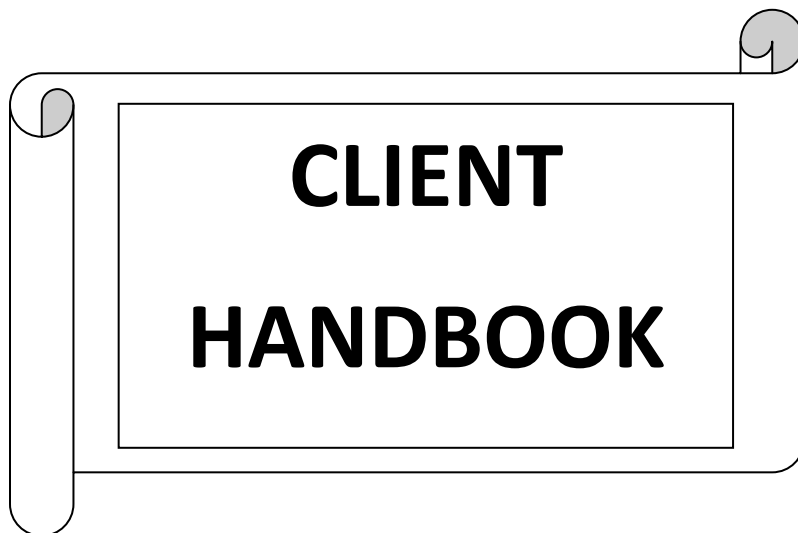


# Clear Paths

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Keizer, OR 97303

503-304-7002



## **WELCOME TO CLEAR PATHS, INC.**

**CONGRATULATIONS!** Your decision to enter treatment has placed you in the fortunate 10% category of people who recover from alcoholism and other drug dependencies. The other 90% of an estimated 20 million chemically dependent people will go on suffering from this tragic illness. It will ultimately destroy their health, their families, and friendships, their job, and their lives.

**CHEMICAL DEPENDENCY** - Alcoholism and Drug Addiction is a progressively fatal illness. But it can be arrested - stopped in its tracks. At CLEAR PATHS, INC. You will begin a program of recovery that will give you the power to arrest the progression of your disease. You will begin a new life that can be more rewarding and fulfilling than anything you have known in the past. These may seem like extravagant promises, but you will meet others who have realized happy, productive lives in sobriety. So can you. It isn't easy, but it's worth it.

**CLEAR PATHS, INC.** will provide the education, the treatment and the tools, but the bottom line is that it's up to you - and you can do it. You will need to give 100% participation to your recovery program. You must take the leading role in your treatment. Mere compliance - going through the motions without internal acceptance or personal motivation - will not work. You must give total cooperation to your treatment. Once this personal commitment is made, then recovery will soon become a richly rewarding experience for you and those you love.

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## **PROGRAM PHILOSOPHY**

Clear Paths, Inc. is a program based on the following principles:

- A. **CHEMICAL DEPENDENCY** is a primary, chronic disease - it has a set of symptoms, it follows a progressive course and ultimately ends in death unless treated. It is not a "symptom of underlying causes". The symptoms, such as psychological deterioration, are the results of the disease, not its cause. The disease cannot be cured, but it can be arrested.
- B. **TOTAL ABSTINENCE** from all mind-altering drugs is required to successfully arrest the disease. This requires establishing a new lifestyle free of alcohol and mood-altering drugs. Any use of alcohol or other mind-altering drugs will reactivate the disease, and in a short time it will be as bad as or worse than before.
- C. **CHEMICAL DEPENDENCY** is a family disease. At least 4 other people are seriously affected by the chemically dependent person's disease. The family system becomes adapted to the chemical dependency, affecting the physical, mental and emotional health of all family members. Since the family is sick, the family needs treatment. Clear Paths, Inc. is committed to the treatment of family members as well as primary patients.
- D. **RECOVERY** requires making fundamental changes in outlook, attitudes and behavior. The disease has seriously affected how you see yourself and others, and how you react to the real world. Merely removing the alcohol or drugs isn't enough. A new way of dealing with life has to begin.
- E. **RECOVERY** is an on-going process. You will not be "cured" of chemical dependency in a matter of weeks. You will be given the opportunity to start a new life without alcohol or drugs. To continue recovery, you will need on-going support from others. You will need to involve yourself with other people who will accept and reinforce you in your recovery.
- F. **THE TWELVE STEP RECOVERY PROGRAM OF ALCOHOLICS ANONYMOUS** and the fellowship of Alcoholic Anonymous, Narcotics Anonymous and Al-Anon Family Groups are the most successful means of continuous and productive recovery. Clear Paths, Inc.'s treatment process is based on principles of the Twelve Step recovery program and a primary goal

is to introduce AA, NA and Al-Anon fellowships as on-going recovery support systems.

