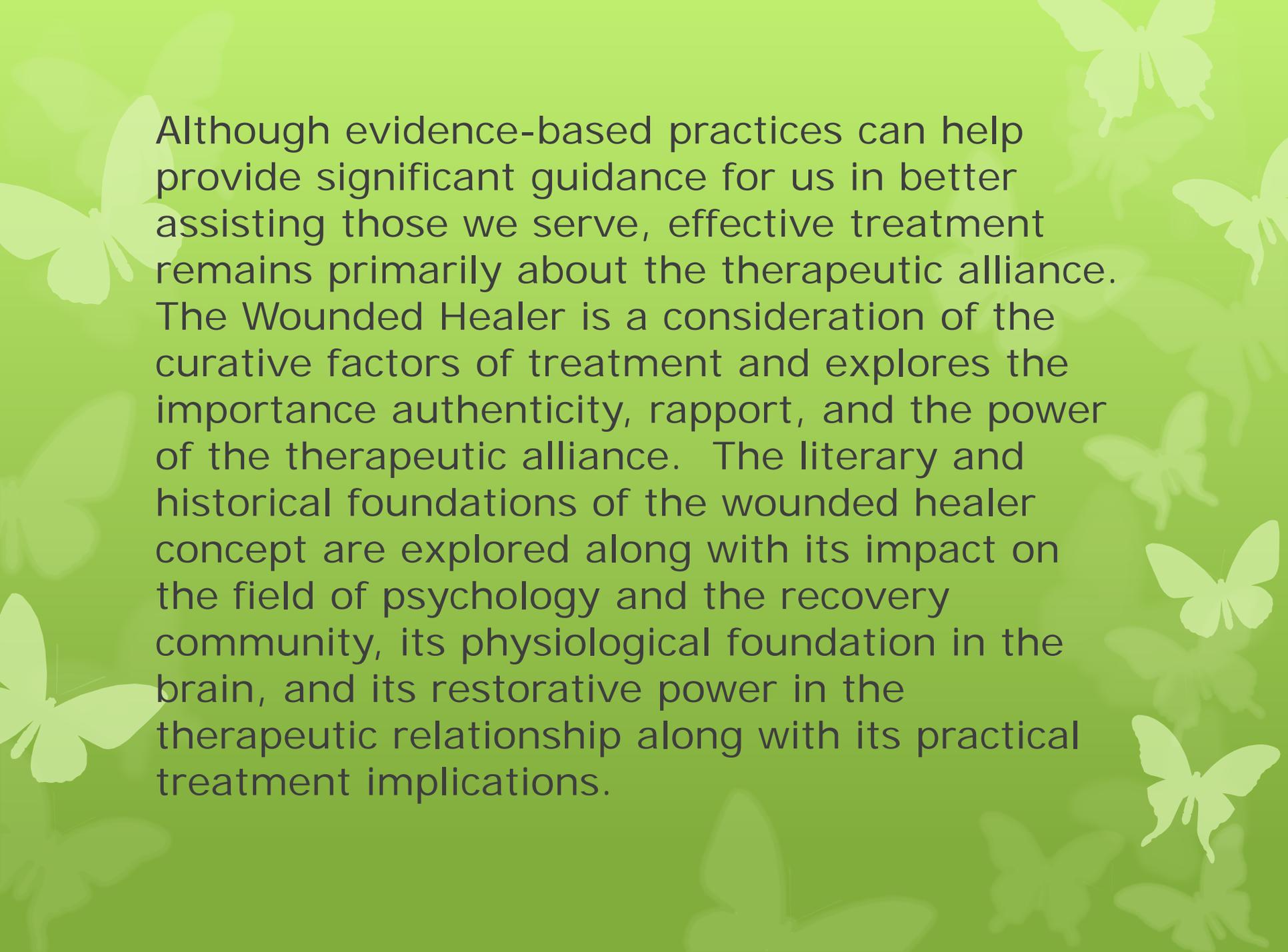




The Wounded Healer

James E. Campbell, MA, CACII

Why are we here?



Although evidence-based practices can help provide significant guidance for us in better assisting those we serve, effective treatment remains primarily about the therapeutic alliance. The Wounded Healer is a consideration of the curative factors of treatment and explores the importance authenticity, rapport, and the power of the therapeutic alliance. The literary and historical foundations of the wounded healer concept are explored along with its impact on the field of psychology and the recovery community, its physiological foundation in the brain, and its restorative power in the therapeutic relationship along with its practical treatment implications.

Objectives

Participants in this training will:

- Develop a foundational understanding of the physiological impact of the brain in cultivating a positive therapeutic alliance.
- Develop an understanding of the concept of the Wounded Healer from a literary and historical viewpoint and its impact on the human services field and the recovery community.
- Identify curative factors that are necessary for effective treatment.
- Identify specific steps to becoming more effective in their clinical work.
- Develop a stronger understanding of the need of effective self-care and clinical supervision in order to be effective as a clinician.

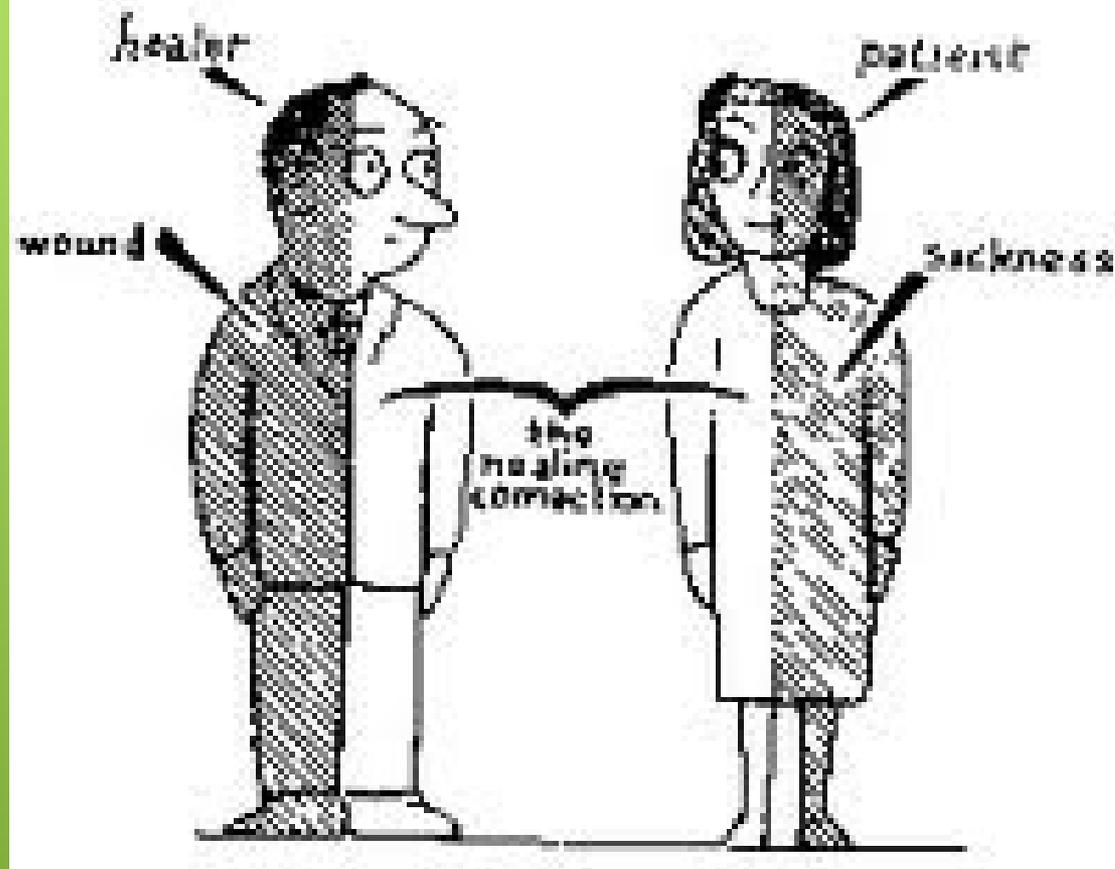
A Little History

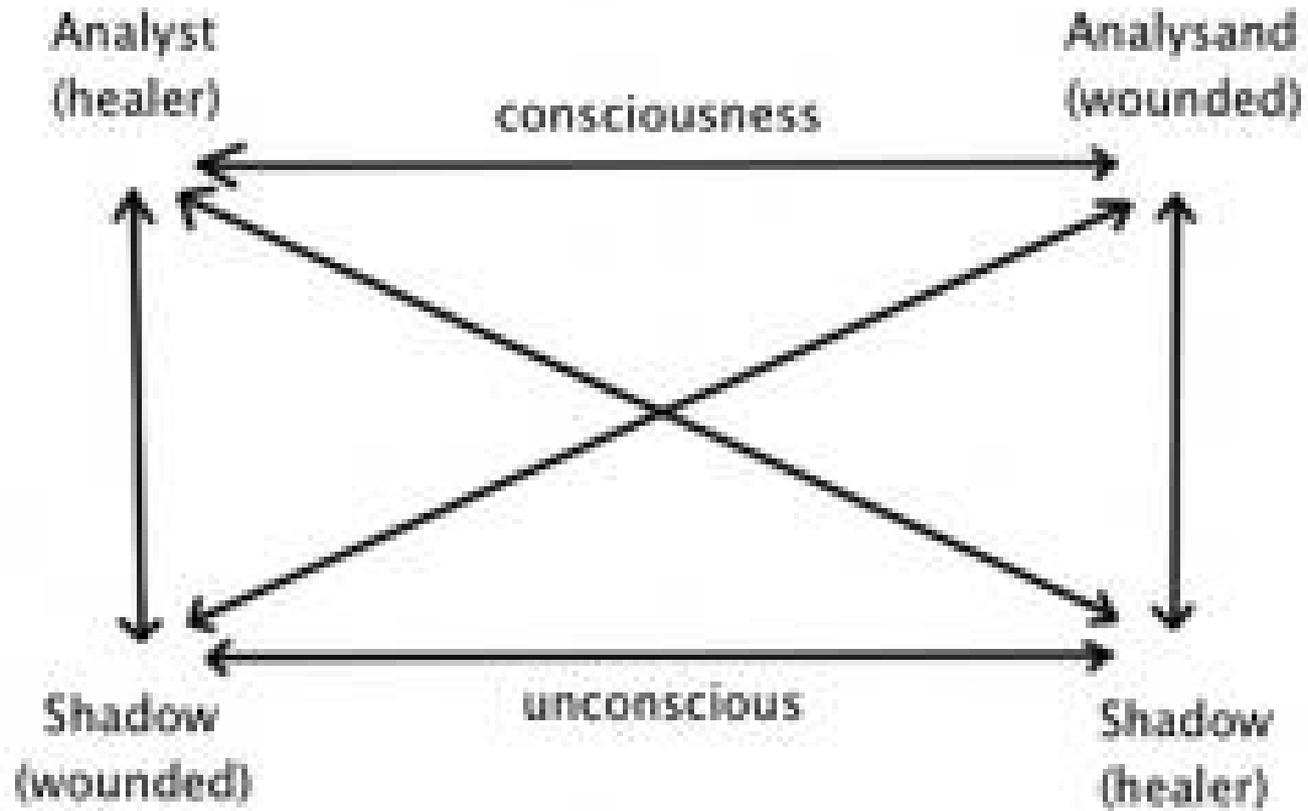


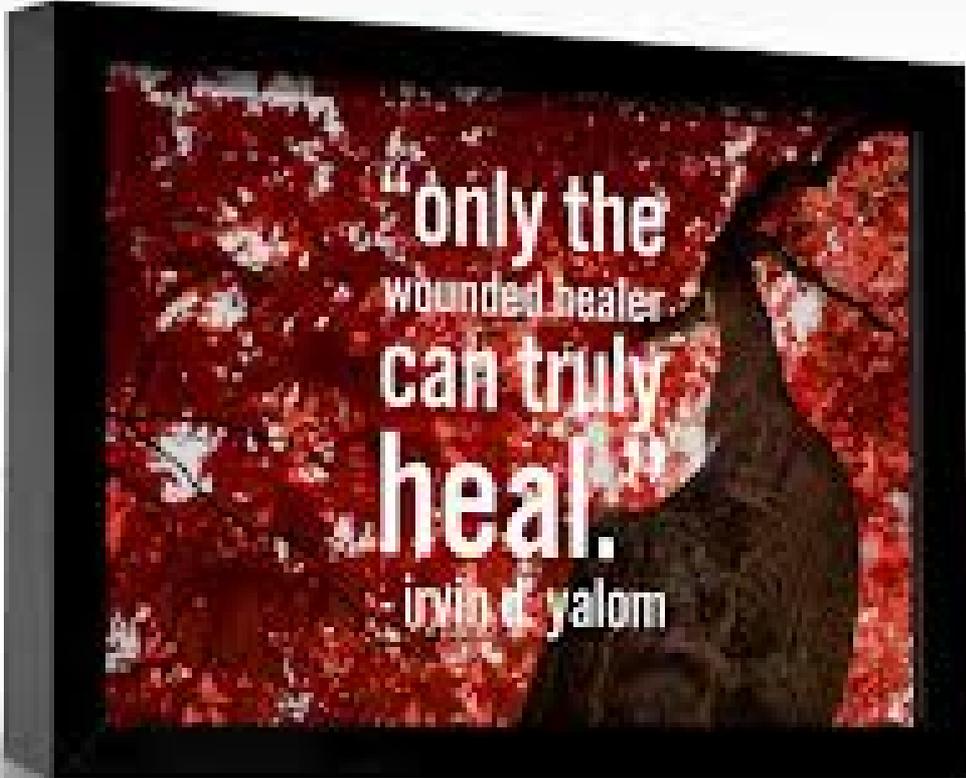


THE WOUNDED HEALER

The Psychology of the Healer and the Patient







“only the
wounded healer
can truly
heal.”
irvin d. yalom

Wounded Wounder

or

Wounded Healer



“The person may have
a scar, but it also
means they have
a story.”
— *The Storyteller*

