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THE 11TH ANNUAL PROVIDER CONFERENCE
“CELEBRATING THE HEALTH CARE SPECIALTY –
ADDICTION TREATMENT”
MAY 4-5, 2017, LYNNWOOD CONVENTION CENTER

PLENARY:
“EVERYTHING WILL CHANGE—ADDRESSING STRESS”
Friday May 5, 2017 10:45-12:00 PM

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“EVERYTHING WILL CHANGE: DEALING WITH MAJOR LIFE TRANSITIONS”

DESCRIPTION:

Change is endemic to the human condition. Whether it is change which the individual has sought or whether the individual is transformed against his will as in trauma, change is a stress generator that demands a response. This workshop will examine aspects of the change process including where the individual is in his developmental process, prior experiences in coping with stressful life events, the magnitudes of response demanded by the current stressor, and factors which presage successful versus dysfunctional outcomes.

TEACHING GOALS AND OBJECTIVES:

- 1. Individual will recognize that there is no such thing as a “stress free” life and that all change is a stressor and demands a response.**
- 2. The individual will recognize that change, whether sought or visited upon the individual by untoward circumstances, requires a time dependent frame for response and resolution.**
- 3. The individual will be able to recognize and parse the many relevant factors which are brought to bear in the change process and its resolution.**

QUESTIONS TO CONSIDER RE: “EVERYTHING WILL CHANGE—ADDRESSING STRESS”

- 1. Is there a differential response if the individual chooses change versus being transformed against his will by a stressful life event?**
- 2. Does where an individual is in his life cycle affect his response to change?**
- 3. Does change challenge our “assumptive world”?**
- 4. Is there a differential response to normative or expectable life events versus non-normative or unexpected life events?**
- 5. Are some losses necessary and hence growth promoting versus other losses which are unnecessary and hence potentially harmful to the developmental process?**
- 6. Do we all experience “endemic stress” generated by life events in our social surround?**
- 7. Is it true that “first events are worst events”?**
- 8. Name one life event that brings change.**
- 9. Are there high risk turning points in life which are more likely to generate change?**
- 10. Are all responses to change equally efficacious?**

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- 9. Are there high risk turning points in life which are more likely to generate change?**
- 10. Are all responses to change equally efficacious?**

EVERYTHING WILL CHANGE

STAGES OF THE LIFECYCLE

Morning – birth – 35

Afternoon – 35-59

Evening – 60+

The Demand for Change/Transition

- 1. An ending**
- 2. A neutral, fallow period**
- 3. A new beginning or a recycling of the old in a new form**

Wm. Bridges TRANSITIONS

Change Challenges Our Assumptive World (especially trauma, catastrophe)

***Life controllable, predictable, safe, bad things don't happen to me**

***Interrupts positive illusions and their protective function**

***Helplessness/denial**

***Struggle to regain control**

Janoff-Bulman "The Aftermath of Victimization..."

CHANGE AS A STRESSOR

Normative – expectable, possibly self-initiated, but still exerts a demand for change/adaptation

E.g., birth of a child, move of residence, launching of children at mid-life

Non-Normative – untimely, unexpected, not experienced by all, eruptive, potentially catastrophic

E.g., premature death of a spouse, divorce (catastrophic ending), natural disaster, illness

Is it a NECESSARY loss or an UNNECESSARY loss?

Viorst NECESSARY LOSSES

STRESS RESERVOIRS – Two Levels

Immediate

Deeper – harder to replenish/ “depletion”

ENDEMIC STRESS AND PILE UP

Stress Itself

Prior Strain/Residue

Developmental Stage/Challenge

Prior Coping/Maladaptive Response

Ambiguity of Situation – Both Individual,

Intra familial, Societal

McCubbin and Figley STRESS AND THE FAMILY: Coping with Catastrophe

FIRST EVENTS ARE WORST EVENTS

ROLE ACQUISITION MORE DIFFICULT THAN ROLE LOSS

EVENTS THAT BRING CHANGE (DEPEND LESS ON PERSONAL INITIATIVE AND MORE ON SOMEONE ELSE'S ACTIONS OR EXTRINSIC EVENTS)

1. Losses of relationships

-Ages 35-59. More entrances, exits

-Is it an "on-cycle" or "off-cycle" event?

