

# Counseling Addicted Families

An Integrated Assessment and Treatment Model

Gerald A. Juhnke and W. Bryce Hagedorn



# Counseling Addicted Families

An Integrated Assessment and Treatment Model

Gerald A. Juhnke and W. Bryce Hagedorn

 **Routledge**  
Taylor & Francis Group  
New York London

---

Routledge is an imprint of the  
Taylor & Francis Group, an informa business

Routledge  
Taylor & Francis Group  
270 Madison Avenue  
New York, NY 10016

Routledge  
Taylor & Francis Group  
2 Park Square  
Milton Park, Abingdon  
Oxon OX14 4RN

© 2006 by Taylor and Francis Group, LLC  
Routledge is an imprint of Taylor & Francis Group, an Informa business

Printed in the United States of America on acid-free paper  
10 9 8 7 6 5 4 3 2 1

International Standard Book Number-10: 0-415-95106-2 (Hardcover)  
International Standard Book Number-13: 978-0-415-95106-7 (Hardcover)  
Library of Congress Card Number 2005034604

No part of this book may be reprinted, reproduced, transmitted, or utilized in any form by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying, micro-filming, and recording, or in any information storage or retrieval system, without written permission from the publishers.

**Trademark Notice:** Product or corporate names may be trademarks or registered trademarks, and are used only for identification and explanation without intent to infringe.

---

**Library of Congress Cataloging-in-Publication Data**

---

Juhnke, Gerald A.

Counseling addicted families : an integrated assessment and treatment model /  
Gerald A. Juhnke and W. Bryce Hagedorn.

p. cm.

Includes bibliographical references and index.

ISBN 0-415-95106-2 (hb : alk. paper)

1. Substance abuse--Treatment. 2. Family psychotherapy. I. Hagedorn, W.  
Bryce. II. Title.

[DNLM: 1. Substance-Related Disorders--therapy. 2. Family Therapy--meth-  
ods. 3. Counseling--methods. 4. Models, Psychological. WM 270 J95c 2006]

RC564.J83 2006

362.29--dc22

2005034604

---

Visit the Taylor & Francis Web site at  
<http://www.taylorandfrancis.com>

and the Routledge Web site at  
[www.routledgejournalhealth.com](http://www.routledgejournalhealth.com)

# Contents

Preface	vii
Chapter 1 The Definition and Prevalence of Addiction: Impacts on the Family and the Nation	1
Chapter 1 Learning Objectives	1
Introduction	1
Addiction—A Working Definition	2
Helping Clients and Families Understand	2
Clinical Definitions—Can We Agree?	4
Now to Complicate Matters . . .	5
Addiction—Prevalence and Impacts	10
An Accurate Count—Is It Possible?	10
How Much Does It All Cost?	14
Impacts of Chemical Addictions	14
Impacts of Process Addictions	27
The Final Calculations	39
Skill Builder	40
Skill Builder Responses and Answers	46
References	50
Chapter 2 Helping Clients and Families Understand Addictions: Etiological Theories and Models	61
Chapter 2 Learning Objectives	61
Introduction	61

Theory, Theory, Theory ... Why Can't We Just Wing It?	63
Moving from Moral to Multifaceted—A Discussion of Addiction Theories	66
Why Don't They Just Stop?—The Moral Model of Addictive Disorders	68
Clinical Case Example	69
Summary and Integration	71
I Can't Help It—I Have a Disease: The Physiological Theory of Addiction	71
The Disease/Medical Model	72
Support for the Physiological Theory: The Impact of Genetics	74
Clinical Case Example	77
Summary and Integration	84
Numbing Out—The Psychological Theory of Addictive Disorders	87
The Influence of Behavioral Theory	88
Hiding the Hurt: The Self-Medication Hypothesis	89
Living the Lifestyle: The Addictive Personality	90
Clinical Case Example	92
Summary and Integration	94
“Where'd You Learn to Drink Like That?”—The Influence of the Environment on Addictive Disorders	97
Sociological Theory	97
Social Learning Theory	100
Summary and Integration	101
Which Came First, the Chicken or the Egg?—The Biopsychosocialspiritual Approach to Addictive Disorders	102
Spirituality and Addiction	103
Clinical Case Example	105
Summary and Integration	112
Conclusions	113
Skill Builder	117
Skill Builder Responses and Answers	123
References	128
 Chapter 3	
Family Addictions Assessment	141
Chapter 3 Learning Objectives	141
Introduction	141
The Clinical Family Addictions Assessment Interview	143

