

# COUNSELOR<sup>®</sup>

*The Magazine for Addiction Professionals*

December 2005 Vol. 6,

No. 6, \$6.95

**PROTECTING  
OUR CHILDREN:  
Substance Abuse,  
Child Welfare  
and the Law**

**SCIENCE and  
RECOVERY  
Incorporating  
Neuroscience  
into Your Practice**

**Critical Incidents—  
Keeping Treatment  
on Track**

**VICTIMS WITHOUT VOICES  
Children and Methamphetamine**

**PLUS Reconnecting Treatment,  
Recovery and Community**



# COUNSELOR<sup>®</sup>

*The Magazine for Addiction Professionals*

DECEMBER 2005 Vol. 6, No. 6

- 7 **From the Editor**
- 8 **In Brief**
- 12 **THE LOWDOWN ON SUBSTANCE ABUSE, CHILD WELFARE AND THE LAW**  
This article examines policies and issues that impact children in drug-affected families  
By *Patricia O’Gorman, PhD and Phil Diaz, MSW*
- 20 **First Person** My Real World By *Chris Beckman*
- 22 **Wellness** Helping Your Clients Cope with the Holiday Crazyes By *John Newport, PhD*
- 24 **SCIENCE & RECOVERY: INCORPORATING NEUROSCIENCE INTO YOUR PRACTICE**  
Science has produced greater understanding of the addicted brain and how this organ changes during the process called recovery By *Cardwell C. Nuckols, PhD*
- 32 **On the Web** Defining the “Medical” Side of Recovery By *Stuart Gitlow, MD*
- 34 **CRITICAL INCIDENTS – KEEPING TREATMENT ON TRACK**  
Critical incident stress management techniques in the treatment of addiction are examined to keep treatment on track By *Jay Lee, PhD and David McViney, MPS, CAP, LMHC*
- 38 **Clinical Supervision** Managing in a Flat World By *David J. Powell, PhD*
- 40 **Assessment Tools** By *Sylvia Kay Fisher, PhD and Ronnie Fisher, EdS*
- 44 **VICTIMS WITHOUT VOICES: CHILDREN AND METHAMPHETAMINE**  
This article focuses on the damaging and dangerous effects on children from exposure to methamphetamine By *Nena Messina, PhD, Patricia Marinelli-Casey, PhD, and Richard Rawson, PhD*
- 48 **Ask the Ethicist** Counselors in Dual Roles By *Adam Robinson, MA, CSAPC*
- 50 **Research to Practice** The Effectiveness of Group Counseling  
By *Michael J. Taleff, PhD, CSAC, MAC*
- 52 **TREATMENT, RECOVERY, COMMUNITY: A CALL FOR RECONNECTION**  
The relationship between treatment agencies and local communities has undergone significant changes By *William L. White, MA and Russell Hagen*
- 58 **Prevention** Critical Thinking Leads to Prevention By *Richard Wilmot, PhD*
- 60 **LESSONS FROM THE LEGEND OF GLORIA: WERE WE DUPED BY THE WORLD’S MOST INFLUENTIAL COUNSELING SESSION?**  
Counselors get a few lessons from some of the biggest names in counseling history  
By *Howard Rosenthal, EdD, CCMHC, MAC*
- 67 **CE Quiz** Earn CE credits with this quiz.
- 68 **Alternative Therapy** Drumming Through the “Duel” in Each of Us By *Steven Angel*
- 72 **Referral Directory**
- 80 **Classifieds**
- 82 **Advertisers Index**

In a perfect world, psychiatric patients would go into therapy with practitioners who were “issue free” so they could present their problems to an expert who also is a blank screen. But in reality, therapists approach each patient with their own emotional baggage that may inadvertently leak into the patient-practitioner relationship. Both therapists and dual diagnosis patients are involved in internal “emotional dueling,” which often hinders both the quality of the therapeutic relationship and the desired results.

At a Drumming for Your Life (DFYL) Workshop, using the drum as a therapeutic vehicle, therapists are provided the opportunity to explore the parallel process that occurs in the addict with his/her psychiatric illness and in the therapist (or any practitioner) with his/her underlying emotional issues. Within each of us, there is a “protector” that seeks to

create a barrier between our dark side and our conscious mind. For the patient, the protector is “the addict” who shelters the patient from his/her mental illness. The act of being a healer serves to protect the therapist from his/her own emotional issues.

### Drumming Through the “Duel” — An innovative approach for healing

*Within each of us, there is a “protector” that seeks to create a barrier between our dark side and our conscious mind.*

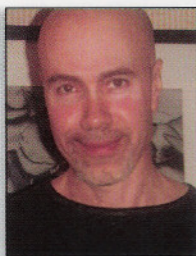
The DFYL process uses the drum journey as a way to gain access to and integrate the conscious and unconscious mind. We travel into the body using the drum and first work with the identity of “the therapist” in the chest and heart area, awakening the energy and emotions connected to that area. Once “the therapist’s” identity has fully come alive and is fully expressed, we move the energy down into the lower stomach and pelvic area where the emotional history/issues of the therapist are awakened. The drumming awakens these feelings and breaks through the barrier the therapist has with his/her own feelings. Connections are made through the drumming because the conscious/unconscious mind is innately integrated with the body.

In the group process, there are times when it sounds like complete chaos. This phenomenon occurs because each person’s issues and how they handle them are unique. Each person independently plays the expression of individual emotions and discoveries. There also will be times in the drumming when everyone in the group starts playing the same rhythm at the same time. This is a reflection of the plateaus of healing that take place among all the participants, and they happen simultaneously.