JodiPicoult.com  

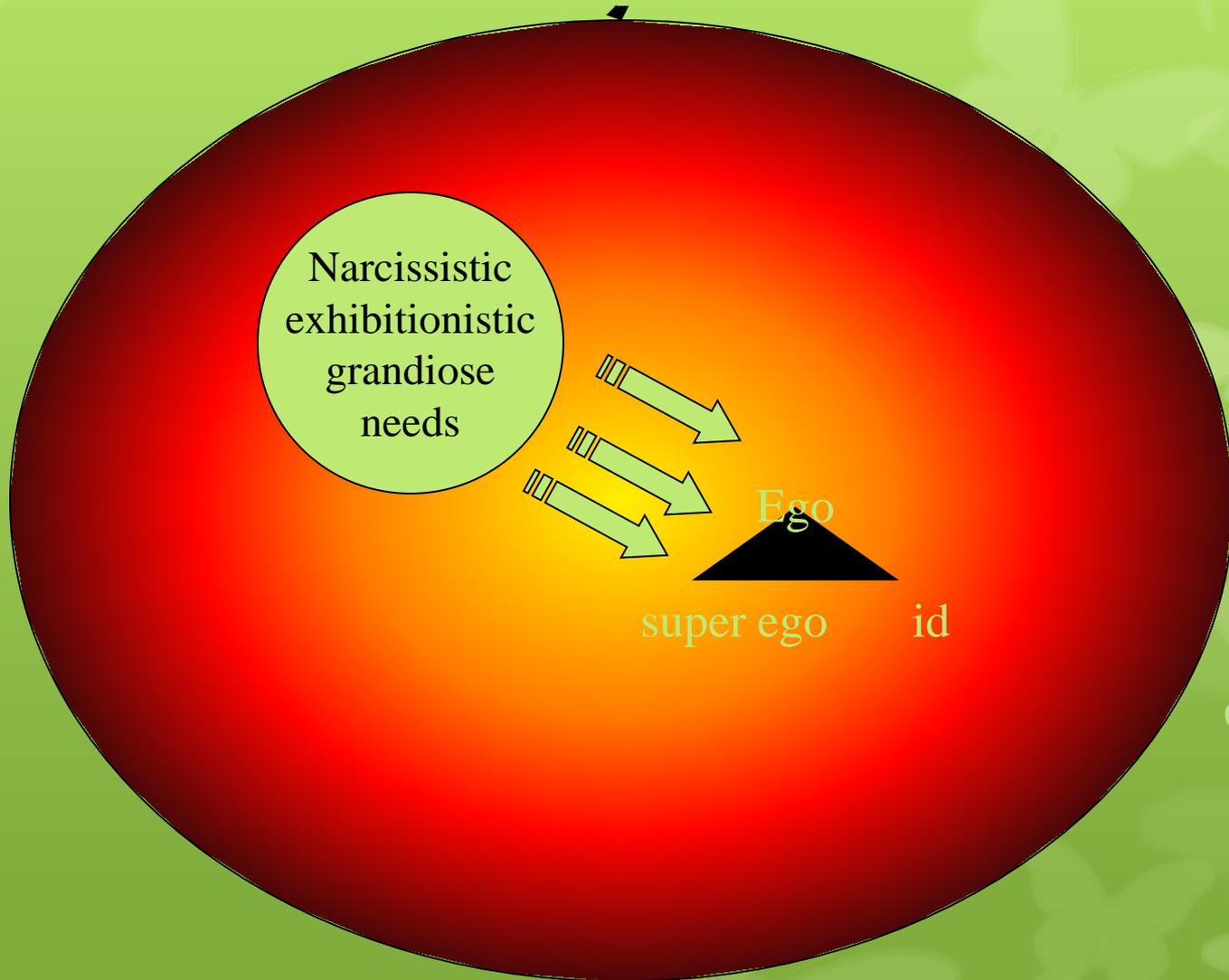


● One of Those People

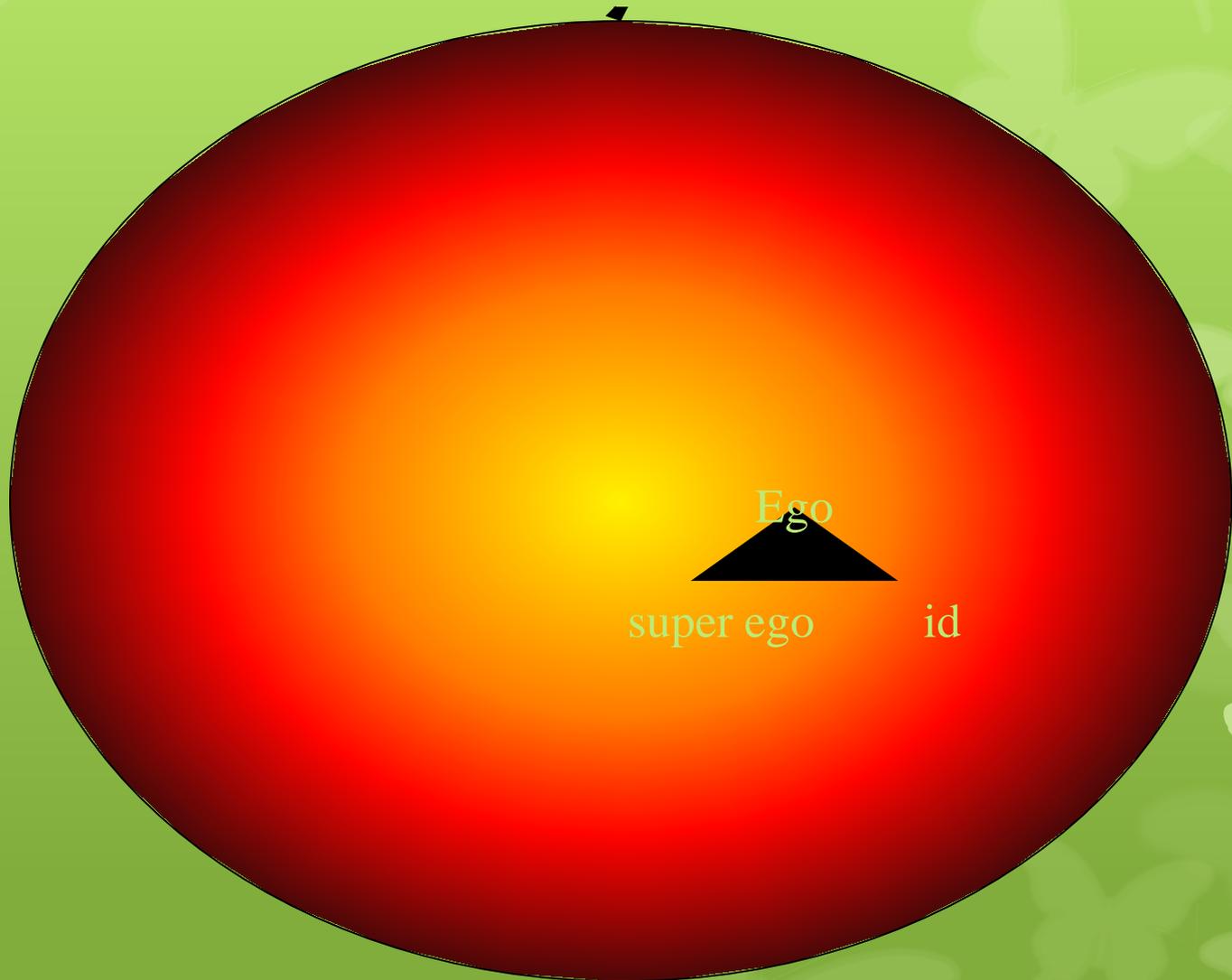
Our Wounds



Psychology of Addiction



Psychology of Addiction



Psychology of Addiction

Manifestation of False Self Structure

Shame

The belief that at my core I am bad - therefore I must earn my value. “To be good I must do good.”

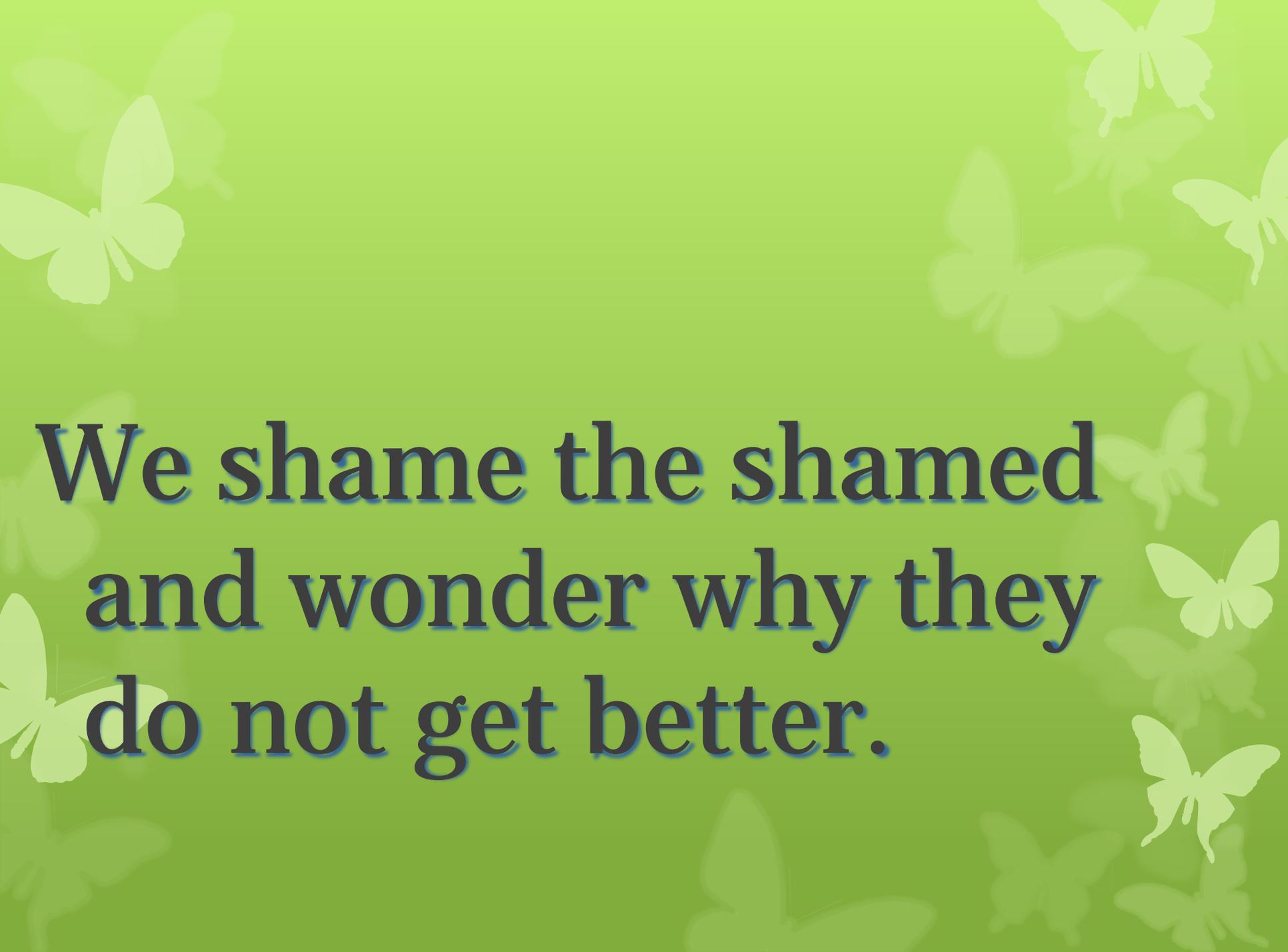
A need or constant external approval.

A persistent fear of punishment.

Nagging comparisons to others - “Do I measure up?”

Extreme sensitivity to others expectations.

People pleasing.



**We shame the shamed
and wonder why they
do not get better.**

Psychology of Addiction Treatment Assumptions

Love

is the only true antidote to shame.

We must have the courage to re-introduce the word love into our clinical lexicon and love our patients so they in time may love themselves.

Over time our external love can be transmuted and internalized into self love.

Attachment and the Brain Treatment Implications

We fail to realize that the “love hungry brain” will by necessity seek satisfaction either in unhealthy relationships or drugs.