2. Changes in home life

3. Personal changes (illness, etc.)

4. Work and financial changes

5. Inner changes – visions, dreams, awakenings

Frederick Flach RESILIENCE

HIGH RISK TURNING POINTS

"Falling in love"

"Prenuptial panic"

“The adult world”

“Parenting”

“The dropping off of sex”

“Reaching the summit”

“The empty nest”

The “nevers” and the “evers”

STYLES OF DEALING WITH CHANGE

(Healthy or Unhealthy...How well prepared to deal with stressful life events)

Abrupt, deny ending

Slow, gradual

Active – you initiate

Passive – things just happen to you

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COGWHEELING between INDIVIDUAL, FAMILY and COUPLE LIFE EVENTS

LIFECYCLE BACKDROP:

***INDIVIDUAL**

Morning – birth – 35

Afternoon – 35-59

Evening – 60+

SPECIFIC INDIVIDUAL:

*** Infant**

*** Toddler**

*** Oedipal**

*** Latency**

*** Adolescent**

***“Pulling Up Roots” 18-21**

(Early Adult Transition 17-22 = End of Childhood)

***“Provisional Adulthood” 22-28**

**(Entry Level Early Adult Tasks: Love, Marriage, Couple
ship, Occupation, Separation from Family of Origin)**

***“Transition at Age 30” 29-31**

**(Age 30 Transition 28-33 Tasks: Appraise, Rework Prior
Structure; Deepen Commitments)**

***“Settling Down Period” 32-39**

**(Culminating Life Structure for
Early Adulthood 33-40, Move from Junior to Senior in
the World)**

***“Mid-Life Transition” 40-42**

**(Mid-Life Transition 40-45 = End of “Youth” as it
Existed)**

***“Middle Adulthood” 43-59:**

(*Entry Level for Middle Adulthood 45-50 = Create Structure for Middle Adulthood;)

(*Age 50 Transition 50-55 = Exploration of Self, World;)

(*Culminating Life Structure for Middle Adulthood 55-60 = Realization of Era’s Aspirations, Goals)

***“Older Age” 60+**

(Late Adult Transition 60-65 = Ends Middle Adulthood, Begins Late Adulthood)

***The “Young” Old 60-75**

***The “Old” Old 75+**

Mary Pipher ANOTHER COUNTRY

Levinson SEASONS OF A MAN’S LIFE

Rice and Rice LIVING THROUGH DIVORCE

***FAMILY LIFE CYCLE: Historically organized around pro-creative, child-rearing functions: normal, expectable, ubiquitous**

FAMILY LIFE = epochs – each with a plateau/transition

Plateau – relative stability

Transition – change, transformation

***COUPLE/FAMILY LIFE CYCLE**

***Courtship**

***Marriage/Commitment**

Task: “intimacy vs. idealization and disillusionment”

***Child Birth/Child Rearing**

Task: “replenishment vs. turning inward”

***Middle Marriage/Commitment**

Task: “individuation vs. psuedomutual family organization”

***Launching Children**

Task: “regrouping vs. binding/expulsion”

***After departure of the last child:**

Task: “rediscovery vs. despair”

***Retirement and Older Age**

Task: “mutual aid vs. uselessness”

JACOB MORENO: THE SOCIAL ATOM

We are pack, clan, and tribal animals. We need others, community.

Change can open our LOSS FILE and set in motion a SEARCH PATTERN to reconstitute ourselves.

What LATERAL SUPPORTS do we have available to countenance a high magnitude of change, i.e., do we have a DEMAND/CAPACITY BALANCE OR INBALANCE?

Is it a NECESSARY or an UNNECESSARY LOSS?

Viorst NECESSARY LOSSES

ARE WE “TRANFORMED AGAINST OUR WILL”

Malcom Gladwell. “Starting Over: What Social Scientists Learned from Katrina.” New Yorker. 8-24-2015.

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We learn to ‘TURN INTO THE SKID.’

Mary Baures UNDAUNTED SPIRITS

INNOCULATING FACTORS:

The ability to ask for and receive help is essential.

“Sociality” and Resilience

ADULT FAILURE TO THRIVE:

Depletion if lack Lateral supports and the lack the ability to ask for and accept support and feel feelings associated with the loss/change

Trauma is the end result of bearing unbearable feeling in isolation or in the absence of sufficient emotional support.

Diana Fosha THE TRANSFORMING POWER OF AFFECT

GRIEF:

The pain that heals itself

A socially facilitated process

Meaning of the loss or change within person's internal world

Where individual is within his/her developmental history/ is there time to reconstitute the self

Pile up: what else is on the person's plate?

Healing is a time dependent process: "You Can't Rush Spring" Ann Hampton Callaway

Grief is less "letting go" than working through the negative part of a loss and remembering and internalizing love.

George Vaillant "Attachment, Loss, and Rediscovery"

CHINESE CHARACTER:

DANGER/OPPORTUNITY

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CHANGE READING LIST

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