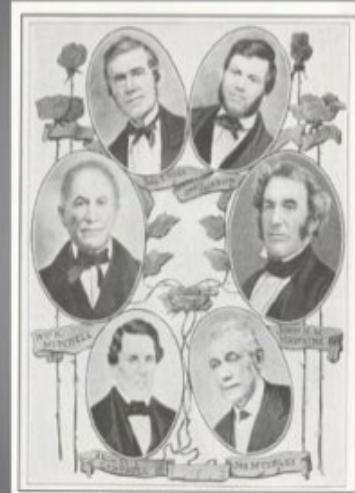
Re-Enactment

Spiritually



History

The Washingtonians



Courtesy Illinois Addiction Studies Archives

Early Washingtonians

P.T. Barnum



P. T. Barnum



What the Bottle Does.

ONE YEAR'S WORK.



Invisible Loyalties

- ◆ *What if some invisible, unconscious loyalties linked to ancestors would contribute to our problems in everyday life?*
- ◆ *What if we couldn't resolve some problems without connecting them to transgenerational issues?*
- ◆ *What if our lack of pursuing these issues will cause next generations carrying it on and on?*

**Would it be worth it to explore what is
unconscious yet seriously affecting our
life?**

Invisible Loyalties

1. Who held the power in the primary relationship you witnessed as a child?
2. How was that power used?
3. How were feelings treated?
4. Did you see affection between them?
5. How were problems solved?
6. Was there open communication?
7. Phrases

Genograms

“Genograms help a clinician get to know a family. They thus become an important way of “joining” with families in therapy. By creating a systematic perspective that helps to track family issues through space and time, genograms enable an interviewer to reframe, detoxify, and normalize emotion-laden issues.” McGoldrick, Gerson, and Petry (2008)

- ◆ 3 Generation Genograms
- ◆ Missing Information

The Alcoholic Family

Regulatory Routines

Homeostasis

-Temperament

1. Daily Routine

2. Behavioral Range

3. Interactional Distance

4. “Goodness of Fit”

