

## **Directions in Counseling and Pastoral Care of Alcohol Use, Abuse and Addiction: Part 2**

In this session we will begin to apply what we have learned in the previous two sessions on addictions and alcoholism. We will look at a case example of a pastor who is struggling with alcohol. Besides looking at the internal, personal issues of addiction, we will also explore the impact of an addiction on family members and friends. Family members, friends, and co-workers can either interact with an addicted individual in a way that helps bring about change or in ways that contributes to the ongoing problem. In this case study we will look at the different roles that are often played when someone is struggling with alcohol addiction, focusing on how to recognize these patterns before we are trapped in them. Our goal is to learn how to move out of unhelpful roles into roles that actually bring about lasting change. Time will be provided for small group discussion of this case study.

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### **I. Overview of the Drama Triangle**

#### **A. The Roles We Play**

##### **1. The Victim**

##### **2. The Persecutor**

##### **3. The Rescuer**

#### **B. Understanding Each Role**

##### **1. Core beliefs**

##### **2. Motivation**

### 3. Characteristics

## II. A Case Study of Alcohol Addiction

1. Stage One: The addict in a helping role
2. Stage Two: The addict the persecutor role
3. Stage Three: The addict in the victim role
  - a. How we collect and use tokens
4. Stage Four: The addict in the helping role

## B. A Simple Model of Behavior

1. Focus of attention
2. Emotional response

3. Behavioral response

C. How Reality is Ignored

1. The delusion

2. Discounting

D. Why We Fail to Solve Problems

1. Withdraw

2. Do nothing

3. Postpone

4. Over adaptation

5. Agitation

6. Incapacitation

## 7. Violence

### E. Breaking the Cycle

#### 1. Creator

#### 2. Challenger

#### 3. Coach

### ***Suggested Readings:***

DiClemente, C. C. (2006). *Addiction and change: How addictions develop and addicted people recover*. New York: Guilford Press.

Emerald, D. (2009). *The power of TED: The empowerment dynamic*. Notre Dame, Indiana: Polaris Publishing Group.