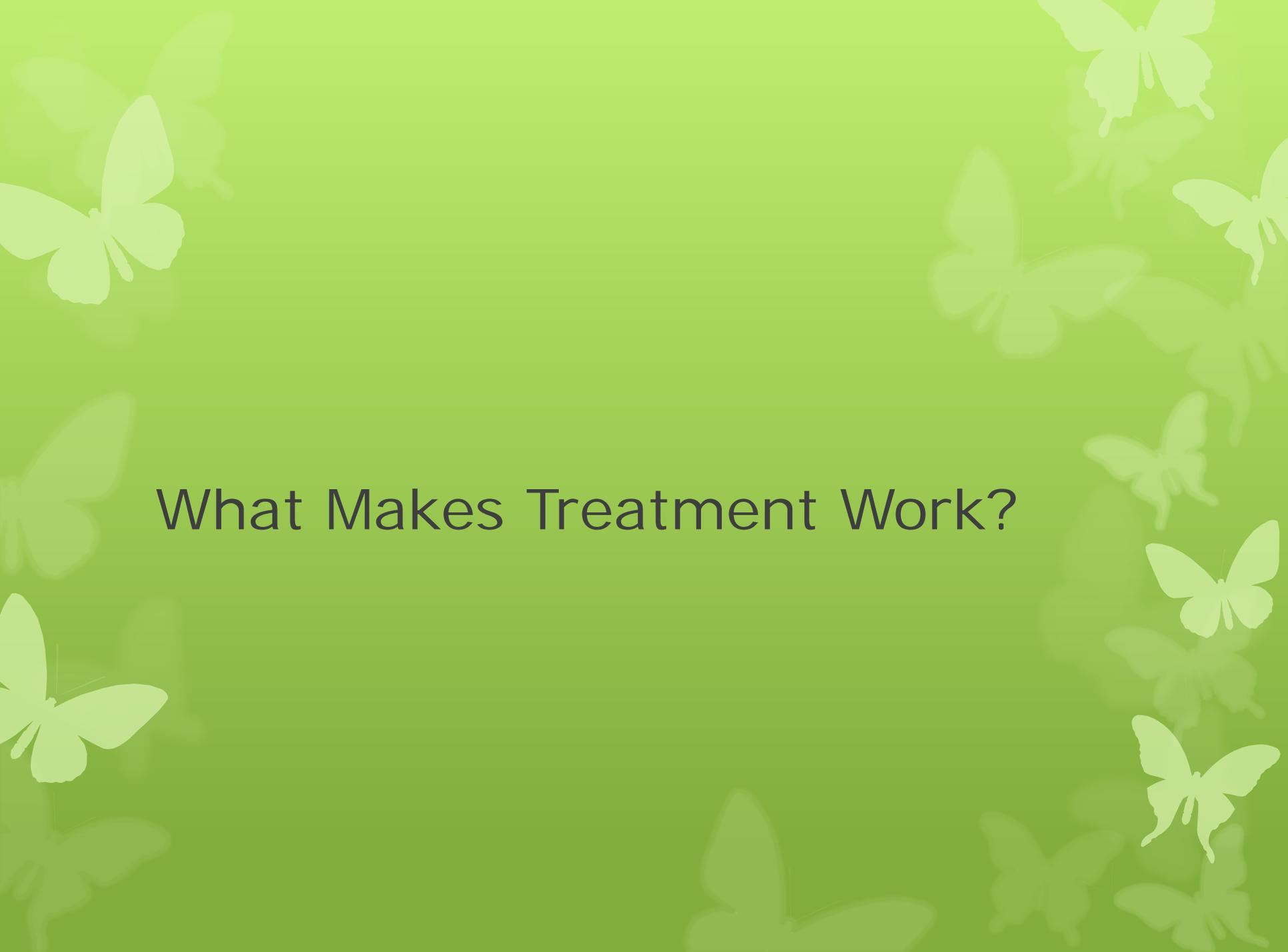
Herein lies the power of group! (family is a group-we all have one)

The limbic regulation in the group can restore balance to its members.

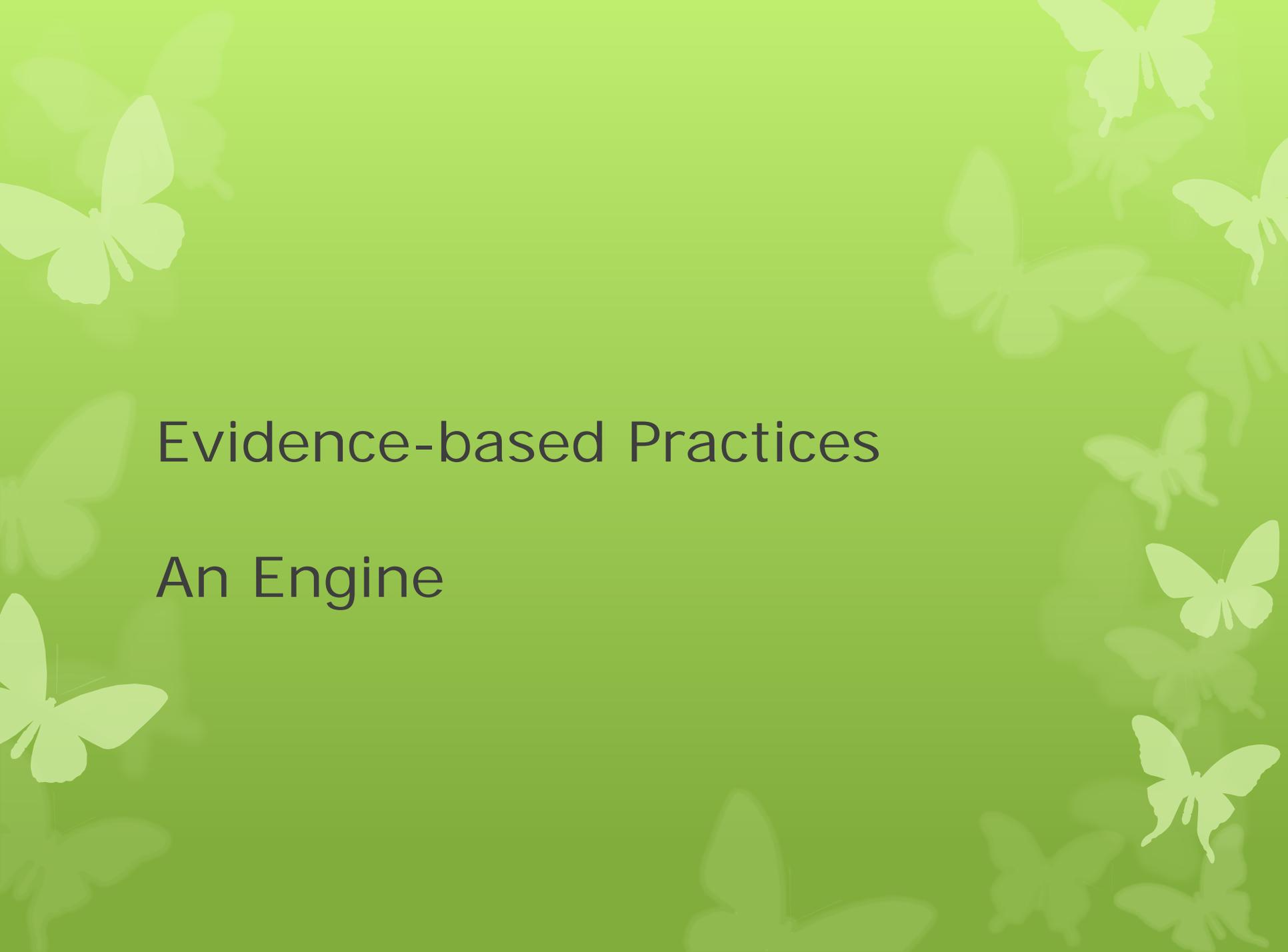


What our clients, patients,
and people in general
want to know:

● Broken



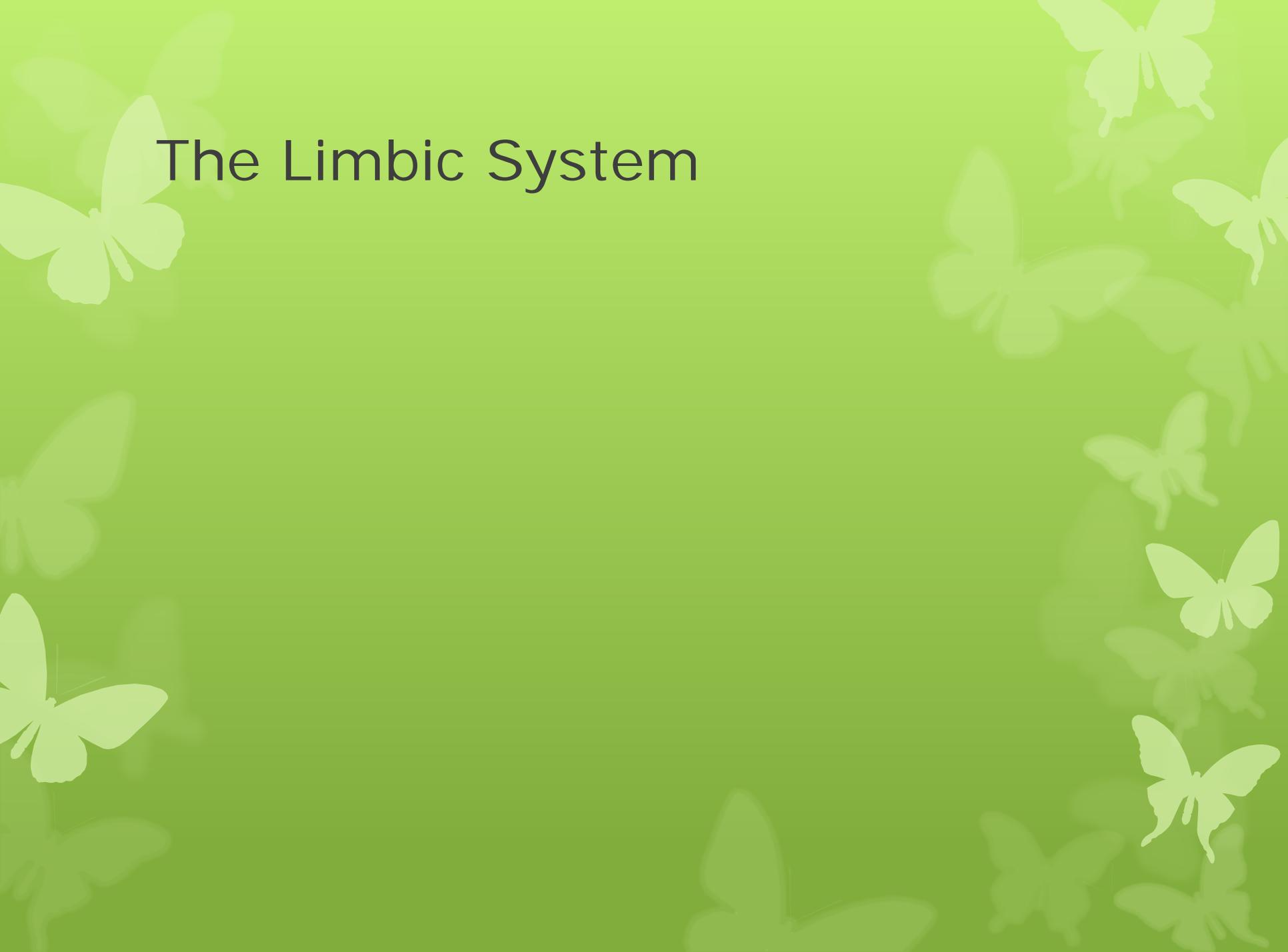
What Makes Treatment Work?

