

Helping Clients Change their Relationship to Substances

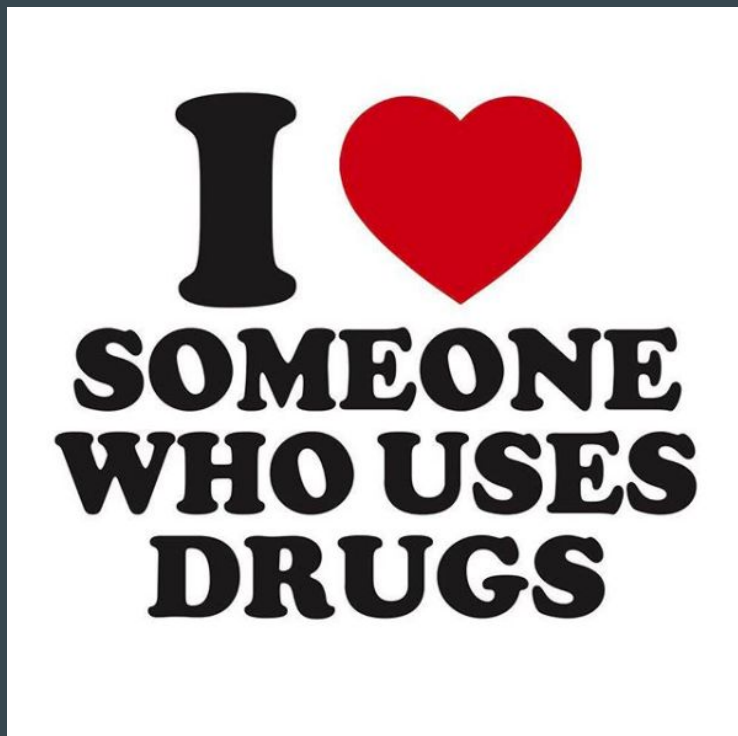


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Overview

- The Change Process
- Healthy Boundaries
- Q&A





Stages of Change

Precontemplation
unaware of the need to change
Contemplation
ambivalent about the need to change
Preparation
learning the skills and strategies needed to change
Action
applying learned skills and cultivating a new lifestyle that supports the change
Maintenance
maintaining a healthy, values-based lifestyle

Eliciting Change

Changing the Behavior	
What I gain	What I lose

Maintaining the Behavior (Not Changing)	
What I Gain	What I Lose

Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.

Brené Brown

Boundaries

Examples of Harsh, Lenient, and Healthy Boundaries		
Harsh	Lenient	Healthy
Avoidance of intimate relationships	Difficulty saying "no"	Understanding personal needs, wants, and values
Unwillingness to share vulnerably with others	Oversharing personal information	Valuing own opinions
Few close relationships	Accepting abuse or disrespect	Accepting "no" from others
Unwillingness to ask for help	Dependence on others' opinions	Unwillingness to compromise values for others
	Overinvolvement in others' problems	

Barriers to Healthy Boundary Setting

- Fear of rejection
- Fear of confrontation
- Guilt
- Lack of modeling
- Safety



Identifying Boundaries

1. People may not _____.
2. I have the right to ask for _____.
3. To protect my time and energy, it is ok to _____.

Tools for Healthy Boundary Setting

- Clear agreements "We will meet at the Civic Center library at 3pm sharp?"
- Know yourself "I need more structure than that, can we compromise?"
- Commit to goals "I've committed to using my lunch time for self-care 3 times a week, but I'd be happy to have lunch with you every other Tuesday."
- Own it "No, that is not my style."
- Speak up "I need to let you know your actions and words hurt me."
- Suspend Privileges "I will not continue this arrangement."
- Withdraw "Let's take a break from this conversation and come back to it when we can adjust our behavior."
- Denounce "You are no longer welcome here."

Examples

- Your client has a very cute dog, but it keeps having accidents in your office.
- A client frequently makes comments that make you feel uncomfortable.
- A client's family member insists on getting information about their loved one.
- Your client has been late for their last three appointments.

Q&A

Let's Connect!

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Slides available at <http://jenniferfernandezphd.com/rams2019>