- G. All services for a structured program are in place, however such structured therapeutic protocol may not be recommended for all patients. We are especially sensitive to the individual needs of those entrusted to our care. We believe in the treatment of the person and not the processing of people. Clear Paths, Inc.'s Treatment Program is designed as an extensive model. Treatment is scheduled on a routine basis but the sequence of therapeutic services may not be appropriate for all clients.
- H. The most compelling reason for an extended treatment format over the antiquated six weeks involvement is the neurological and emotional stabilization of the chemically dependent client. It has been well documented that neurological "clearing" begins to evolve some 4 to 5 weeks after discontinuance of all mind-altering substances. Therefore, the client is allowed to be in a structured treatment environment during the critical initial recovery period. Clear Paths, Inc.'s aftercare is also structured with neurological, physical, social and emotional stabilization in mind.
- I. Clear Paths, Inc. uses random urinalysis as an indicator of treatment progress and recovery. Because of poly drug abuse, Clear Paths, Inc. routinely monitors and assesses cocaine, amphetamine (including methamphetamine), opiates, cannabinoids and barbiturates as a panel. The laboratory used by Clear Paths, Inc. is not only forensically certified, but also capable of EMIT enzyme multiply immunoassay technique, Thin layer Chromatography, Mass Spectrometry, and Gas Chromatography. These procedures are highly specific, however to eliminate the possibility of a false positive result, all urine containing target substances are subject to confirmatory analysis by a different analytical method.

## **PROGRAM GOALS**

CLEAR PATHS, INC. regards each client as a unique person with specific needs. An individual treatment plan will be developed for each client, however, basic treatment goals apply to every case. CLEAR PATHS, INC.'s program is designed to help you:

- A. Understand and accept chemical dependency as a primary disease.
- B. Understand and admit that you need help to learn how to live with your chronic illness in a constructive manner.
- C. Identify what you will need to change in order to enjoy a happy productive recovery.
- D. Begin making changes by putting into action the knowledge you will have gained about your disease, yourself and your recovery.

## **PROGRAM DESCRIPTION**

To meet the program goals and the individualized treatment needs to each client, CLEAR PATHS, INC. employs a 10 to 12 week Outpatient or Intensive Outpatient Program. Treatment sessions are held on selected evenings between 5:30 and 7:00 p.m.

The treatment program features a therapeutic educational component covering all aspects of chemical dependency and recovery, individual and group therapy, a treatment process for family members and a continuing care program to assist in successfully adjusting to life without alcohol or other drugs.

The CLEAR PATHS, INC. program consists of five stages:

### **STAGE 1:**

Referral for Detoxification (if needed) and Orientation

Time frame: One to five days

Activities:

- 1. Preliminary screening
- 2. Admit to appropriate detoxification center, if necessary
- 3. Complete admission paperwork
- 4. Read program information handout
- 5. Complete personal history questionnaire

### **STAGE 2:**

Understanding and admitting the problem

Time frame: First five weeks of treatment

Activities:

1. Complete individual assessment and treatment plan with primary counselor within first three weeks of primary care
2. Individual and conjoint therapy sessions with primary counselor
3. Clients and family members attend therapeutic lectures and films
4. Participate in group therapy sessions
5. Submit to drug screens (U.A.) as requested by primary counselor
6. Family members participate in family program
7. Attend AA/NA
8. Family members attend Al-Anon/Nar-Anon

### **STAGE 3:**

Acceptance of the problem and commitment to recovery

Time frame: Weeks six through 10

Activities:

1. Continue individual and group therapy
2. Continue therapeutic education
3. Present 1<sup>st</sup> step to group when appropriate
4. Continue community based AA/NA
5. Continue community based Al-Anon/Nar-Anon for family members
6. Complete reading assignments
7. Continue writing steps
8. Writing relapse prevention plan

### **STAGE 4:**

Continuing Care and 12-Step Program

Time frame: Continuing Care- six months; 12-Step Program- lifetime

Activities:

1. Weekly Continuing Care Group Therapy
2. Continuing AA/NA meetings
3. Continuing Al-Anon/Nar-Anon meetings for family
4. Work through 12 Steps
5. Family members work through 12 Steps
6. Upon request, individual or conjoint therapy sessions for additional fee

### **STAGE 5:**

Follow-up

Time frame: Lifetime

Activities: Continue AA/NA and Al-Anon/Nar-Anon participation

## **CLEAR PATHS INC. SCHEDULE**

OUTPATIENT GROUP - Monday, Tuesday & Wednesday 5:30 - 7:00 p.m. Tuesday and Thursday 10:00 - 11:30 a.m.