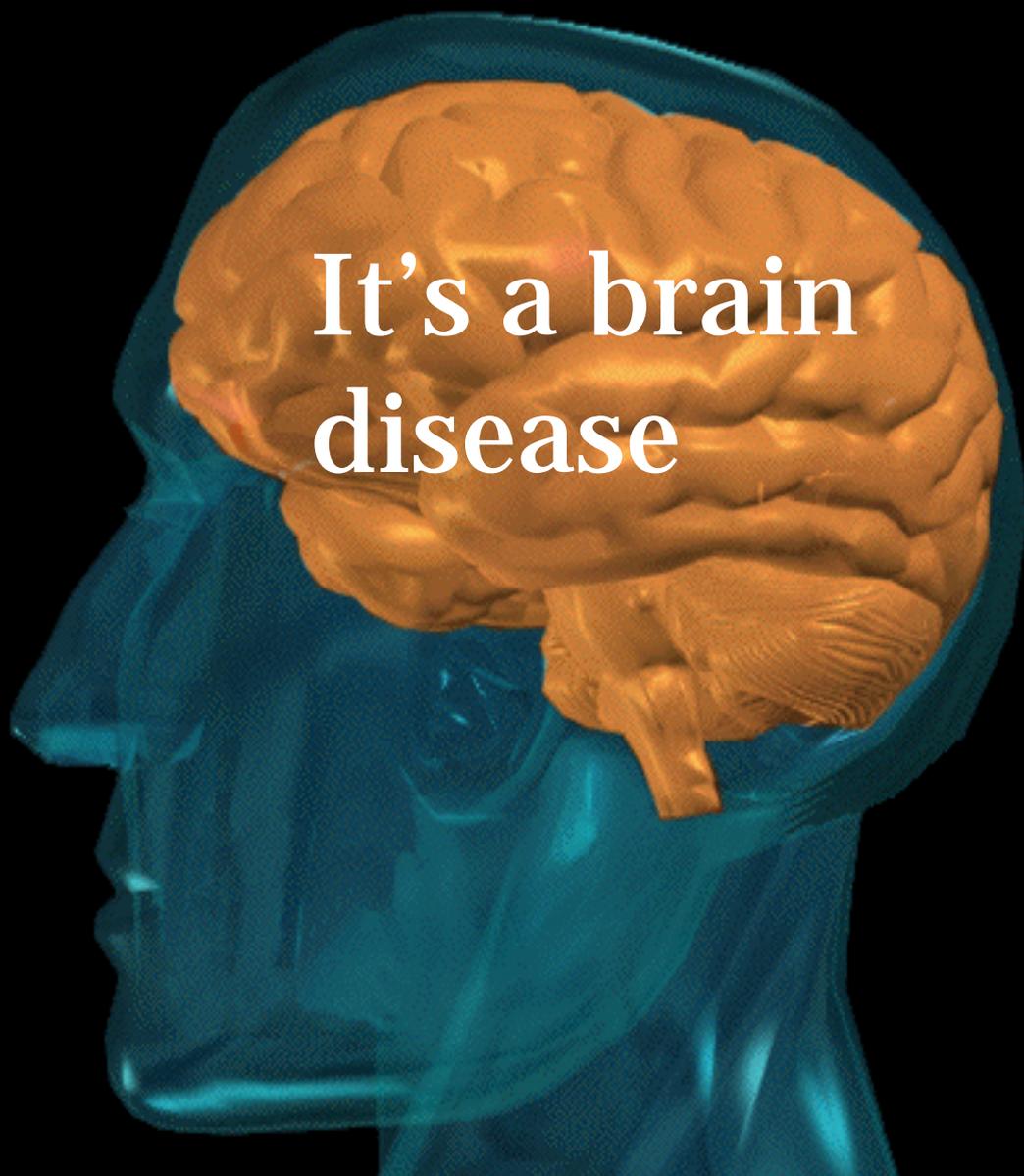
The background of the slide features a light green to yellow-green gradient. Scattered across this background are numerous white butterfly silhouettes of various sizes and orientations, creating a decorative and naturalistic theme.

Evidence-based Practices

An Engine

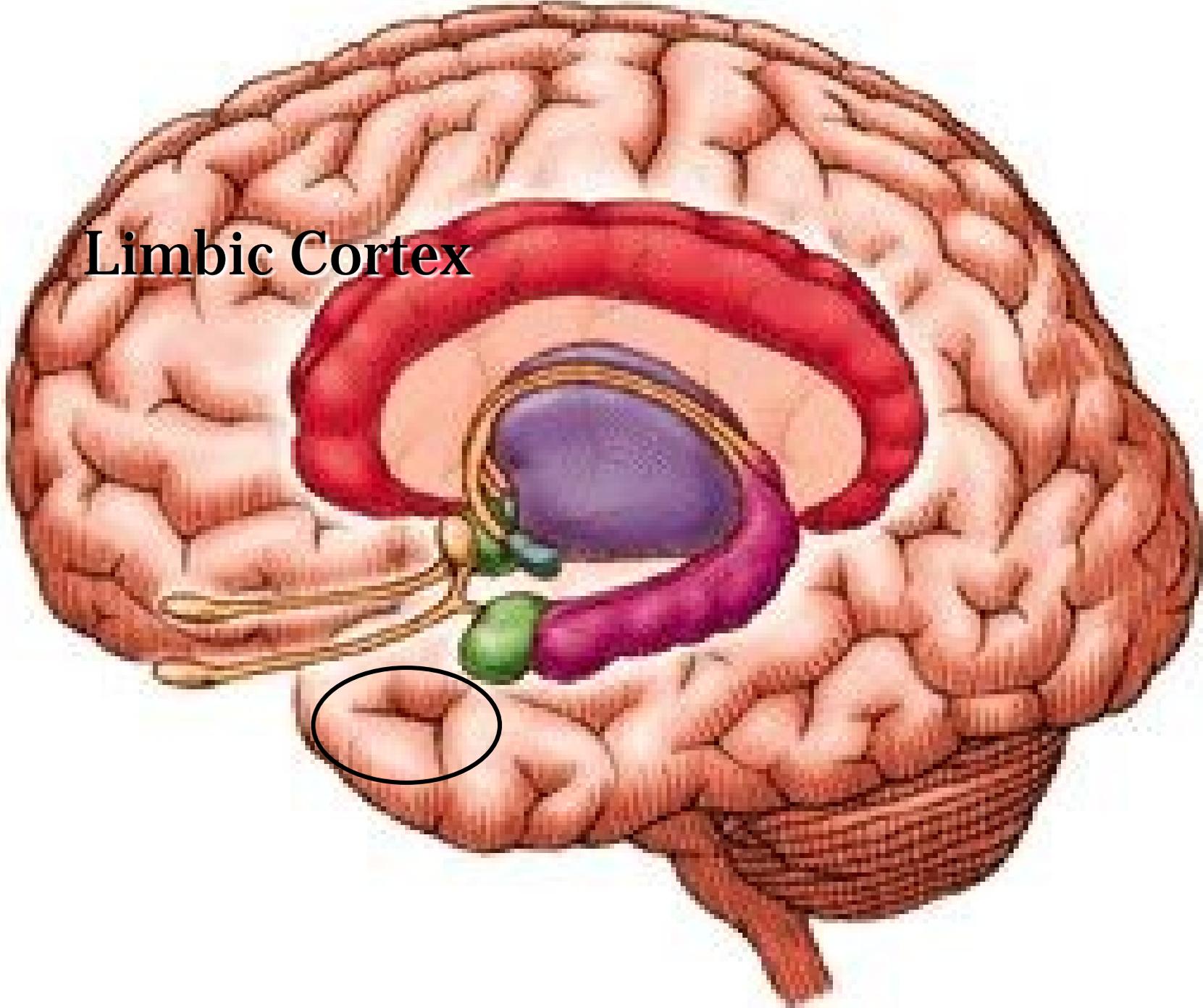
The Limbic System





It's a brain
disease

Limbic Cortex



Dr. Susan Holman

How does this work?

Let's assume that an average person has a dopamine level of 10,
...and they try cocaine.

Their body may read this as a dopamine level of **18** with 10 being natural and 8 being drug-induced.

The body want to get back to "normal"; so it backs off on its dopamine level to 8.

So what happens over time?

10	8	6	4	2	0	0	0
8	8	8	8	6	4	2	1
<hr/>							
18	16	14	12	8	4	2	1

Question: Why don't they just quit?

Is your biology now working for you or against you?

Isn't it just a question of willpower?

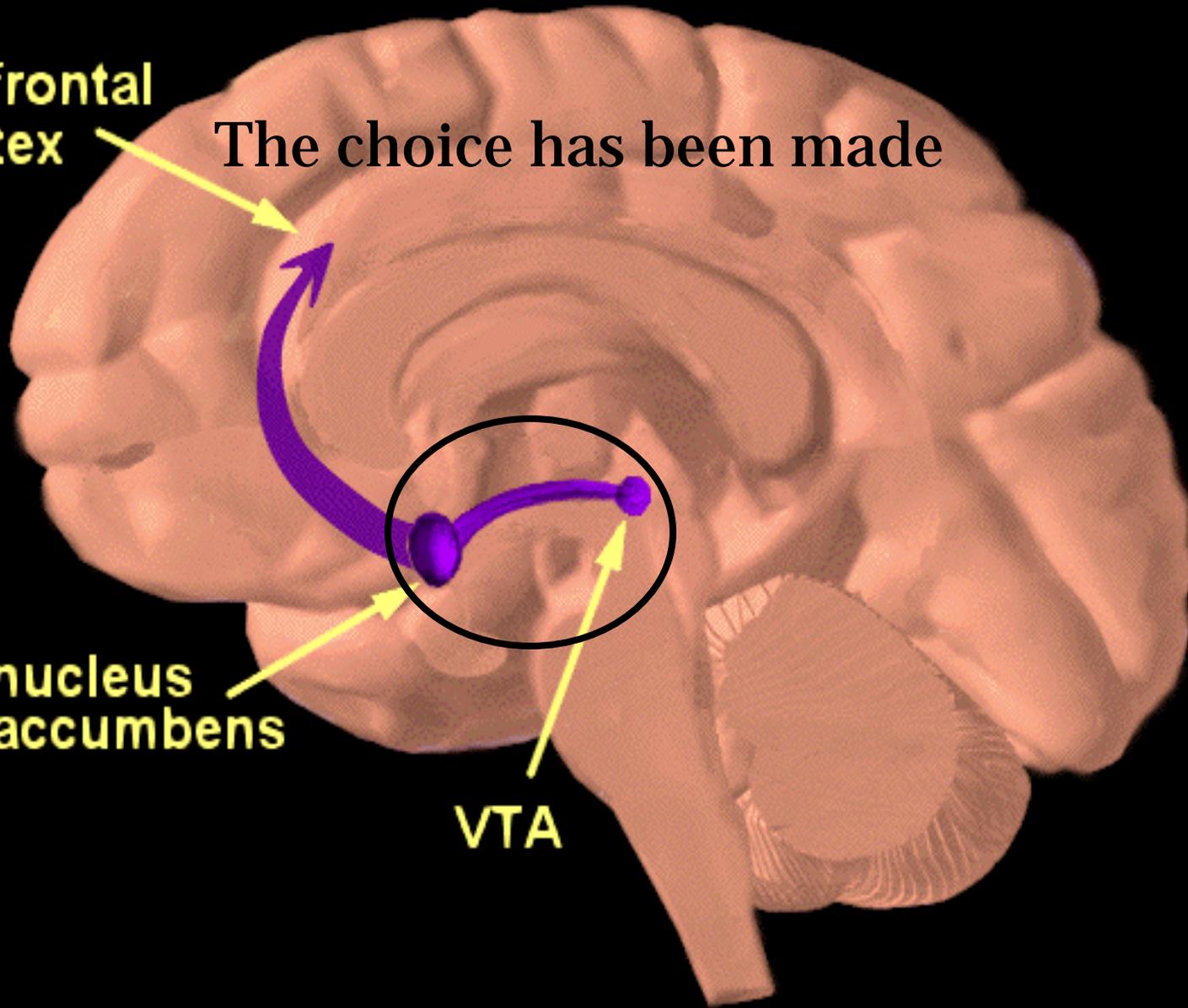
- Krispy Kremes
- Drowned or murdered?

**prefrontal
cortex**

The choice has been made

**nucleus
accumbens**

VTA



Social Context

Conformity is adaptive.

Shared values are the norm.

Perception is altered by social context not just values.

Culture determines how we see ourselves.

We are intrinsically SOCIAL CREATURES.

We cannot define ourselves outside of social context and relationships.

Social Context

Aspects of our Culture that Support Addiction

Eventually the “shamed” end up believing the messages that society is telling them about themselves.

We deserve our disease.

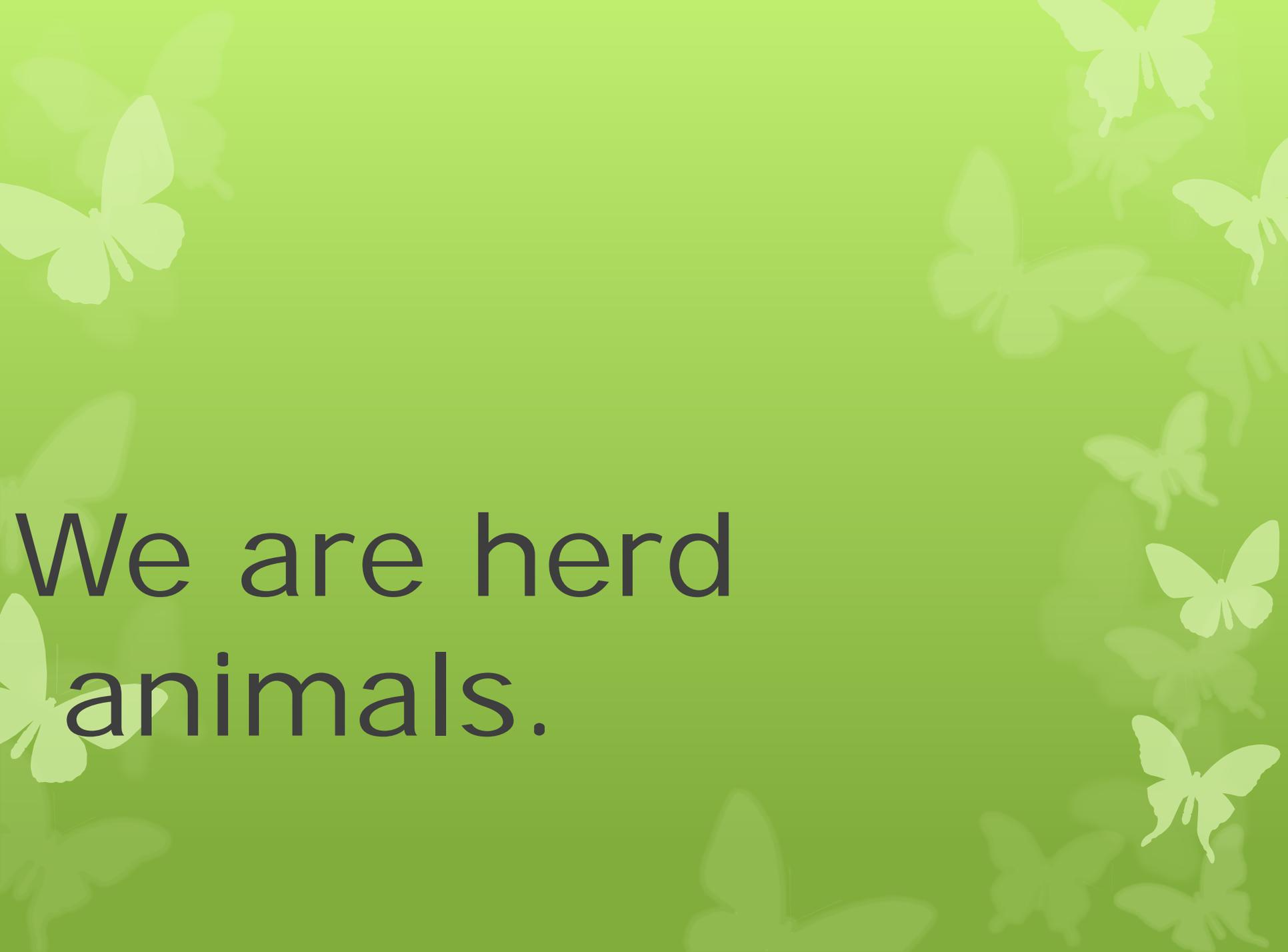
We really are the bad people that everyone (including ourselves) believes us to be.

