

**SCHEDULE AN INFORMATIONAL
CONSULTING SESSION WITH LISA
FOR YOUR FAMILY & FRIENDS**

Learn about:

- the causes and science behind substance abuse & addiction; how are they different? how are they similar?
- what a person's substance misuse (abuse or addiction) does to family members & friends (secondhand drinking/drugging impacts).
- what a family member or friend can and cannot do to help the person with the substance misuse problem.
- how to use this new brain research to more effectively deal with substance misuse and its impacts (i.e., how to set "healthy boundaries").
- what to look for in treatment and what to expect after rehab.

**CONDUCTING INFORMATIONAL
CONSULTING SESSIONS**



Lisa Frederiksen has been consulting, researching, writing and speaking on substance abuse, addiction, treatment, dual diagnosis, underage drinking and help for the family centered around 21st century brain and addiction-related research since 2003. Her 45 years experience with family and friends' alcohol abuse and alcoholism and her seventh and eighth books, *Loved One In Treatment? Now What!* and *If You Loved Me, You'd Stop!*, frame her work. She founded **BreakingTheCycles.com** in 2008 and writes a blog of the same name. Visit www.BreakingTheCycles.com for her complete bio.

**Helping
FAMILIES & FRIENDS
to better understand...**

**Substance Abuse
Addiction
Impacts on Family**

**... the issues that tear
families & friendships
apart.**

To schedule a consulting session [which is NOT therapy, a diagnosis, nor an intervention]

for family members & friends, with or without the substance abuser/addict, whether that person is in treatment/recovery or not, please contact:

LISA FREDERIKSEN

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Consulting sessions may be done in your home, by phone, or via Skype.

**BREAKING
THE
YCLES.com**
CHANGING THE CONVERSATIONS

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"Our family learned so much working with Lisa – we [multi-generational family] finally understood nothing would change as long as he drank anything, so we changed." Sister of an Alcoholic



DO ANY OF THESE SOUND FAMILIAR?

Why won't she just stop?

We give him money and pay his rent, but it doesn't seem to do any good. Yet I don't want him to be homeless!

My husband doesn't think our daughter's drinking is that bad. I do, but I can't stop her if he's always giving in to her.

I know he doesn't mean to yell at the kids; it's the pain meds – he's in so much pain.

I never knew!



Over one-half of American adults have a loved one who drinks too much. One in four children in America under the age of 18 live in homes with drug or alcohol abuse or dependence (addiction).

Yet most of us are confused by the conflicting messages about substance abuse, addiction, and the impacts on family members and friends.

HAVE YOU ASKED YOURSELF?

How can alcoholism be a disease? He's choosing to drink!

Don't all teens drink at some point?

How can she be a meth addict? She's a mother!

Fortunately, new brain and addiction-related research provides science-based answers to these types of questions.

This new brain and addiction-related research makes it clear there are many factors that interact to produce different drinking or drug use patterns in people. These include: genetics, mental illness, social environment, childhood trauma (e.g., verbal, physical, emotional abuse), and/or early use. Much of this new research is the result of new brain imaging technologies of the past 10-15 years. These technologies allow neuroscientists and medical professionals to study the live human brain in action and over time.

“For my son to hear [Lisa] was invaluable because now he knows I wasn't a freak, just a desperate person trying to make sense of what was going on in my world/mind.”
Spouse of an Alcoholic

RESEARCH DISCOVERIES:

Shed new light on brain functioning and development and why what occurs from birth through age 25 can contribute to developing a substance misuse problem and/or a relationship with someone who has one.

Help people understand that it's substance misuse (whether abuse or addiction) that causes the brain changes, which in turn causes the behavioral changes, such as:

- **Fighting** with friends or family about the drinking/drug use; saying or doing things you don't remember or regret.
- **Doing poorly** at work or school because of the drinking/drug use or recovering from the effects of drinking or drug use.
- **Repeatedly** breaking promises to stop or cut down.

Alter our understanding and/or treatment of addiction, now understood to be a chronic, often relapsing brain disease, requiring continuing care following detox and rehab.

Recognize the impacts on family members & friends caused by living with untreated, unhealthily discussed substance abuse and/or addiction and that family members & friends need support and help, as well.

“I've been through four treatment programs and [Lisa's lecture] is the best lecture I've heard – for the first time I understand....” Recovering Alcoholic