5. Rhythmicity

The Alcoholic Family

Family Identity

1. Ethics/Morals
2. Traditions (Holidays, Birthdays, Vacations, etc.)
3. Rituals (Weddings, Baptisms, Bar Mitzvah, etc.)

Problem Solving

1. Increased Affect
2. Shock and Awe

Individual Roles

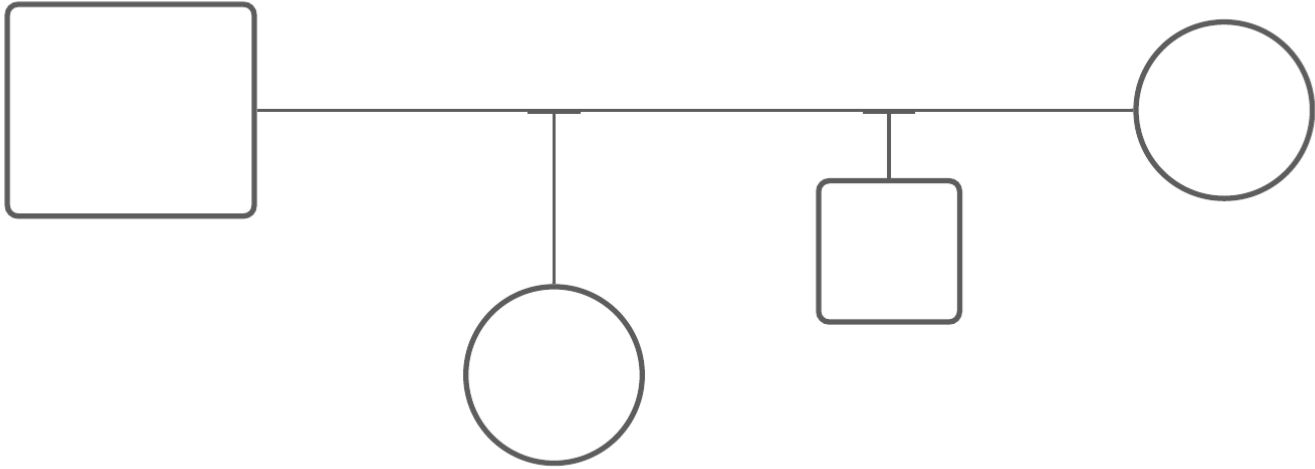
1.The Hero

2.The Scapegoat

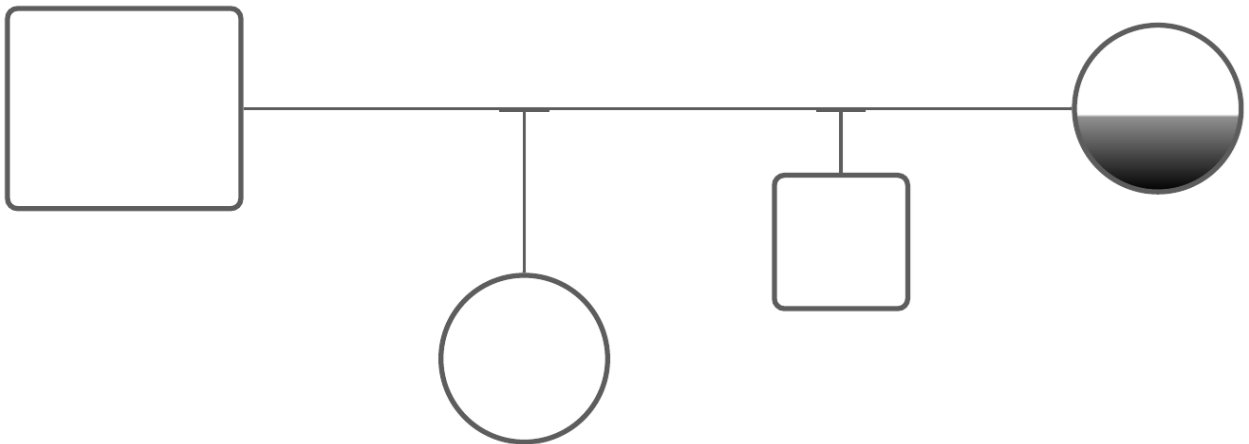
3.The Lost Child

4.The Mascot

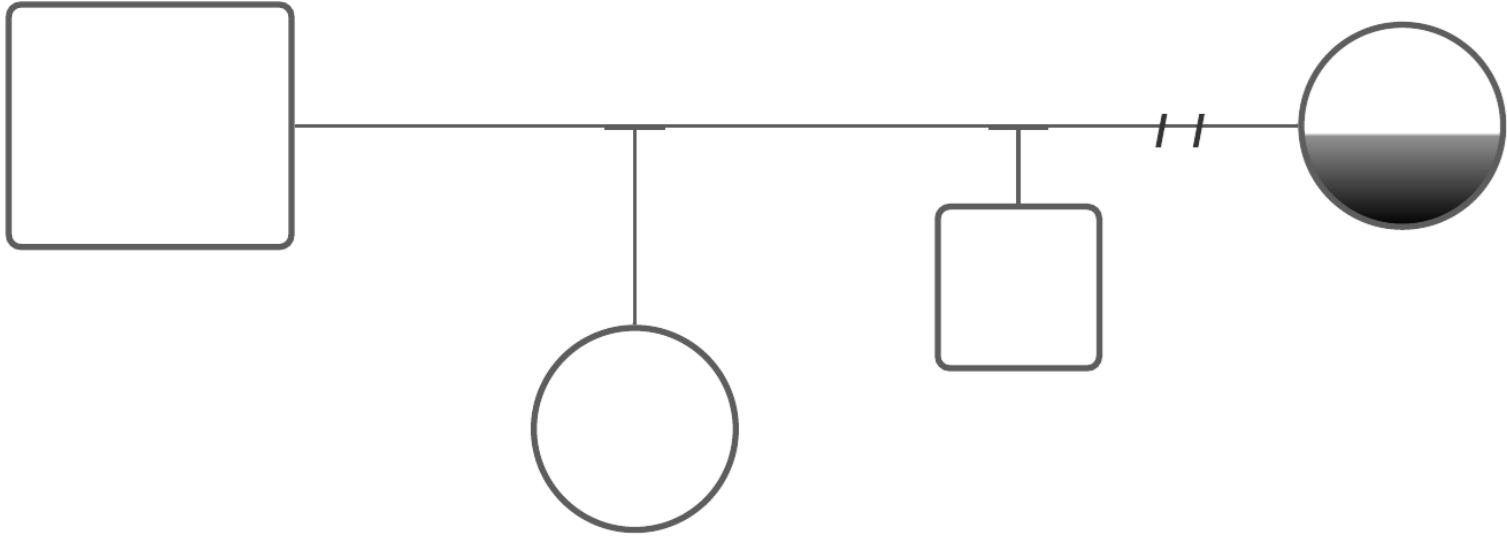
“They took inventory alright but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness, and honesty, in the sense that we find it necessary, until they had told someone else *all* their life story.” Alcoholics Anonymous Basic Text p.73