I am truly so worthless not even God can love me.

The background is a solid light green color. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the entire surface. The butterflies are simple line-art style drawings.

We are pack
animals.





We are herd
animals.



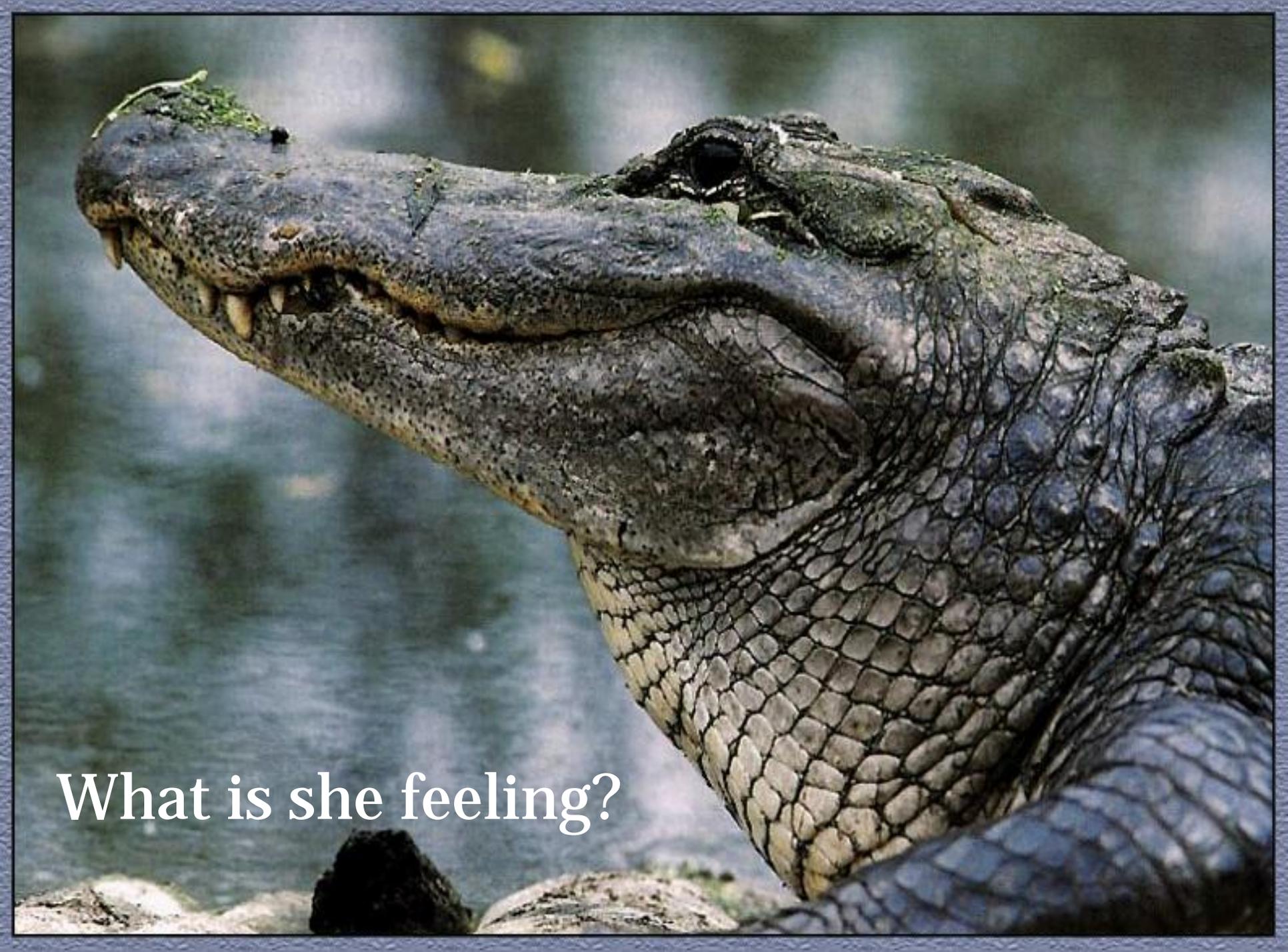
How did they communicate?

They certainly did not talk, although there may have been some communication by shared sound.

They did not have carefully choreographed “paw” signals.

Pheromones were not fast enough.

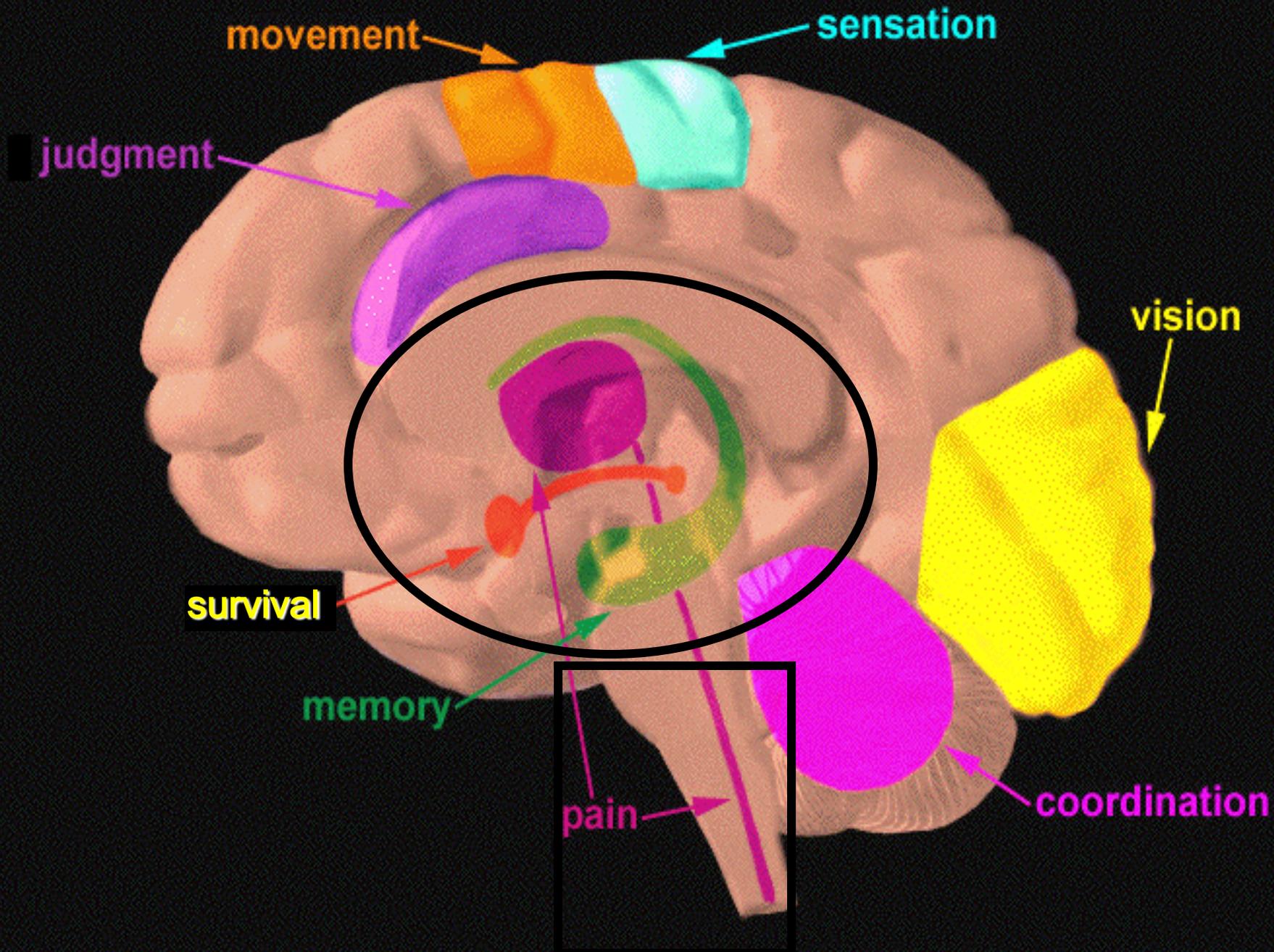
So how did they communicate?



What is she feeling?

3-48M





Attachment and the Brain

The limbic system is able to quickly monitor the integration of the external and internal worlds that impact our life.

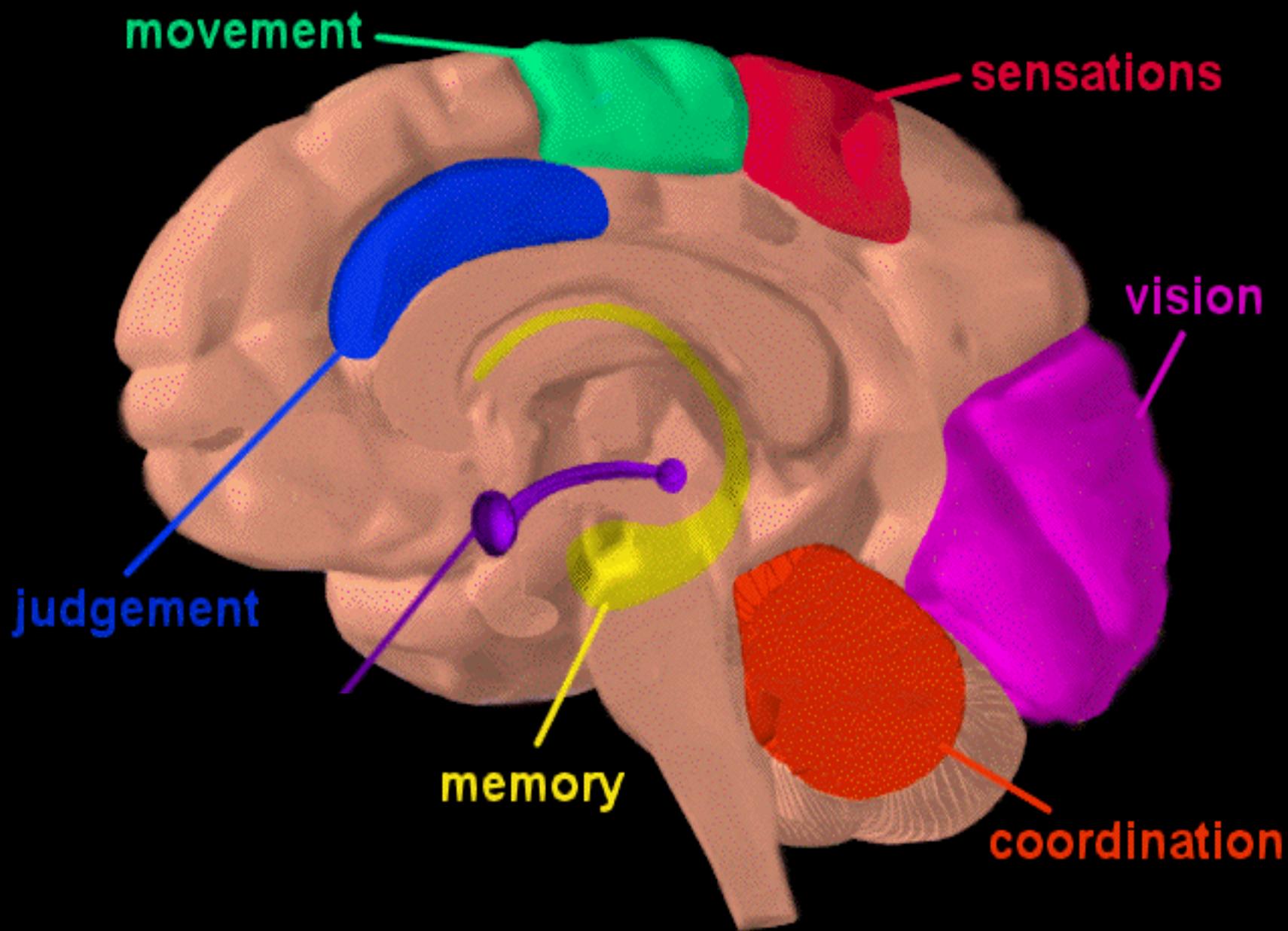
It is easy to confuse the experience of an affect (limbic) and naming that affect as an feeling (neocortex).

