

## **The Impact of Growing up with Addicted Parents in the Adult Child's Life: Identification & a Christian Treatment Process**

Dr. Kathy Steele

(Available for NASW 1.5 Clinical Hours, NBCC (LPC) 1.5 Clock Hours, LMFT 1.5 (in LA Assessment/Treatment CE)

**Description:** During these stressful times of COVID-19 purchases of alcohol have increased, and some parents have turned to substances to cope. Many individuals and families that come to counseling have a history of parents who were addicted. These individuals may or may not repeat the same addiction of their parents, but exhibit a lasting impact from their developmental experiences as reflected in unhealthy patterns of dealing with emotions, thoughts, and behavior.

### **Objectives:**

Participants will:

1. Increase understanding regarding the impact, myths, and symptoms adult children of addicted parents are likely to exhibit.
2. Learn strategies for a recovery path based on three key principles: Awareness, Acceptance, and Action.
3. Increase knowledge of how to identify in adult children of addicted parents unhealthy patterns of dealing with emotions, thoughts, and behavior.

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