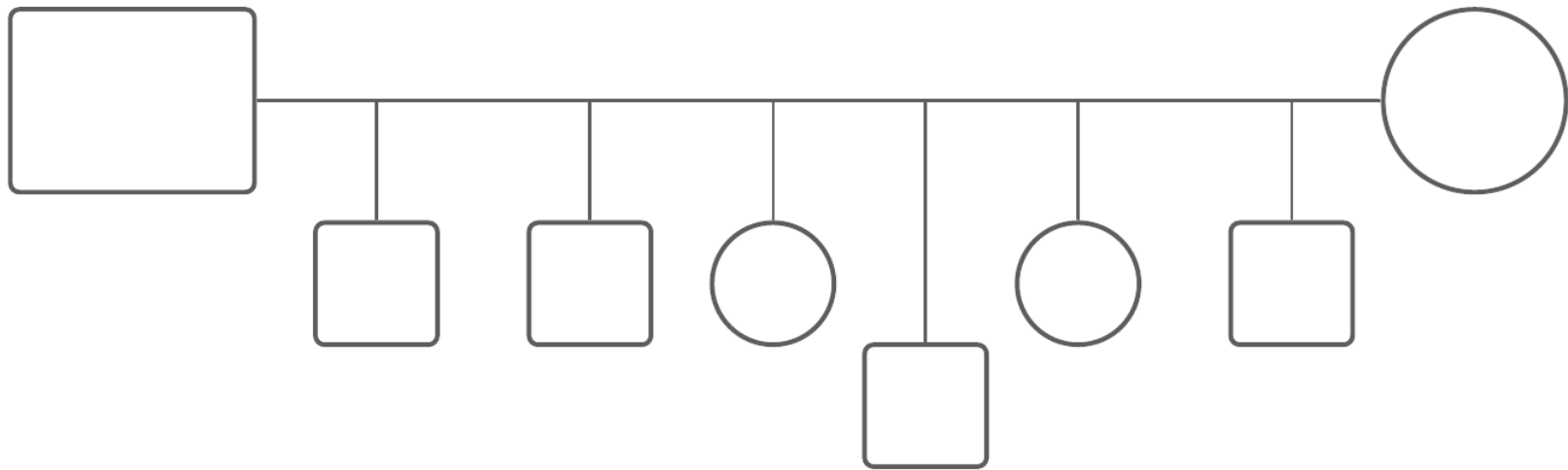
Temperament



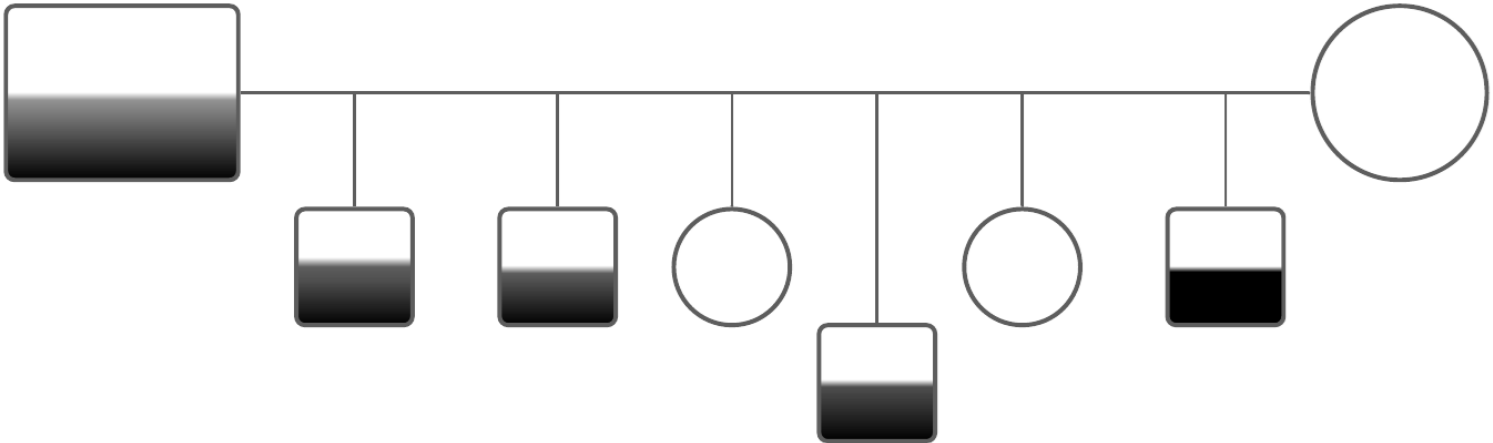
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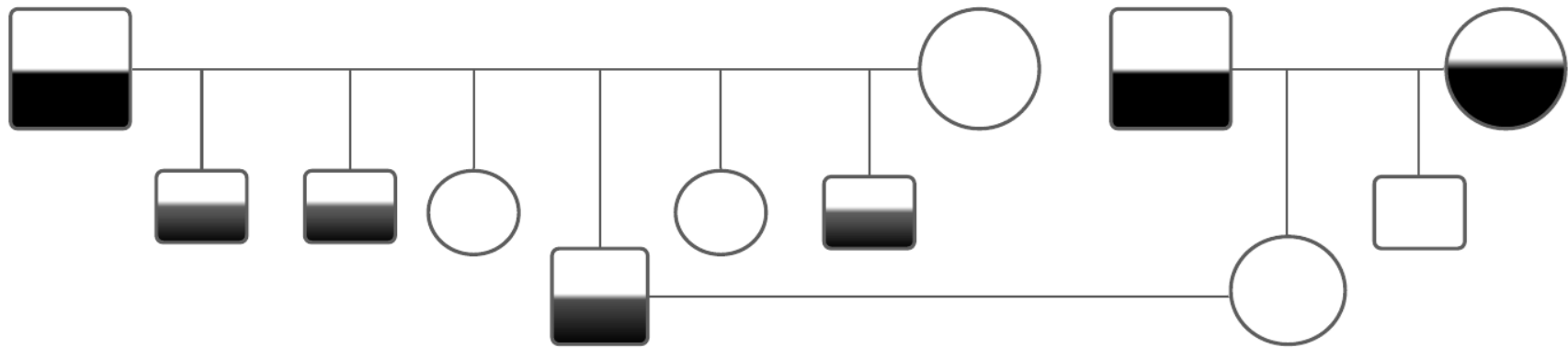
