



Healing From Loss and Abandonment

Presented by

Claudia Black, Ph.D.

To grow up with the dynamics of loss, be it from living with addiction, violence, or simply unavailable parents, creates a legacy of internalized shame that is a major contributor to the rampant addictions in our culture. This seminar is a combination of didactic and experiential facilitation offering a variety of clinical strategies pertinent to healing the generational repetition of addictive/affective disorders.

Participants will be able to:

1. Describe relationship of loss and abandonment to shame-based defenses
2. Recognize role of loss and abandonment with addictive/affective disorders
3. Describe a variety of cognitive behavior strategies to intervene with emotional reactivity

12 hours CE Credit

1 Loss and Abandonment

- Dynamics of Loss Conditions
- Physical Abandonment
- Emotional Abandonment

2 Cycle of Pain Response

- Cognitive, Behavioral and Emotional Shame-Based Defenses
- Shame Reduction Exercises

3 From Script to Choice

- Four Steps to Putting the Past Behind
- Developing Core Foundational Strengths
- Needs Imagery
- Sentence Stem Exercise

4 Baggage Cart

- Visual portrayal of how loss, carried feelings and negative beliefs fuel disorders.
- Development of baggage cart analogy to offer eclectic treatment approach

5 Legacy of Trauma

- Historical Portrayal of Trauma and Addiction in the Family
- Relationship of Trauma to Multi-Addictive Disorders
- Relationship of Trauma to Co-Occurring Disorders

6 Strategies for Addressing Addictive Families

- The challenge of disrupting the enabling process
- Viewing the family as the client
- Reviewing value of family roles ascription
- training

7 Addressing Barriers to Recovery

- Chronic Anger/Anger Avoidance
- Anger Awareness Cycle
- Secrets

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Dr. Claudia Black is a renowned author and trainer, internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. Since the 1970's Dr. Black's work has encompassed the impact of addiction on young and adult children. She has offered models of intervention and treatment related to family violence, multi-addictions, relapse, anger, depression and women's issues.

Dr. Black is a Clinical Consultant for The Meadows Treatment Center in Wickenburg, Arizona; she serves on the Advisory Board for the National Association of Children of Alcoholics, and the Advisory Council of the

Moyer Foundation. She has written 14 books including *It Will Never Happen to Me* and *Changing Course: Healing from Loss, Abandonment and Fear*.

Dr. Black designs and presents training workshops and seminars to professional audiences in the field of family service, mental health, addiction and correctional services. Her workshops have been presented to an extraordinarily wide array of audiences including military academies, prison systems, medical schools, and extensive mental health and addiction programs.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

Available for an additional fee - See Exam Enclosed

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