Affect is basic biology, feelings are when we become aware of the affect intellectually and emotions give it a name and context.

Sylvan Tompkins.



Limbic Resonance and Social Intelligence



Limbic Resonance and Social Intelligence

In addition, the limbic system has special physical apparatus specifically geared toward detecting and responding to the internal world of other similar creatures.

This capacity led to what is referenced as

“**limbic resonance.**”

This resonance seems uniquely developed to nurture and respond “intuitively” to our young and to love and be loved in general.

Limbic Resonance and Social Intelligence

Mirror neurons are found in the new cortex and the limbic system

Memes – we are built to imitate

Emotional contagion

Highroad – slow but accurate

Low road – very fast but less precise

Low road + mirror neurons = empathy



Attachment



Oxytocin – female bonding
Vasopressin – male bonding



“Falling in love” is not a choice!

Attachment and the Brain

We can change what we know by appealing to our reason and intellect.

We can change how we behave – some of the time – by learning new skills.

We can change who we are and how we respond only by allowing ourselves to be loved over time.

Drugs of Abuse & the Limbic System

All drugs of abuse impact the limbic system.

While they may differ in their pharmacological impact they lead toward dysregulated limbic energy.

Limbic communication is distorted.

Limbic learning is compromised.

Age and gender matter.

Limbic Resonance and Social Intelligence

Emphasis on Social Intelligence

People are given permission to love well

to be loved

to love others

to love self

Attachment and the Brain

Despite all that we have learned.

Despite all the techniques and skills we
have perfected.

Despite all of our evidenced based
interventions.

It is the therapeutic
relationship that matters
the most.

Limbic Resonance and Social Intelligence Treatment Implications

Be alive-

Be aware-

Be intentional-

***Be self-loving- and be grateful for
all the relationships who are
making who you are***

**And then, if you have the
courage, love your patients
and they may learn how to
love themselves.**

Limbic Resonance and Social Intelligence Treatment Implications

1. Basic assumptions will change.
2. Families will be admitted to treatment not individuals.
3. Motivational enhancement techniques will amplify a therapeutic relationship and reduce shame.
4. Transference and countertransference will be examined and valued.
5. Treatment environments will be more welcoming.



**"Love cures people,
both the ones who
give it, and the ones
who receive it."**

- Dr Karl Menninger

Carl Rogers

- Congruence
- Authenticity
- Unconditional Positive Regard

Motivational Interviewing



Motivational Interviewing

- Developed by Miller and Rollnick in the 70's and 80's
- Provided an alternative to the confrontational approach
- Combines directive and client-centered approach
- Emphasizes helping behavior change through exploration and resolution of ambivalence
- Counselor creates an environment that invites change

Four General Principles of MI

- Empathy
- Discrepancy
- Self-efficacy
- Resistance

Empathy

- Create an atmosphere of acceptance
- Reflective listening
- Suspensions of assumption and advice
- Avoid argumentation
- Focus on learning as much about the client's perspective as possible
- The client genuinely feels heard and accepted

Discrepancy

- We will change for what we love
- Counselor finds out what the client loves
- Enhances discrepancies between what the client is doing and what they desire to do; who they are and who they want to be
- Explore ambivalence

Self-efficacy

- Client recognizes the need for a change
- Maintains the belief that change is possible
- More importantly has belief in himself and his ability to change

Resistance

- A natural part of change (inertia)
- A point during treatment where the counselor recognizes the need to do something different to engage the client in the process of change
- Counselor should avoid power struggles and help client explore “what is” compared to “what could be”
- Engage the client in “change talk”

Six Traps to Avoid

- Engaging in a question and answer format
- Taking sides on the change issue
- Playing the expert
- Labeling the problem
- Developing a premature focus
- Blaming the client for the behavior

Encouraging OARS + Strategies

- Ask Open questions
- Affirm the client (strengths, change attempts, etc.)
- Listen Reflectively
- Summarize
- Elicit change talk.

Change Talk

- Ask evocative questions (encourages expression of client's view/concerns)
- Use the importance rulers (1-10 scales)
- Explore the decisional balance (weighing pros and cons)
- Elaborate (encourage more, clarification)
- Ask for extremes (the best/worst consequences)
- Looking back (Look back to before the problem and compare to now)
- Look forward (look to the future to describe how a change would impact the future or if no change occurs)

The background is a solid light green color with a subtle gradient. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the frame. The butterflies are most prominent in the corners and along the right edge.

● Charleston Green

The background is a smooth green gradient, lighter at the top and darker at the bottom. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the frame. The word "Magic" is written in a bold, black, sans-serif font, preceded by a solid black circle.

● Magic

The background is a solid light green color with a subtle gradient. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the frame. The butterflies are most prominent in the corners and along the right edge.

● Character Actors



● Points of Brokenness

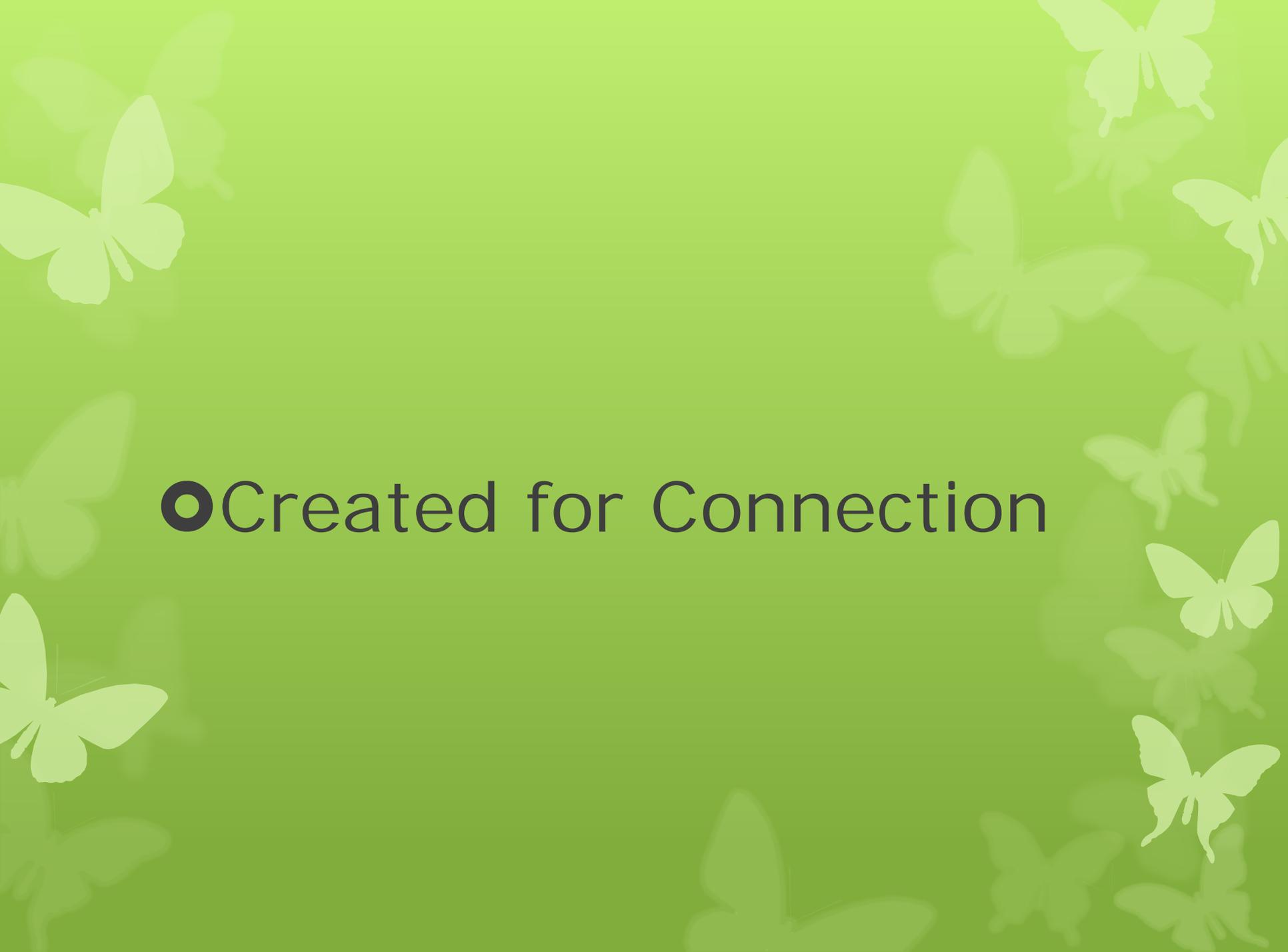
The background is a light green gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the center. The overall aesthetic is clean and natural.

● Belly Love



You can't fix
yourself by
breaking
someone else.

Missing Moments



● Created for Connection



Contentment

The background is a light green to lime green gradient. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the frame. The butterflies are most prominent in the corners and along the right edge.

○ Honesty

The background is a light green gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the center.

● Strengths

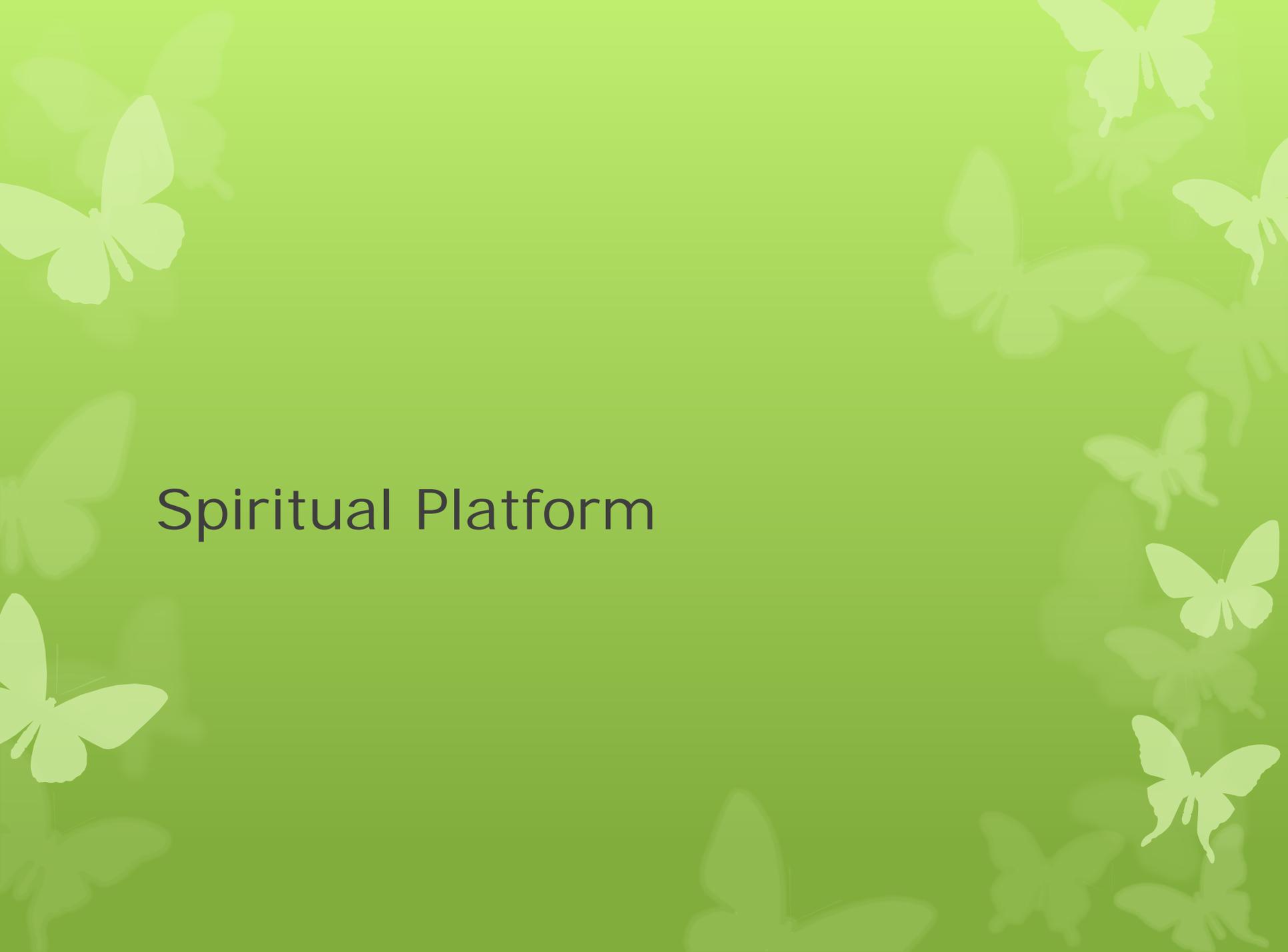


● Voices from Our Past

The background is a solid light green color with a pattern of white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the center.