INTENSIVE OUTPATIENT GROUP - Thursday 5:30 - 7:00 p.m.

Clients and their families will be assigned to the appropriate level of care.

INDIVIDUAL FAMILY COUNSELING SESSIONS TO BE SCHEDULED WITH COUNSELOR

**OFFICE HOURS: Mon. thru Thur. 8:30 a.m. to 6:00 p.m.  
Fri. 8:30 a.m. - 4:30 p.m.**

If you need to reach staff members after regular hours  
Call (503) 304-7002 to leave a message  
This line is monitored 24 hours a day

### **CLIENT RIGHTS**

- All clients have the right to be treated with dignity and respect.
- All clients have the right to confidentiality in treatment.
- All clients have the right to give written, informed consent to treatment.
- All clients have the right to be informed of all services available and the charges for those services.
- All clients have the right to be fully informed of the rules and regulations governing conduct of clients.
- All clients have the right to manage their own personal finances.
- All clients have the right to adequate treatment.
- All clients have the right to retain and use their own personal clothing and belongings, as permitted by space, consistent with the program rules, and unless this infringes upon the rights or safety of others.
- All clients have the right to refuse treatment and to accept the consequences of this right.
- Clients maintain the right to leave the program at any time, and if they decide to exercise this right, need to be aware of the legal or personal consequences of leaving the program.

- Clients maintain the right for their own responsibility for active participation in treatment, using the program and its staff as assistants in their treatment process.
- Clients maintain the right for their own responsibility to comply with the rules of the program and their individualized treatment plans.
- All clients have the right to practice their own religious beliefs that are consistent with their treatment plans and the rules of the program.
- All clients of legal voting ages have the right to vote.
- All clients have the right to be allowed to access to community resources, such as recreational activities, social service agencies, employment and vocational counseling services, and self-help groups.
- All clients have the right to use their telephone outside of treatment hours.

### **CLIENT'S RESPONSIBILITIES**

Client's responsibilities: CLEAR PATHS, INC.'s Intensive Outpatient Program is carefully designed to provide you with the essential information and experience on which to build a life of recovery. As an intensive outpatient program, it allows several advantages:

- a) You may continue working while in treatment.
- b) Contact with family and /or other important people is maintained, allowing you to work through changes in your relationships as your treatment progresses.
- c) You will receive support and counseling as you learn to deal with everyday life on an alcohol/drug free basis.

However, outpatient treatment can be demanding, and will require that you manage your time between work and family while devoting to treatment at least:

- 1) 90 minutes per night, one to two evenings per week, featuring educational material and group therapy.
- 2) Scheduling individual family counseling.
- 3) Three hours per week to complete reading and writing homework assignments.

CLEAR PATHS, INC. recognizes the time limitations involved in managing job, family and treatment. We have selected the essential elements of effective treatment to provide you with a solid basis for recovery; no more, no less. Therefore, it is essential that you attend all treatment sessions, keep treatment agreements and participate fully during treatment sessions. The following pages list the requirements and responsibilities that will serve as guidelines for your participation in treatment.

## **A. ABSTINENCE FROM ALL ALCOHOL AND OTHER PSYCHOACTIVE DRUGS, AND ABSTINENCE MONITORING.**

Total abstinence from all drugs and alcohol, including over the counter cough syrups, Nyquil, etc., is the first requirement for successful treatment of chemical dependency. Chemical dependent people may be, while in outpatient treatment, severely tempted to drink or use drugs between treatment sessions. If the client drinks or uses drugs he/she may try to hide this from the program out of fear and embarrassment. As long as drinking/drug use during treatment remains concealed, treatment cannot progress effectively, and the risk of total relapse back into the original drug/alcohol problem is extremely high. Therefore, CLEAR PATHS, INC. monitors abstinence in order to reinforce your commitment to recovery, and to reduce the possibility of any alcohol/drug use going undetected and sabotaging your treatment.

You are expected to cooperate with the abstinence monitoring procedures outlined below:

- 1) Submit UA (urinalysis) samples on request, to CLEAR PATHS, INC. staff.
  - a) Please arrive at CLEAR PATHS, INC. 15 minutes before treatment sessions begin.
  - b) Upon arriving at CLEAR PATHS, INC. and before using the restrooms, please check with your counselor to see if you are to submit a urine sample.
  - c) Each client will make sure that his/her correct initials and the correct date are on the seals and labels of his/her UA sample.
  - d) Each client will further insure the authenticity of his/her sample by initialing an invoice that is then attached to his/her UA sample.
- 2) Submit to Saliva test at request at request of CLEAR PATHS, INC. staff.
  - a) If a question arises as the presence of alcohol, a Breathalyzer or saliva test may be used to resolve the question.
- 3) Refusal to take a UA test or breath/saliva tests may be interpreted that the patient has recently used alcohol or other drugs.
- 4) Positive or dilute (under 20ng creatinine level) test results, either UA or breath/saliva tests may be interpreted that the patient has recently used alcohol or drugs. The chain of custody and testing of his/her particular sample will be reviewed with the client to eliminate any possibility of error in his/her specific case.

