

SUPPLEMENTAL LESSON – VIDEO: KRISTEN SMITH PART 2

Kristen is a practicing Licensed Substance Abuse Counselor in the Phoenix, Arizona area. The video is based on her experiences and professional expertise. After watching Part 2 (starts at 5:55) of the video, complete the following.

1. **Support:** “It is beneficial to attend a support group where other parents who may be down the road a little further can help calm fears and help others understand that they’re not in control of their loved one’s actions.”
2. **Groups:** “Support groups like PAL can help an addicted loved one by helping the parent be in recovery themselves. Recovery is from their own propensity towards their **co** _____ **y**.”
3. **Boundaries:** When parents start to help their child by having healthy boundaries and taking **healthy risks**...to step away...that gives the loved one the opportunity to step into life themselves.
4. **Hopelessness:** “When people feel completely hopeless when they come into PAL or counseling, I often try to help them get support from other people who are experiencing the same thing because there’s something about connecting with other humans and their **ex** _____ that helps them overcome.”
5. **Reaching out:** “How a parent might know they need to get some help through PAL or counseling is if their grief or their fear becomes overwhelming, and their own life becomes **un** _____ and out of control.”
6. **Counseling a person suffering from addiction:** “What I’m trying to help people who are in recovery learn to do...is to help them grow up. So, I’m helping them with their developmental immaturity issues (which caused them to take drugs in the first place).”
7. **Counseling a person suffering from addiction:** “I’m helping them learn how to use containment and **mod** _____ in their life...in ALL areas of their lives. That’s what healthy adults do.”
8. **Parents’ impatience:** “When parents jump in too soon in their addicted loved one’s recovery, they actually thwart the process. They are now helping the loved one realize they can’t do it on their own.”
9. **Help for parents:** “When people move into their spirituality, they have a better propensity to hand things over to a higher power/God/Jesus...”
10. **Joy:** People can still find joy even if their loved one does not pursue recovery or seek help. This can be achieved through having support in their life, connecting with others who understand their **g** _____ and fear, and possibly attending counseling to identify and overcome barriers to self-care and fully experiencing life.

“What people have to do to recognize their hope is to begin to do their own self-care.”

Kristen Smith, LISAC

“It’s often a family disease where everybody has a role, and if everyone is in recovery together then the family can get healthy quicker.”

Kristen Smith, LISAC