

Winning the Battle Over Addiction: All in the Family - 2

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Keys to Success

- Self Awareness
- Restoring Relationships
- Overcoming Codependency
- Connecting with Two Essential Communities

Self-revelation & Counseling

- ◆ How it relates to "professional distance"
- ◆ Some training discourages "inserting their own personalities" into the counseling process"
- ◆ Need: Striking a balance between over-involvement and being so objective that those we work with never see our "human" side. .

Benefits of Self-revelation

- ◆ Important tool for the Christian counselor. (2 Cor. 1:3)
- ◆ Wounded people need to see us as "fellow travelers" who are walking the road to recovery with them.

Self-revelation Cautions #1

- ◆ Remember who is "staff" and who is "client" (keep roles separate)
- ◆ Definite emotional "wall" between staff members and clients must be very definite. (relationships outside work)
- ◆ Staff members leaning inappropriately on the residents for emotional support and companionship while at work.

Self-revelation Cautions #2

- ◆ Avoid formation of “exclusive” relationships with staff members
- ◆ Avoid sharing too much about your current on-going personal struggles with clients. This could result in them losing respect for you.
- ◆ Staff members who are in recovery themselves should never participate in support groups where clients are also in attendance.

Why Professional Distance?

- ◆ We are not able to help everyone who becomes involved with their program.
- ◆ Rescue mission programs have a very high turnover rate among residents.
- ◆ Without it, workers can become discouraged, "burned out," or even skeptical about the chances of any homeless addict "making it."

Lack of Professional Distance

- ◆ Over involvement on an emotional level causes counselors to lose their objectivity.
- ◆ Favoritism toward some residents
- ◆ Feel rejected by them when they don't respond favorably to their attempts to help them.

“Professional Distance” Means

- ◆ Residents responsible for their own decisions & actions
- ◆ Experience the consequences of their choices & actions
- ◆ Not “fixing” or owning their feelings
- ◆ Free to heed or reject our input
- ◆ Their problems stay at the mission when we go home at night.

Inter-Staff Communication

- ◆ Weekly meetings to discuss residents' & gain support from one another.
- ◆ Workers need freedom to discuss their own issues with one another, too.
- ◆ Team approach: Primary counselor for each resident plus discussing what clients share with team members.
- ◆ Benefit team members' insights provided by other.