The UA sampling procedures used by CLEAR PATHS, INC. are carefully controlled to prevent error or confusion of one person's UA with another.

Urinalysis technology, used by CLEAR PATHS, INC. laboratory is virtually without possibility of error in determining positive results (that is, in detecting the presence of drugs in the sample). Any positive results are double checked in the lab, using different testing methods, before being reported to CLEAR PATHS, INC.

## **B. ATTENDANCE AND PUNCTUALITY**

- 1) In order to complete the CLEAR PATHS, INC. program, you must participate in both weekly group and individual sessions.
- 2) This normally takes 10 to 12 weeks if there are no absences. All absences, excused or unexcused, must be made up in order to complete the program.
- 3) You are responsible to attend all scheduled treatment sessions. If you are unable to do so, you agree to notify CLEAR PATHS, INC. 24 hours in advance.

Furthermore, you agree that:

- a) Missed individual counseling, therapeutic lectures and group therapy sessions must be made up prior to successful completion of the outpatient treatment program.
  - b) You will be charged for any unexcused individual, therapeutic lecture or group therapy counseling sessions. Insurance companies rarely pay for missed sessions.
- 4) Cancellation of individual counseling sessions or scheduled appointments with CLEAR PATHS, INC. must be made one full working day in advance of the scheduled appointment, or you will be charged for the sessions missed and must make up the sessions at your regular charge.
  - 5) You are expected to be on time for all sessions. Please call and notify the CLEAR PATHS, INC. office manager if you expect to be late. Any arrivals 10 minutes after the scheduled session time will not be allowed to attend. Inexcusable tardiness may require that the sessions be made up in order to complete the program. Excessive tardiness will result in disciplinary actions with the program director. You will be requested to submit an urinalysis the next day for any excused or unexcused absence.

## **C. GROUP THERAPY**

- 1) **Group Involvement and Commitment-** Chemically dependent people have successfully arrested their addiction by supporting each other in recovery. This is the essence of group therapy; learning how to give and receive support from others. The group process requires the following commitments:
  - a) To abstain from all intoxicants.
  - b) To call other group members when tempted to drink/use drugs. Telephone contact makes it possible to extend group support beyond the scheduled sessions at CLEAR PATHS, INC. Calling someone else before you drink or take drugs can prevent a relapse.

- c) To share your experiences and feelings in group.
  - d) To give honest feedback to other group members.
- 2) **Staying in group-** Group therapy is designed to help you deal with difficult emotions without using chemicals. It is essential that you do not leave the group until the session is over, or unless excused by the counselor. If you feel like leaving the group during a session, your responsibility is to share these feelings with the group.
  - 3) **Participation-** What you gain from treatment depends on what you put into it. This is especially true of group therapy. If you allow yourself to avoid talking about yourself and your feelings, you will have cheated yourself of a vital part of your treatment.
  - 4) **Group therapy handbook-** Please read the group therapy handbook carefully, it will help you understand and participate in group. Talk to your counselor about problems or questions concerning group therapy or any other aspect of treatment.

#### **D. TREATMENT ASSIGNMENTS**

- 1) **Written 1<sup>st</sup> step:** A major part of your treatment will be the completion of a written 1<sup>st</sup> step exercise. It will require several hours per week of homework throughout treatment. Your counselor will give you verbal and written direction on how to complete this assignment. As with other treatment assignments, you are expected to complete them within the time frame that you work out with your counselor on an individual basis.
- 2) **Reading assignments:** In order to increase your understanding of chemical dependency and recovery, your counselor will give you reading assignments to supplement the information provided in lectures, videotapes, individual sessions and group therapy sessions.
- 3) **Other treatment assignments:** Your counselor may ask you to take specific actions within specific times frames in order to solve problems that could threaten your recovery. This process is called setting treatment objectives. The assignments are worked out between you and your counselor on an individual basis. Your agreement to complete these assignments is your treatment contract. Treatment will not succeed if you do not make a sincere effort to keep your treatment contract. Your counselor can help you by providing information and direction, but only you can carry out your treatment. Common assignments are bringing up specific things in group, writing about certain types of experiences in a personal journal, talking about specific things with family/friends, taking certain actions such as contacting a local college for information concerning courses, etc. Your counselor will explain the purpose of the assignments and work out the specifics with you in each case.