Six Clinical Family Addiction Assessment Phases	149	
Drug Detection Testing and Specialty Assessment		
Instruments	168	
Drug Detection Testing	169	
Specialty Assessment Instruments	179	
Therapeutic Feedback	200	
Sincere Accomplishment Reviews and Compliments	200	
When Perceptions Don't Match	204	
Summary	204	
Skill Builder	205	
Skill Builder Responses	210	
References	212	
Chapter 4	The Sequential Family Addictions Counseling Model	215
Chapter 4 Learning Objectives		215
Introduction		215
Why Family Counseling?		217
What Is Family Counseling?		219
Common Family Therapy Terms and Constructs		220
Equifinality		220
Homeostasis		221
Family Roles		223
Family Boundaries		225
Domestic Violence and Addicted Families		226
The Model		229
General Model Overview		229
Stage One: The Change Model and Motivational		
Interviewing		233
Stage Two: Solution-Focused Therapy		239
Stage Three: Cognitive-Behavioral Family Therapy		247
Stage Four: Structural Family Counseling		257
Stage Five: Extended Family Systems Counseling		266
Stage Six: Modified Intergenerational		
Family-of-Origin Therapy		278
Summary		286
Stage Seven: Psychodynamic Object Relations		
Family Therapy		286
Conclusion		293
Skill Builder		294
Skill Builder Responses		296
References		297

Chapter 5	Special Topics in Counseling Addicted Families	301
	Chapter 5 Learning Objectives	301
	Introduction	301
	Social Justice	302
	Stigmatization and Discrimination toward Addicted Families	302
	Ignorance Is No Excuse	304
	Multicultural Topics	307
	Self-Assessment	308
	Multicultural Family Addictions Counseling	309
	Multicultural Resources	310
	Life-Threatening Behaviors	311
	Suicide	311
	Substance-Related Familial Violence	326
	Conclusion	334
	Skill Builder	335
	Skill Builder Responses	340
	References	345
	Final Comments	349
	Index	351

## Preface

What clinician has not thumbed the pages of dozens of family counseling books intently searching for something clinically focused and practical? You know the books. They run the gamut. Some family counseling books are so “minutia focused” and laden with boring historical accounts of who did what when that readers deserve an award for finishing the first few paragraphs. Others posit convoluted pop culture accounts on how to reconnect with pathological parents while terminating one’s ineffective family therapist.

This book is different. Our intent in writing this book is to provide readers with a practical, clinically based family addictions model that works. Since the early 1990s we have trained our master’s and doctoral students in the Sequential Family Addictions Model. They have successfully utilized the model and have noted its utility with their addicted family clients. Based upon self-report of both master’s students and experienced doctoral students, the model is relatively simple to follow and—most important—effective. Its practical applications provide both brief and long-term treatment options that match individual family needs no matter the family’s position on the addictions continuum.

Moreover, the book was written to be used in two distinct ways. First as a treatment manual, the book provides more experienced counselors a means to strengthen their current knowledge and augment their clinical acumen. For example, experienced family counselors seeking greater understanding of addictions and desiring effective family interventions will find this no-nonsense book filled with ways to utilize already familiar treatments within a preplanned sequence that changes family addiction patterns. Second, more experienced addictions counselors will find



this book helpful as it describes “progressing” family-based interventions that emphasize the importance of family relationships when addressing addictions.

The book’s greatest merit, however, is the manner in which it prescribes a sequential movement in treatment. Beginning with “here and now” theories and practices undergirded by the constructs of equifinality and brevity, family addictions counselors learn how and when to move toward more insight-oriented family addictions treatments that are frequently more time intensive and costly. Movement away from briefer family addiction treatment is not perceived as a failure on the part of either counselor or family. Rather, it is understood as a reflection of eloquently presented sequential interventions that match the developing needs of families and their individual system members.

We trust this book will help you attain your next desired proficiency level and commend you for embarking on the journey that you have begun. Above all, we count it a privilege to join you as we serve the needs of addicted families.

Sincerely,  
Gerald “Jerry” Juhnke and William “Bryce” Hagedorn