● Courage and Risk

Spiritual Platform

The background of the slide is a solid light green color. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the page, particularly concentrated along the left and right edges.

Spirituality vs Religion

Religion

Religio - obligation or rule.

Tells us how to lives.

What constitutes the righteous life.

Ten commandments, not the ten suggestions

Spirituality

Spiritus - breathing.

The essence of life.

What gives life meaning.

What gives human life its unique meaning.

Spirituality: What is it.

It is what makes us human and separates us from all other creatures by degree.

Existential expression.

Spirituality is a **doing thing**.

If we stop “doing” spirituality we lose our humanity.



Spirituality

The **choosing** is more important than the of the choice.

The **risking** is more growth producing than the “outcome” of risk.

The **relating** is more connecting than the relationship.

The **wondering** is more expansive than the object of awe.

Spirituality

Spirituality is not defined by the content of our lives but by the experience of life's process as we live it.

MATERIALISM ↔ SPIRITUALITY

LEFT BRAIN

RIGHT BRAIN

content.....	process
particulars.....	gestalt
ends.....	means
outcome.....	flow
individual notes.....	symphony
results.....	context
fingerings.....	music
technique.....	art.
black/white thinking.....	options
trees.....	forest
concrete.....	abstract

Spiritual Commitments

Be alive

Be aware

Be intentional

Be self-loving

**Attachment and the Brain the way
treatment used to be.**



Treatment Implications

You cannot out talk the limbic system.

Craving management is different than “relapse prevention”.

Behavior changes the brain more effectively than words.

Pain is too potent a motivator for words to undo.

Treatment Implications

Content is important, particularly in early recovery. However, process interventions should not be overlooked.

Issues of relational connection; mother to child, husband to wife, sister to sister, brother to brother, father to child, friend to friend, must be supported.

Don't forget family.

Treatment Implications

The therapeutic relationship is of primary importance.

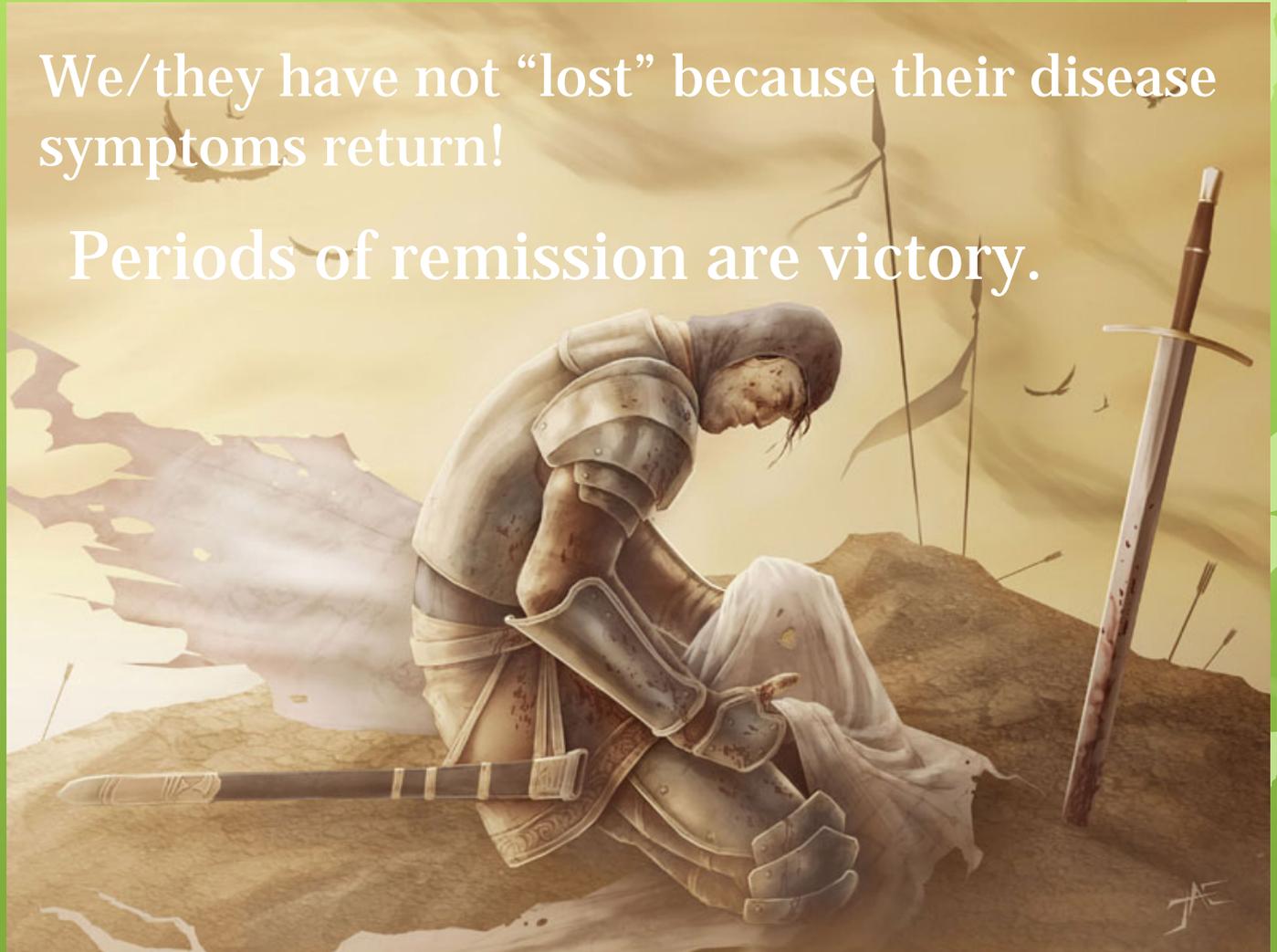
Issues of “play” and fun in addition to spontaneity need to be addressed in treatment.

Group interventions need to be safe and needs to bring the patients into the “here and now.”

We shame them because we have been **SHAMED.**

We/they have not “lost” because their disease symptoms return!

Periods of remission are victory.



Treatment Implications

We can change what we know by appealing to our reason and intellect.

We can change how we behave – some of the time – by learning new skills.

We can change who we are and how we respond only by allowing ourselves to be loved and to love unconditionally over time.

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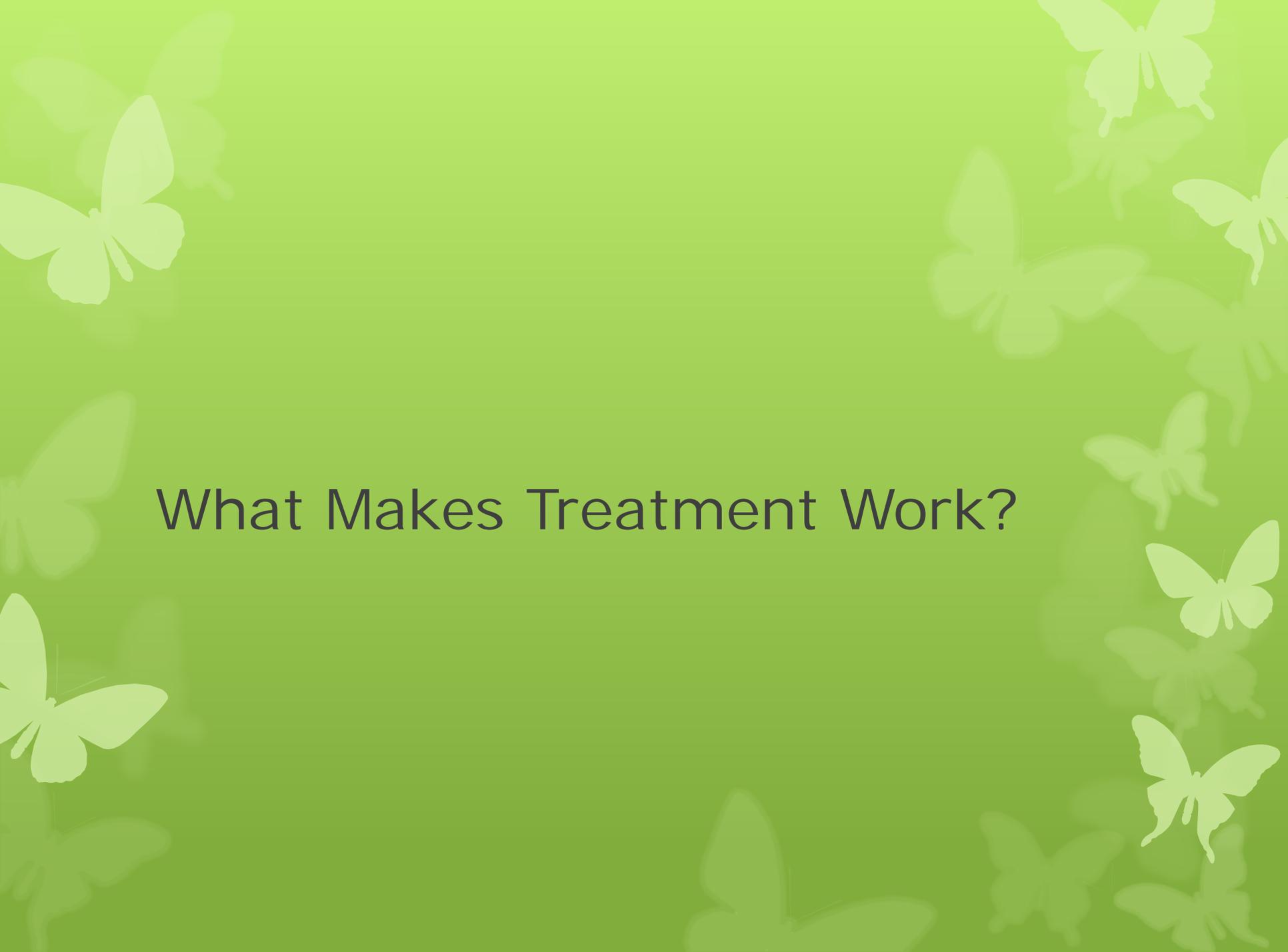
● Conformity

THE OPPOSITE OF COURAGE IS
NOT COWARDICE, THE OPPOSITE
OF COURAGE IS CONFORMITY.

~ ROLLO MAY ~

BLESSEDARETHEWEIRD.COM

LUNCH

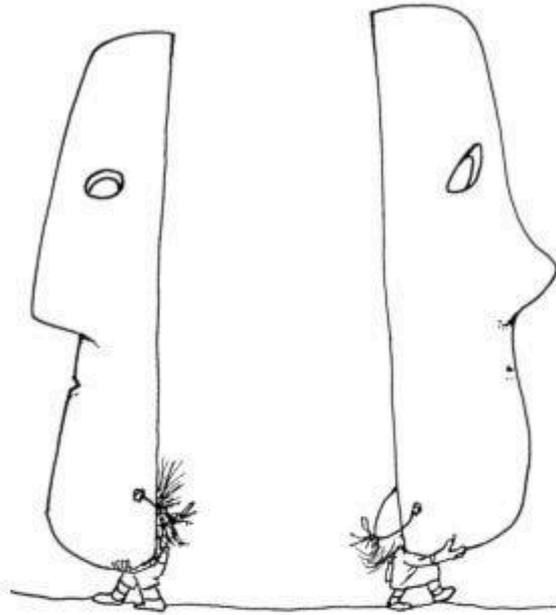


What Makes Treatment Work?

Two Curative Factors



● Who Am I?



MASKS

She had blue skin,
And so did he.
He kept it hid
And so did she.
They searched for blue
Their whole life through,
Then passed right by—
And never knew.

The background is a solid light green color with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the center and others away from it. The overall aesthetic is clean and modern.

● The Best Marriage Advice

Us and Them



The background is a solid light green color with a subtle gradient. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the frame. The butterflies are most prominent in the corners and along the right edge.