## **FAMILY PROGRAM AND RESPONSIBILITIES**

Not only the alcoholic or the addict, but the family members as well, become the victims of chemical dependency. The whole family becomes locked in a system that perpetuates the alcoholism and/or drug dependency. Everyone is affected; everyone suffers from the disease. Therefore the entire family, not just the alcoholic or addict, must change if recovery is to be successful. CLEAR PATHS, INC. is committed to facilitating that change by providing treatment for all adult members of the patient's family. CLEAR PATHS, INC. will make appropriate referrals to competent professionals for adolescent therapy. This therapy can be coordinated with primary client care. The CLEAR PATHS, INC. outpatient family program and the expectations and responsibilities of participating family members are outlined below.

### **A. ABSTINENCE FROM ALCOHOL AND/OR DRUGS:**

As a condition for participating in the CLEAR PATHS, INC. treatment program, family members must agree to abstain completely from all mind-altering drugs and alcohol during the extent of primary treatment phase. This is important for three reasons:

- 1) To support the abstinence agreement which all chemically dependent clients at CLEAR PATHS, INC. must make.
- 2) To gain maximum benefit from the education and group therapy sessions.
- 3) To help family members evaluate their own use of chemicals.

### **B. ABSTINENCE MONITORING:**

In some cases, family members may be asked to verify abstinence for the same reasons and using the same procedures as clients (see CLIENT RESPONSIBILITIES).

### **C. FAMILY TREATMENT:**

Attend didactic lectures, family group therapy and complete a family sharing process. In the family sharing process, the family members will share with the chemically dependent person their experience and feelings around the alcoholic or addict's past behavior. This sharing will take place in a session facilitated by the patient's counselor. The sharing process is designed to accomplish four basic goals.

- 1) Confront the past in terms of how the alcoholism and/or drug addiction created problems for the family.
- 2) Help free the family members from resentments and hurt feelings carried over from the past.
- 3) Help the alcoholic/addict to gain a fuller understanding and acceptance of how his/her disease affected others.

- 4) To begin the family's recovery on a basis of open and direct communication with each other.

#### **D. EXPECTATIONS OF FAMILY MEMBER'S COMMITMENT TO PROGRAM:**

In some cases, family members' commitment will be expected to attend the scheduled sessions, unless excused in advance by CLEAR PATHS, INC. staff. Those who participate in family group and the family sharing process will also be expected to complete all assigned homework on time. In some cases, family members are expected to make the same commitments to group therapy as clients.

#### **E. FEES FOR CLEAR PATHS, INC.'S FAMILY PROGRAM:**

- 1) Fees for the family process are charged by the session. Normally, fees for CLEAR PATHS, INC.'s family group therapy are not covered by insurance. Therefore, any fees for family group therapy are billed directly to the client/family.
- 2) Because of additional counseling time involved, there are additional charges for the family sharing sessions. The charges are based on individual counseling time with the family members and the client's counselor.
  - a) These charges are the same for individual counseling sessions.
  - b) Consult your family counselor and your client's primary counselor for further information concerning CLEAR PATHS, INC. family treatment programs.

## **CONFIDENTIALITY**

Confidentiality refers to the ethical/legal responsibility for insuring your privacy as a CLEAR PATHS, INC. client. CLEAR PATHS, INC. adheres to the 42 CFR Part 2 Confidentiality of Alcohol and Drug Abuse Patient Records, Final Rule, effective 08/10/1987. The rule is 24 pages long, in fine print. Below are the highlights of the current Federal Confidential Regulations, as well as expectations of outpatients in respecting each other's confidentiality. Please consult your counselor if you have any questions about confidentiality.

#### **A. General Disclosure**

CLEAR PATHS, INC. will not communicate any information about you or your treatment without your specific, written consent. Your consent requires your signature on a specific form (see Release of Information Form).

Exceptions to this rule include:

- 1) Medical emergencies. Information may be disclosed only to medical personnel in situations involving a threat to the health of any individual.
- 2) CLEAR PATHS, INC. is required to report expressed threats of imminent danger to self or others.
- 3) Court orders from the release of information necessary to protect against a threat to life or serious bodily injury, or information necessary to investigate or prosecute an extremely serious crime.  
NOTE: Possession or sale of drugs is not included as an "extremely serious crime".
- 4) We are required to report suspected child abuse or neglect and elderly abuse or neglect.

**B. Re-disclosure by Insurance Companies or others is prohibited by law.**

The law prevents insurance companies, doctors, social service agencies, Motor Vehicles, etc. from giving any information that identifies you to anyone else, unless you specifically authorize them to do so in writing.