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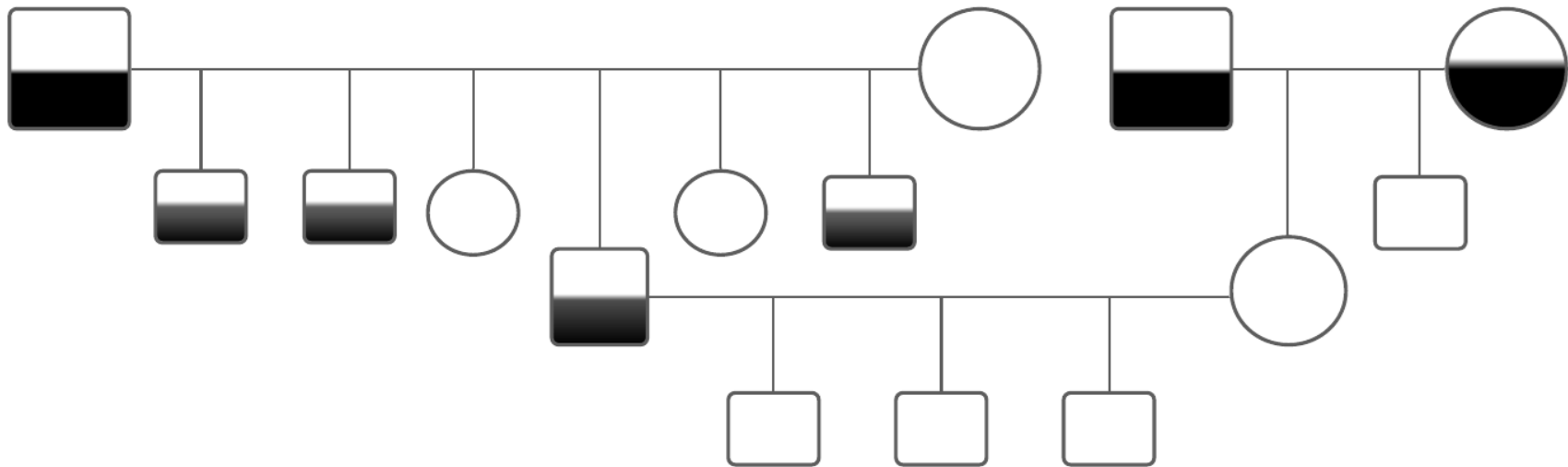


Identity



Identity





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