

Whānau / Parenting – Concurrent Sessions

Thursday 19 September
2.00 – 3.00pm

Whānau impacted by addiction: 5-Step method – a trauma-informed response

Michelle Brewerton, Project Lead, Te Pou o te Whakaaro Nui

The 5-Step method is a validated focused response to addiction for individuals, family members and whānau. Originally developed in the United Kingdom, the 5-Step method is part of an international research project and has been adapted to be culturally responsive to the Aotearoa-New Zealand context.

5-Step acknowledges the grief, loss and trauma family members and whānau may experience when their relative is in addiction. It offers strategies to minimise the immediate and longer-term negative outcomes for each affected individual, including children and the person with the substance use problem. This method is effective when practised with an individual representing whānau or working with a whānau collectively. It is also adaptable for use in a group setting for unrelated family members.

This presentation seeks to inform how the 5-step method will reduce stress and improve the coping skills of family members who have or are experiencing trauma due to their whānau member's addiction. The presentation will then describe how to explore and enhance family member social and professional support to prevent further trauma.

It is hoped that AOD practitioners will consider adopting this trauma-informed method in their practice to relieve the suffering of family and whānau impacted by the relative's addiction.

Biography of presenting author

Michelle Brewerton is a project lead with Te Pou o te Whakaaro Nui. She has qualifications in Psychotherapy and Health Science and has worked in the alcohol and drug sector for 20 years as a clinician, supervisor in Counties Manukau and family advisor for CADS Auckland.

Transgenerational Trauma and Resilience Genogram

Helen Mary Smith, Addiction Clinician, Bay of Plenty District Health Board.

Transgenerational (also called inter-generational or multi-generational) trauma refers to the transmission of trauma from one generation to the next. (Dass-Brailsford, 2007). The Transgenerational Trauma and Resilience Genogram is a tool developed by Dr Arielle Schwartz

that can clarify complex family issues and patterns so the client is able to see that the patterns have been generational. The TTRG is strengths-based, focusing on the sources of resilience and strengths within multiple levels. The TTRG helps practitioners explore the contextual factors affecting clients in a way that can allow for greater insight, promoting resilience and healing.

Despite the negative psychological effects of trauma, there can also be the formation of new strengths and positive ways of coping and making meaning, showing resilience in families (Goodman, R.D. & West-Olatunji, C.A. (2008). This form of a genogram has been used to highlight patterns of family functioning, such as enmeshment between family members and how trauma can be found through various generations of family members.

As well as increasing awareness, they help with recovery, because, while trauma might be conveyed from parent to child, coping strategies, ways of overcoming traumatic stress, and ways of sustaining one's culture despite oppression may also be passed down (Duran, Firehammer & Gonzalez, 2008). Symptoms of trauma can manifest and cause distress, affecting individuals, family and society, as we have seen recently in Christchurch. This workshop will introduce the TTRG genogram as a way to help break silences within families and communities and increase communication about healing.

Biography of presenting author

Helen has worked in the addiction field for over 25 years as a Family Therapist and Addiction Clinician. Helen has a Bachelor's Degree in Education and a Master's degree in Marriage and Family Therapy. She has worked in the residential setting as well as outpatient services in New Zealand and in Texas, US. Helen is a Dapaanz Registered Practitioner and Registered Supervisor. She is 5-Step Method Accredited Practitioner works with family members using this model at the Bay of Plenty Addiction Service at Tauranga Hospital as well as with individuals experiencing addiction harms.

Looking back, moving forward in a therapeutic community

Victoria Varley, Practitioner, Odyssey House Adult Services

Anushka Ananth, Advanced Practitioner, Odyssey House Family Centre

Our presentation will focus on how the tools and interventions used in the therapeutic community support clients in 'looking back, moving forward' throughout their recovery and treatment journey at the Odyssey House Adult and Parents' Residential Programmes. This will be illustrated through the processes of each intervention, reinforcing the importance of using this lens when working with those affected by addiction. Case examples will be presented to demonstrate how early childhood experiences play a role in the formation of addiction and related behaviours and inform treatment approaches.

Biographies of presenting authors

Victoria has worked at the Odyssey House Adult Services as a Practitioner for nearly two years. She has a Postgraduate Diploma in Psychology and is working towards a qualification

specialising in addiction. She has experience with youth mentoring programmes and working with those affected by domestic violence.

Anushka has worked at the Odyssey House Family Centre with parents in recovery with their children for nearly two years. She has a degree in Psychology and Health Sciences and comes from a background of youth mental health and working with refugees' integration into the New Zealand community.

Victoria and Anushka work closely with clients in the transitional stage of their recovery, supporting them during their reintegration into the community, as well facilitating the daily functioning of the therapeutic community.