**C. Revocation of Written Consent to Release**

Information can be made by informing the program that you wish to revoke authorization, and by signing the original General Release of information form in the space indicated for revocation.

**D. Respecting the Confidentiality of others is a condition of receiving treatment services at CLEAR PATHS, INC. This means that you must agree that:**

1. Any and all information about other outpatients or family members is strictly confidential. You must agree not to identify any other

CLEAR PATHS, INC. clients, past or present, to anyone outside the program.

2. Everything that is said and happens in group therapy is strictly confidential to members of that group. You must agree not to divulge to anyone what is shared during group sessions. This includes not disclosing what occurs in your group with members of other groups or with your closest relatives and friends.
3. Violations of these agreements will result in the termination of CLEAR PATHS, INC. treatment services.

## **STAFF RESPONSIBILITIES**

CLEAR PATHS, INC. counselors are trained and experienced in helping chemically dependent persons and their families towards recovery. You may expect that CLEAR PATHS, INC. counselors will provide the following services:

- A. Assessment and diagnosis of chemical dependency.
  - B. Assessment of patient and family needs and translate those needs into a treatment plan.
  - C. Information regarding all aspects of chemical dependency.
  - D. Direction and feedback in individual and group counseling sessions.
  - E. Support and reinforcement for positive changes made toward recovery.
  - F. Coordination of your treatment with other agencies such as employers, with the client's request and written authorization.
  - G. Strict confidentiality in all treatment matters. Your counselor will be most effective in helping you if you will be open and honest with him/her.
- CLEAR PATHS, INC. counselors have demonstrated their ability, dedication, and adherence to confidentiality over many years. Without your complete cooperation, even the most skilled counselors can be of little help. It is important that in leveling with your counselor you express your questions and concerns about your treatment so that your reservations do not remain as obstacles to your recovery.

## CLIENT GRIEVANCES

**POLICY:** It is the policy of CLEAR PATHS, INC. to receive and review all grievances generated by clients or persons acting on their own behalf.

**PROCEDURE:**

1. All client grievances must be in writing and submitted to the PROGRAM DIRECTOR OF CLEAR PATHS, INC. in a timely fashion.
2. The Program Director of CLEAR PATHS, INC. will conduct a timely investigation of the facts supporting or disproving the written grievance.
3. The Program Director of CLEAR PATHS, INC. will take appropriate and necessary action of substantiated grievances within 72 hours of the termination of the investigation.
4. The Program Director or any other appropriate CLEAR PATHS, INC. staff will document in the client's record of the receipt, investigation and any action taken regarding the written grievance.

## GROUP THERAPY HANDBOOK

The purpose of this paper is to discuss the assumptions and techniques we are using in conducting group therapy. To begin, let's look at some of the similarities within our group. In addition to our addiction we all have two things in common. First, before we came to the point of seeking outside help, we each tried our own do-it-yourself program in an effort to change ourselves. The second similarities are that we failed. A basic assumption of group therapy is that a major reason for this failure is that our most determined efforts can't change what we can't see and that there is a great deal that we are not seeing clearly.

For this reason our GOAL in therapy is: **To discover ourselves and others as feeling persons and to identify the defenses that prevent this discovery.** While change is the ultimate goal, our immediate purpose is to see more accurately what needs to change. This requires seeing ourselves - discovering yourself - at one feeling level.

In examining our purpose, one of the things that stand out is our emphasis on feeling. We stress feelings for several reasons. First of all, our behavior in the past has been so oppressed to our value system that considerable feelings of remorse and self-loathing have been built up. It appears that we have a pole of negative feelings and walled them off with a variety of masks or defenses that prevent this discovery. This began with mild disapproval of yourself, then growing remorse, and finally with a deep self-loathing. Statements such as, "I'm no damn good" or "The world would be better off without me" reflect these negative feelings and attitudes. It is important to be in touch with these in order to take the First Step of the 12-Step Recovery Program where "we admitted we were powerless over addiction; that our lives had become unmanageable."

Being in touch with the hostile feelings we have toward ourselves and the sense of helplessness and hopelessness that accompany them make the First Step a moving description instead of simply an abstract theory. We feel the powerlessness and the unmanageability. One of the most important functions of the group is to help us identify the defenses that prevent this discovery. We will say more about this wall of defense later on.

Another reason for stressing feelings is that many of the character defects that have disabled us for years are reflected in our feeling states or attitudes. As a result of the conflict between our value system and our repeated chemically induced behaviors we have formed rigid negative feeling states called attitudes toward others and ourselves. Most of us have become one or more of the following persons: Hostile, Angry, Self-pitying, Fearful, Defiant, Phony, Arrogant, and Superior. While these are represented as feelings, some have become so thoroughly a part of us to be attitudinal in nature. They substantially color the way we see life and react to it. No longer are we persons who simply at times feel resentment, we are resentful persons. We may discover that we are not simply persons who feel self-pity, we have become self-pitying persons. What was once a feeling has now hardened into an attitudinal posture - a character defect. If we are to change we must first become ourselves at this feeling level.