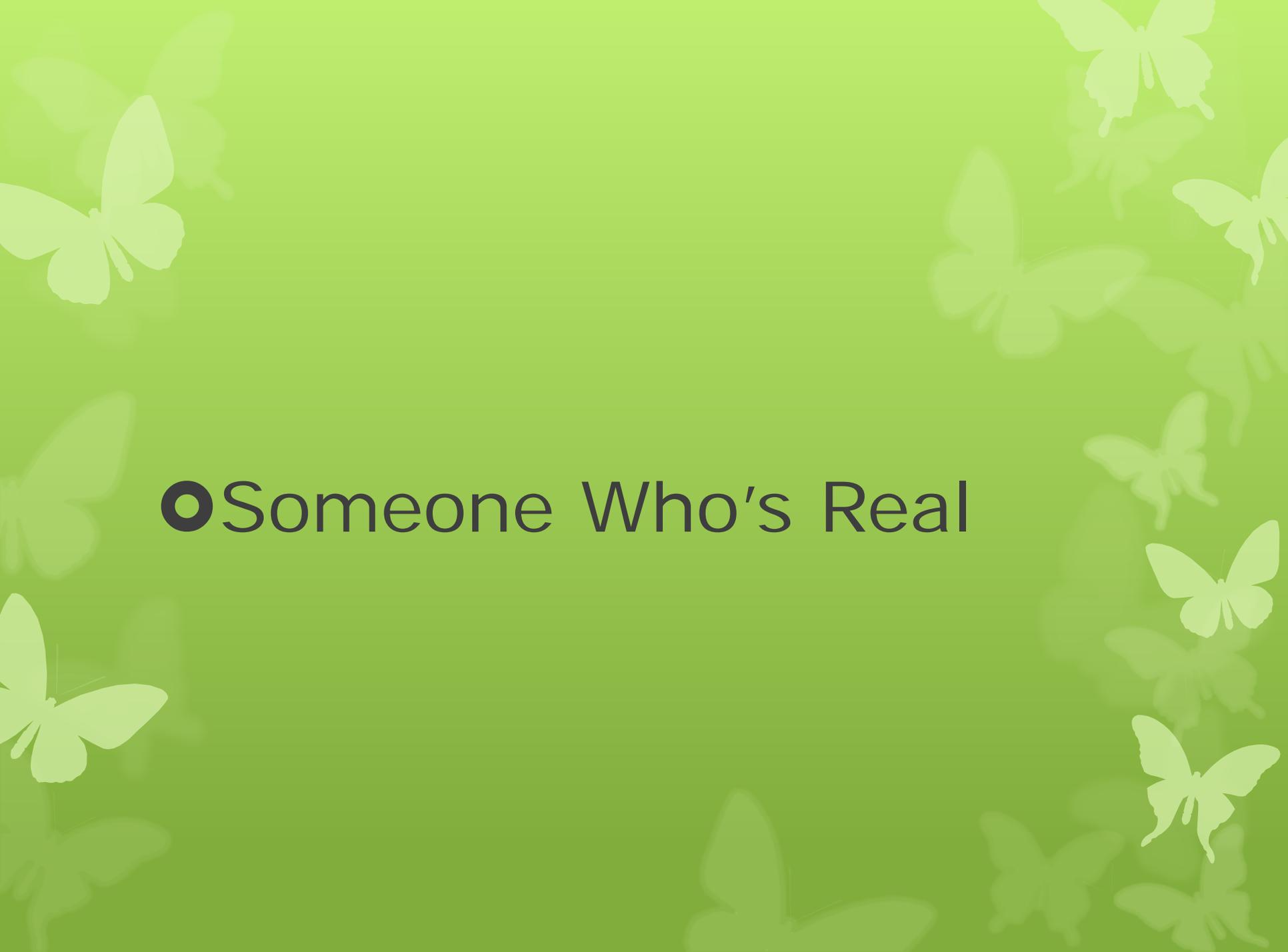
○ Defense



○ Insignificant Pieces

The background is a solid light green color with a pattern of white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing more prominent than others.

● Holding a Hurricane



● Someone Who's Real

The background is a solid green gradient with a vertical gradient from light green at the top to a darker green at the bottom. Scattered throughout the background are numerous white butterfly silhouettes of various sizes and orientations, some appearing as if they are flying.

○ Current



● Stitched Back Together



● The Healer of Broken Wings

The background is a smooth green gradient, transitioning from a lighter shade at the top to a darker shade at the bottom. Scattered across the background are numerous white butterfly silhouettes of various sizes and orientations, some appearing as faint, semi-transparent shapes and others as more solid white outlines.

○Pride

The background is a solid light green color with a subtle gradient. Scattered across the background are numerous white butterfly silhouettes of various sizes and orientations, some appearing as if they are flying. The butterflies are most concentrated in the corners and along the right edge.

● Too Much to Waste

The background is a light green gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the center. The overall aesthetic is clean and modern.

● Identity

The background is a solid light green color with a pattern of white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing more prominent than others.

● It Takes Work



● IM PERFECT



● The Illusion of Control

● Not Powerless



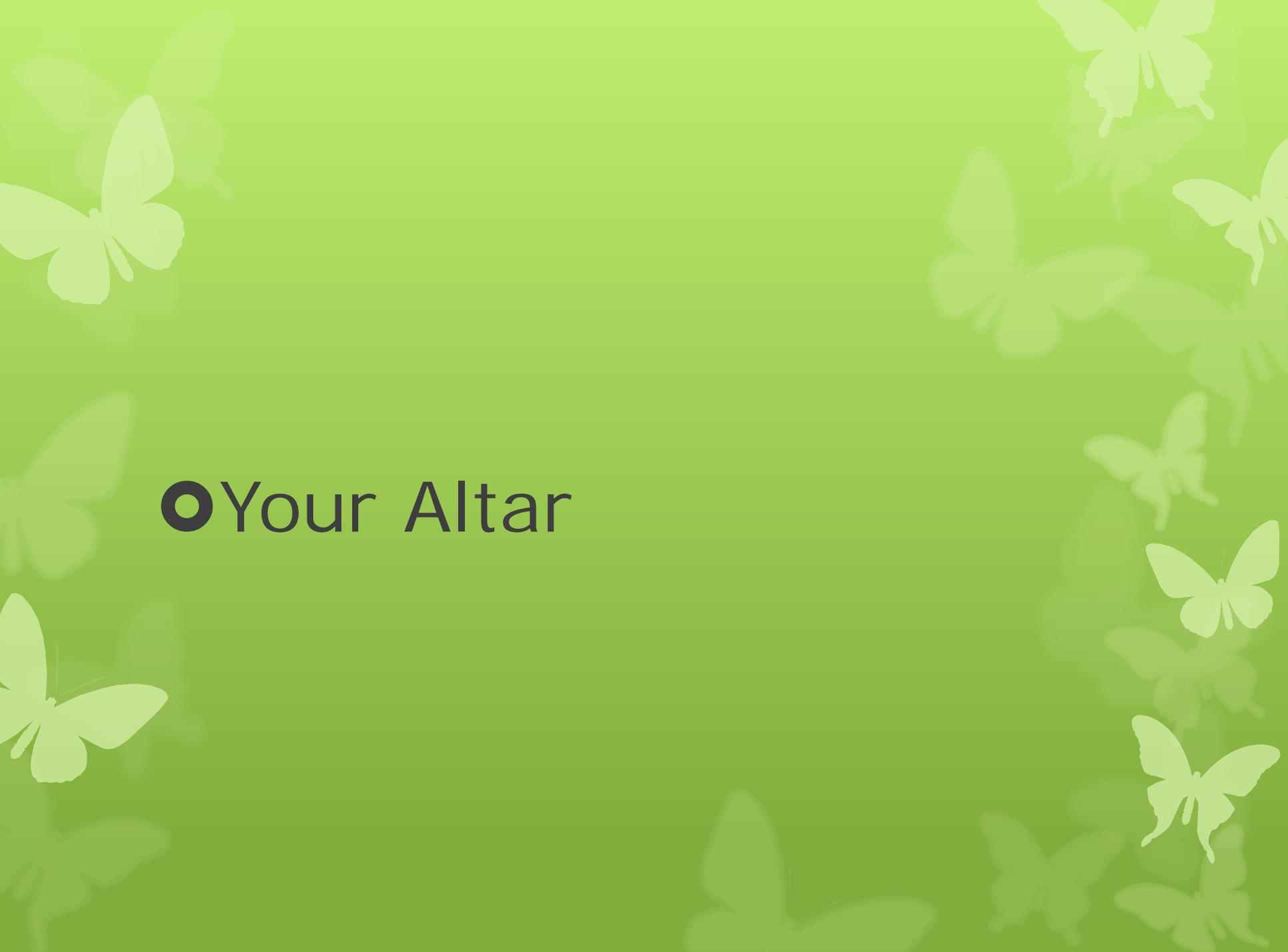
● Other People's Brokenness



● A Plan

The background is a solid light green color with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the center and others away from it. The overall aesthetic is clean and minimalist.

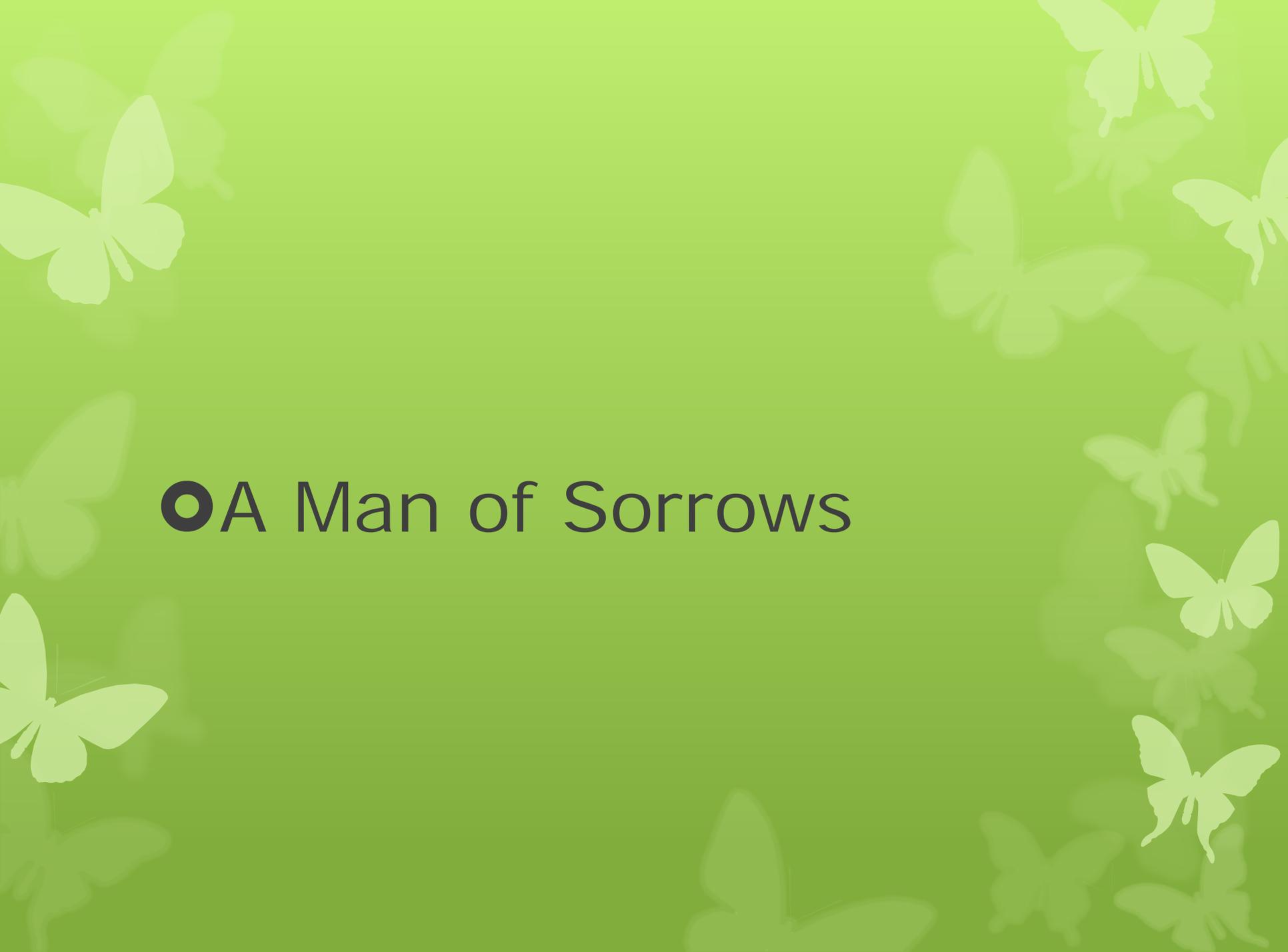
● Cast into the Sea



● Your Altar

The background features a smooth green gradient from light to dark. White butterfly silhouettes are scattered across the frame, with a higher density on the right side and some on the left. The butterflies vary in size and orientation, creating a sense of movement.

● How Deep

The background is a solid light green color. It is decorated with numerous white butterfly silhouettes of various sizes and orientations, scattered across the frame. The butterflies are most concentrated in the corners and along the right edge, with some fainter ones in the center.

● A Man of Sorrows

The wounded child within our psyche is not a “pool of relational pollution” that can be drained, filtered and refilled through introspection and insight. Rather this pain in the psyche is like a storm within the ocean of the unconscious.

A seasoned sailor never makes the mistake of confusing the sea with a placid pool. Through patience, awareness, intention and the shared wisdom of community, the sailor does not shrink the ocean but learns to navigate it - learns when to find safe harbor in the face of the approaching storm - learns to accept and to use the storm itself as an integral part of the ocean's wonder, life and mystery.

Contact Information:

James Campbell, MA, CACII

Manager White Horse Academy, The Phoenix Center
Founder of Family Excellence, Inc.
Director of Family Excellence Institute, LLC
Adjunct Professor, Greenville Technical College
Associate Pastor, Connection Fellowship
Author

(864) 371-1264

jacampbell@phoenixcenter.org