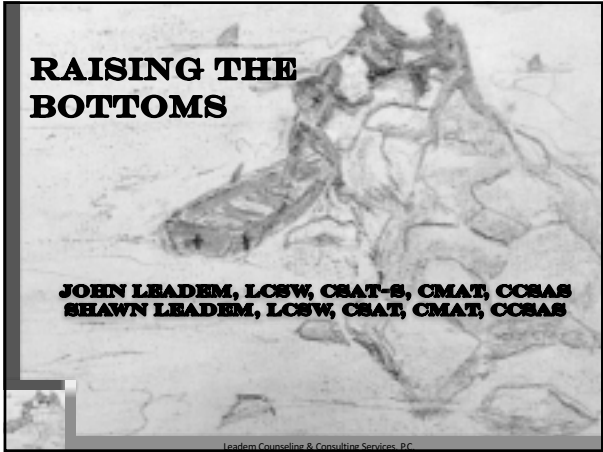


**RAISING THE
BOTTOMS**



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Definition & Purpose of Intervention

Hitting Bottom

The point in an addictive process whereby the sufferer realizes he/she can no longer deny or minimize his/her compulsions and their consequences.

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Definition & Purpose of Intervention

Hitting Bottom

It is the point in which the pain on the outside is greater than the pain on the inside.

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Relapse Defined

Delusional Memory System

The disease of addiction is characterized not just by craving and lack of behavioral control, but also by the diminished ability to recognize and remember significant problems and pain for what they are.

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Relapse Defined

Delusional Memory System

The addict cannot see what he is doing to himself because he cannot see what he is doing to himself.

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Raising the Bottoms® is a three-phase intervention model that is designed to maintain focus on the addiction and not the identified person (IP), as the source of pain and trauma.

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- ◇ Targets the addictive process
- ◇ Designed to promote change in a palliative and preventive way
- ◇ Promotes that treatment providers work to ensure that the prescribed treatment course matches the identified needs of the identified person

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- ◇ Particularly suited to address sexual addiction
 - ◆ Families are oftentimes exposed to heightened levels of betrayal, secrecy, exploitation, discord, abandonment and abuse.
 - ◆ For a sex addict these behaviors often serve to heighten the IP's high (Carnes, 2001).
 - ◆ An RTB interventionist sees the facilitation of processing and resolution as part of the intervention.

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Phase One: Intervene on the Concerned System

- ◇ Assess whether or not an intervention is warranted and appropriate
 - ◆ IT assessment of IP: General Information
 - ◆ IT assessment of psycho-social concerns for IP
 - ◆ IT assessment of IP's dangerousness to self or others
 - ◆ IT addictive substance-dependency screening of IP
 - ◆ IT assessment of intervention risk-benefit analysis
 - ◆ IT assessment of potential threats to the interventions success

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Phase One: Intervene on the Concerned System

- ◇ If an intervention is found to be both warranted and appropriate the therapeutic focus is then shifted to helping the IT members:
 - ◆ See how they have been injured by the IP's behaviors of concern
 - ◆ See how their life coping strategies may have contributed to their own discomfort
 - ◆ Identify other problems that may compromise the health and well-being of the IT members or compromise the success of the intervention

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Phase One: Intervene on the Concerned System

- ◇ If an intervention is found to be both warranted and appropriate the therapeutic focus is then shifted to helping the IT members:
 - ◆ Develop a plan for how to improve the quality of their own lives
 - ◆ Learn how to articulate to the IP the impact his/her behaviors have had on their lives
 - ◆ Communicate the help they want the IP to get
 - ◆ Define what they are prepared to do/what changes to the relationship they are prepared to make if the IP opts not to get help

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Phase Two: Intervene on the Identified Person

- ◇ The presentation of the IT's "first aid" kits
 - ◆ Love (Concern) Letter
 - ◆ My Personal Inventory
 - ◆ My Plan for Personal Self-Improvement
 - ◆ Commitment of Support
 - ◆ The Basis for My Concerns
 - ◆ Our Very Best Treatment Proposal for You
 - ◆ Redefining Our Relationship

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Phase Three: Intervene on the Receiving Treatment Providers

- ◇ Create a foundation for and bridge to ongoing treatment

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Mock Intervention

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Mock Intervention

Hopilina

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Hopilina is Thaddeus Toad's wife and an adult child of alcoholic parents. As an adolescent girl she learned the safest way through life was to be guarded, alone and self-sufficient. Hopilina was a hard worker who entered the work force early and was destined to get a promising scholarship into a prestigious school. She was set to escape. In her junior year she met Thaddeus and quickly became enamored by their shared story of childhood pain and internal drive to be better than the families they came from. Thaddeus recognized and supported her ambition it a way that no one else had.

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Mock Intervention

Tad Pole

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Tad Pole is Thaddeus' AA sponsor and brother-in-law who is married to his wife's sister. Growing up Tad learned early on that the only way to avoid his mother's wrath was to do well in school and sports so that she could brag about him to family and friends. Tad became the consummate people pleaser who never really felt unconditionally loved or accepted by anyone but his bottle of scotch and the women in his fantasies. Tad, with help from Hoppa Pole (his wife), ended his love affair with scotch when he entered AA but has continued to covet the women in his fantasies.

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Mock Intervention

Hoppa Pole

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Hoppa is Hopilina's sister and Tad Pole's wife. Hoppa has worked with Thaddeus for many years now and throughout the years she always found him to be flirty with her and the other women in the office. On one occasion, Thaddeus took it too far when he attempted to kiss her. This occurred over a year ago but Hoppa has been too afraid to bring it to her sister for fear that she would lose her sister's trust and relationship – after all, Hopilina is the only family she has left.

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Mock Intervention

Kermit Toad

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Kermit is Thaddeus and Hopilina Toad's adult son who has been deeply impacted by his father's untreated sexual addiction. During his childhood, Kermit worked hard to keep his father's secret women from his mother because of the deep shame he had over the fact that he was aroused by the naked pictures of women he would find on his father's phone. As a result of his preparation for the upcoming intervention, Kermit has come to acknowledge that, like his father, he has found lust to be a solution for all of his pain and discomfort.

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Mock Intervention

Pastor Pol. E Wog

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Pastor Pol E. Wog has known Thaddeus since he was a boy and was delighted when (s)he was chosen to officiate his marriage to Hopilina over 20 years ago now. (S)He had been concerned about Thaddeus's heavy drinking and was glad to see him decide to get help in AA. (s)He had hoped that his flirtatious behavior toward other women in the community would stop when he stopped drinking but it did not. (S)He was too fearful to address his womanizing even when it was raised as a concern by Hopilina during a pastoral counseling session. (S)He told himself it was because the romantic or sexual behavior of his community was none of his business unless they brought it to him directly. When Hopilina called (her) him (s)he knew (s)he had to be involved because (s)he had already abandoned (her) his duty to them once already when (s)he met with them in counseling.



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Mock Intervention

Mrs. Ribbet

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Mrs. Ribbet has been a family friend of the Toads for over 10 years and is currently Thaddeus Toad's employer. Thaddeus has worked in her firm now for about 8 years and their families have become close. In deference to his late father, she has historically turned a blind eye to times, while in active alcoholism, Thaddeus would produce shoddy work and frequently call out sick. She was overjoyed 5 years ago when Thaddeus decided to get sober. She believed all to be well until recently when his wife, Hopilina, approached her about how much pain she was in and how much trouble she believed Thaddeus to be in.



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Closing



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Questions & Answers



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