Most of us are badly out of touch with our feelings, particularly the ones we have been describing. But as you will see it is not just the negative feelings that are hidden and controlled. Our positive feelings of joy and love are also locked away

by the defenses that seek to hide the negative feeling from view. It appears that our defenses are not selective. The man who has hidden away his anger is also crippled in any spontaneous display of affection or gratitude as well. "I never could tell if anyone liked me before, unless I was drinking," is one example of this phenomenon.

Most of us have ignored our feelings for years in an effort to see the facts. In group therapy feelings are fact. "How does that make you feel?" is a question asked frequently to help us focus on these facts.

**Since our feelings are new, let's look at those we use every day:**

**Mad, Sad, Glad, Afraid, Ashamed, and Hurt.**

Our immediate purpose is to discover and identify in order to see clearly who you are and what needs changing. Acceptance of what is precedes change. Seeing and accepting what is can be very difficult because we don't know that we don't know. We are in many ways blind and self-deluded, but we insist that "I know who I am and where I'm going," or "I know what's best for me." We are deluded and don't know it. In fact, most of us deny it. This is what allows us to fall back into the same destructive behaviors again, not having learned anything from the last one. How many times has a friend or relative said, "I saw you building up to it, but you insisted everything was OK." The assumption that self-delusion is fact is basic to group therapy.

The way we illustrate this self-delusion is with the Johari Window (developed by Joseph Luft and Harry Ingrum):

<b>MYSELF</b>		
<b>O</b>	1.	2.
<b>T</b>	OPEN	SECRET
<b>H</b>		
<b>E</b>	3.	4.
<b>R</b>	BLIND	SUBCONSCIOUS

The window's four panes represent four aspects of total self. As the diagram indicates, only the top two panes are visible to Myself. Numbers 3 and 4 are hidden from view. This is descriptive of the self-delusion that keeps the Self from seeing what it's really like and allows my slow disintegration to continue with only a slight, if any, recognition on my part of how bad things have become. A more accurate picture of Myself is essential to recovery.

**WINDOW NO. 1 IS OPEN.** This is visible to "Self" and to "Others" and contains material I am willing to share with you; my interests, vocation, and virtues to name a few. This is open information about myself.

**WINDOW NO. 2 IS SECRET.** I know things about me that I don't want you to know. I fear the loss of esteem if you see me as having such feelings as hostility, suspicion, inferiority, resentment or self-pity. Revealing these feelings is called **LEVELING**. I level with you when I take the risk of letting you really know me by spontaneously reporting my feelings. Leveling is one of the two most important techniques in self-discovery.

**WE ARE BLIND TO WINDOW NO. 3** And yet others see it. The tone of our voice, the tilt of our head, tells others things about us that we don't see. Many times a perfect stranger can see more in us in a half an hour than we have discovered in years of self-examination. When someone tells us how we appear to them, they are **CONFRONTING** us. Confrontation is the second vital technique in breaking through self-delusion to self-discovery.

The existence of the large blind area illustrated by Window NO. 3 means that we are dependent on others taking the risk of confronting us with this material if we are to ever come to know it. "It takes at least two to know one."

**WINDOW NO. 4 IS SUBCONSCIOUS AND NOT VISIBLE.** While leveling and confronting often results in a glimpse into the unconscious, this is a bonus and not a goal of therapy.

## CONFRONTATION

It takes courage to risk confronting. We have all traded our honesty for the approval of others in the past. However, if we care about our fellow group members, and if we want them to be honest with us in return, we will present them with our picture of them.

Confrontation is defined as presenting a person with himself by describing how you see them. Confrontation is most useful when spoken with concern and accompanied with examples of the confronted behavior or DATA.

*"You seem self-centered to me because you only talk about yourself....."*

*"You seem hostile because of the sarcastic answers you give....."*

*"Your voice sounds so sad. I see you feeling sorry for yourself....."*

*"Your face is so red, you seem very angry....."*

*"John, each time Joe confronts you, you explain yourself instead of leveling with him."*

*"What's going on with you?" or "What is your relationship like with Joe?"*

For the most part, defenses, including attitudinal postures, are unintentional and automatic shields against a real or imagined threat to our self-esteem. By pointing out the defenses we are using, we are given a better chance of letting down this wall that is locking others out and keeping closer to yourself. Coming to recognize these blocks to self-discovery may enable us to look behind them to discover the feelings concealed from view. Long defenses and attitudinal postures do hide us from ourselves as well as from others. It is important to identify them. A lot of this is new so while you are getting used to it just trust your impulses. Spontaneous expressions tend to be much more honest. It is more helpful to be revealing than to be right.