The final stage of the journey is in connecting the energy of “the therapists” with the energy of their emotional issues. The drumming is the vehicle of integration. At first, there can be struggles between these two aspects of the therapist (conscious awareness of issues coming up and the attempt to keep these issues down). There is an adjustment phase in developing greater intimacy between these two aspects of self. The need to control may arise, or a state of confusion in relation to identity may occur. The drumming takes the participant inside these controlled or confused areas. And through the expression of deep feelings, a new understanding emerges. Greater compassion is realized as the emotional/psychological energy integration is embraced.

Throughout the journey the drum is the vehicle of travel from conscious to unconscious mind. It opens the passageways into each person’s history and connects the therapist to his/her own healing process. The drum’s energy is circular, releasing energy out of the body and then bringing it back into the body. The drum connects within the body what is necessary to awaken the healing powers inside.

*Steven Angel, president of the nonprofit Drumming for Your Life Institute in Santa Monica, California, facilitates drum therapy sessions at a number of dual diagnosis rehabilitation centers in California. He also leads workshops across the nation, upon request, for psychotherapists and health educators. To learn more about the work of the Institute, visit [www.dfyl.org](http://www.dfyl.org).*



Because participants are always playing the drum during a workshop journey, the energy is always moving. This movement takes people deeper into trust, allowing new relationships to find one other. The trust attained becomes a major part of the healing process. It is in trust that "the therapist" aspect can let go of the reigns of control because the relationship to control changes. The intimacy of trust through this healing process deepens the therapist's rhythmic ability to connect with patients. Traveling with greater ease between conscious and unconscious realms gives the therapist greater access to those same places in the patient. Ultimately, this state of awareness leads to the integrative healing desired by both. ☺

## DRUMMING THROUGH THE ISSUES

The drumming therapy work of the Drumming for Your Life Institute began more than seven years ago, when Steven Angel, a child drumming prodigy, began to explore using drums as a way to help others confront the emotional issues that stood in the way of fulfilling their potential.

The first sessions were conducted at detention camps, where at-risk youth were struggling with deep emotional wounds, drug issues, and mental illness. Success there led to an invitation to bring this work to the Genesis House treatment facility for hard-core addicts and to other detention camps and rehabilitation facilities. At the Mary Lind Foundation, a rehabilitation facility for the homeless, emotional improvements were documented by The Beck Depression Inventory.

Building upon this early foundation, the therapy has been expanded to service patients at a variety of facilities and to group workshops for therapists who work with patients with addictions and/or mental illness. Most recently, the therapist workshops have been presented at dual diagnosis conventions in Los Angeles and Knoxville, both of which received outstanding evaluations by participants. The group sessions have been shown to be transformative both for patients with addiction and/or mental illness and for the therapists who work with them.

## The Institute for Integral Development Presents: Clinical & Counseling Advances 2006

### The 27th Annual Training Institute on Behavioral Health & Addictive Disorders

January 23-26, 2006  
Clearwater Beach, Florida

Conference Site:  
**Hilton Clearwater Beach Resort**

Tuition: \$345 *Daily registration available.*

#### FACULTY INCLUDES:

- Patrick Carnes
- Donald Meichenbaum
- Pat Love
- Cardwell Nuckols
- Bill O'Hanlon
- Janis Abrahms Spring
- Scott T. Sells
- Gregory Boothroyd
- Terence Gorski
- William Cope Moyers



### The 20th National Conference on The Family in Stress & Crisis

April 10 - 13, 2006  
Santa Fe, New Mexico

Conference Site:  
**La Fonda Hotel**  
Tuition: \$345  
*Daily registration available.*



#### PLAN FOR UPCOMING 2006 EVENTS . . .

#### 19th Annual Northwest Conference on Behavioral Health & Addictive Disorders

Seattle, (Bellevue) Washington  
Doubletree Hotel Bellevue  
May 4-6, 2006

#### Clinical & Counseling Advances 2005

San Francisco, California  
Hotel Nikko  
August 2-4, 2006

#### 30th Annual Summer Institute on Behavioral Health & Addictive Disorders

Colorado Springs, CO  
Summer 2006

#### Who Should Attend?

- Mental Health Professionals
- Addictions Counselors
- Marriage & Family Therapists
- Psychologists
- School Counselors
- Courts & Corrections Staff
- Registered Nurses

For these and other 2006 events and to be on our mailing list please contact:

**The Institute for Integral Development**  
P.O. Box 2172 • Colorado Springs, CO 80901  
Phone: 800-544-9562 (9-4 MST) • Fax: 719-630-7025

visit our website at  
[www.institutefortraining.com](http://www.institutefortraining.com)

Professional Credits Available

## Metropolitan Serenity House



#### Our Four Programs

- **Serenity House**  
A recovery residence
- **Avner Bush Academy**  
An accredited high school
- **After Care Program**  
To support independent living
- **Alumni Relapse Prevention**  
A fresh start for adults

Metropolitan Serenity House is designed for the extraordinary young man, ages 15 to 28, who is limited by addiction and the behaviors it induces. We design individualized treatment plans

to address all facets of recovery while encouraging achievement and the values and accomplishments unique to the families who can offer exclusive care to their sons.

[www.serenityhouse.org](http://www.serenityhouse.org) • 866-947-6550

Metropolitan Serenity House, Inc. • 1300 Peachtree Parkway • Atlanta, Georgia 30041