Most of us tend to think we already know ourselves and are afraid of looking bad so it's hard for us to take the risk of being revealing and genuine. But what have we really got to lose? Remember how successful all of our previous attempts to change have been? Since we can't change something until we really see it and accept it we should ask ourselves "Do I really accept something if I keep it a secret?" Risking openness is the key. When you are tempted to withdraw into silence, remember that we are all in the same boat. Fear is common when first introduced to group. It is also common to guess and make assumptions in place of actual confrontation; *"I'll bet you fight a lot with your wife."* *"Did your parents raise you very strictly?"*

## A GUESS OR QUESTION IS NOT CONFRONTATION

Another mistake is giving advice instead of confronting: *"Don't let people walk all over you."* This way we are not playing God by advising, but we are letting the person see himself from another point of view and trusting him to seek advice if he wants it. Confrontation is descriptive of what we have observed in the person we are confronting. We confront when we hold a mirror to let another person know how he appears to us. We are most useful as confronters when we are not so much trying to change another person as we are trying to help him see himself more accurately. Change, if it comes, comes later when the person chooses it and enlists the spiritual help that the sixth and seventh steps the AA program describes.

Picture a gardener preparing a proper environment within the soil so that the seeds he plants may receive the gift of healing or growth and, while it is largely a gift of a power greater than ourselves, the necessary environment for the gift is an honest picture of who and what we are like now. Because of our egocentric blindness and self-delusion, we are all dependent on others for the complete picture. Confrontation provides it.

### **LEVELING**

To respond openly to being confronted is to level. We level when we take the risk of being known by spontaneously reporting our feelings. For example, we level when we let someone know we are hurting or afraid - or angry.

Using these feelings as an example of leveling is probably useful for two reasons. Anger bottled up or fear that is kept hidden seems to lead to more relapse than any other feelings. Also anger and fear (along with affection) are usually the hardest feelings for us to report. People often make the mistake of assuming that the purpose of group therapy is to make someone angry. Anger is an important feeling, but it is only one feeling among many that we want to discover and level with.

If, instead of leveling, we respond without naming a feeling, we are hiding. There are many ways of hiding our feelings we are now experiencing. This prevents us from being known. One of the most helpful things that the group can do is to help a member identify his defenses.

### **DEFENSES**

(which we all use to some extent)

RATIONALIZING

JUSTIFYING

PROJECTING

BLAMING/ACCUSING

JUDGING/MORALIZING

INTELLECTUALIZING

ANALYZING

MINIMIZING

EVADING/DODGING

DEFIANCE

ATTACKING/AGGRESSION

WITHDRAWING

VERBALIZING/TALKING

SHOUTING/INTIMIDATING

EXPLAINING  
THEORIZING  
GENERALIZING  
DEBATING/ARGUING  
SPARRING  
QUESTIONING  
SWITCHING  
DENYING  
BEING SMUG/SUPERIOR/ARROGANT

THREATENING  
FROWNING  
GLARING  
STARING  
JOKING  
GRINNING/SMILING/LAUGHING  
AGEEING  
COMPLYING

Try leveling with that feeling of fear for a starter and discover how that makes you feel. You'll probably find, as others have, that when you report a feeling you modify and reduce it. Keeping it a secret seems to increase its power. If we don't begin now to risk being genuine and self-revealing, when will we ever really do it?

### **EXPECTATIONS**

Group therapy is perhaps the most important component of any structured treatment process. It allows us to examine our inner selves in a safe environment. This, in turn, permits us to explore our feelings and promotes personal growth as recovering people. Lack of emotional honesty and distractions are the main reasons people fail in treatment. In order to minimize distraction, we request the following:

Effective January 1, 1996 by Oregon Administrative rule 415-51-065(3):

- All outpatient alcohol and drug treatment programs will not allow tobacco use in program facilities or on grounds.
- No chewing gum in any treatment session (lecture, individual, or group).
- No wearing hats or dark glasses in any treatment session.
- No wearing "short shorts", halter tops, or other brief attire to any treatment session.
- No food or drink is allowed in the building.
- No T-shirts, hats, etc. advertising alcohol, bars, taverns, or containing language offensive to others.
- Break between lecture and group is not to exceed 10 minutes though lecture length may vary.

We will make every effort to begin and end on time. It is our intent to make your time spent here as meaningful and therapeutic as possible. Your cooperation in these efforts is very much appreciated.