



## Family-of-Origin Workshop for ARISE Interventionists

Why participate in a family-of-origin workshop?

Intergenerational patterns learned in, and unresolved issues from family-of-origin relationships will be played out in adult relationships unless they are dealt with in a constructive way. For Interventionists and counselors, there is considerable benefit in exploring one's own family of origin patterns in order to understand our own family's resilience. We can then learn to identify patterns that capitalize on these strengths, rather than our vulnerabilities. This enables us first to be aware of the patterns, then to explore them experientially and finally to develop a plan to address them. We are then able to recognize when our patterns match those of the families we serve and to avoid getting caught in them, and to help the families access their strengths rather than getting overwhelmed with their vulnerabilities.

### Who is eligible to participate in this workshop:

Each workshop participant must have completed the 3-day educational

component of the ARISE training.

### What can I expect at the workshop?

This unique two-day workshop will focus on strengthening the skills necessary for successful ARISE Interventions through understanding the inter-generational patterns, traits, unspoken and spoken rules, stories, relationship dynamics, vulnerabilities and strengths that come from one's family-of-origin. This workshop is specifically designed for ARISE Interventionists and will integrate the Interventionist's family-of-origin themes with Intervention cases, such as in the development of the Recovery Message and integrating unresolved loss issues into Intervention meetings.

This workshop will build on the following beliefs:

1. Families are intrinsically healthy;
2. Every family has both strengths and vulnerabilities;
3. Symptomatic behavior has its origins in protection;
4. Families are in constant transition and uncompleted life cycle transitions repeat themselves in families unless understood on a conscious level and resolved.

### Workshop techniques:

Both didactic and experiential exercises will be used in the workshop. Recommended reading lists will be provided prior to the workshop and referenced in the didactic presentations. Experiential exercises will include: role-plays, psychodrama, sculpting, group work and guided meditations. Participants will be encouraged to risk only insofar as they feel safe during the exercises. Additional work in therapy to address issues raised by these experiences may be necessary. Each workshop participant takes responsibility to follow up as needed for their own emotional wellbeing and for the sake of future Intervention work with families.

### Workshop leaders:

**Judith Landau, MB, ChB; DPM, LMFT, CFLE, CAI (BRI II)**, child, family and community psychiatrist, received her medical degree from the University of Capetown, South Africa and after completing her residency there, graduated as a neuropsychiatrist from Trinity College, College, Dublin. A Senior Fulbright Consultant, Dr. Landau was formerly Professor of Psychiatry and Family Medicine at the University of Rochester and Chair of the Division of Family Programs. She is currently President of Linking Human Systems, LLC, a global training and consulting business, and LINC Foundation, Inc., and directs the Recovery Resource Center, Colorado. She has worked in the addiction field for over 30 years, including serving as NY regional PI on the Substance Abuse and Mental Health Service Administration (SAMHSA/CSAT), Addiction Technology Transfer Center (ATTC). She has taught in over 100 countries and written several books and over 150 chapters and articles on the theory and background research of Invitational Intervention™ the ARISE Model and Family Motivation to Change® including articles on the ARISE method and outcome studies. Co-developer of ARISE and Principal Investigator of the ARISE NIDA study, she facilitates and/or supervises ARISE

Interventions throughout the United States and abroad. She provides training and consultation in Invitational Intervention: the ARISE Model to individuals, agencies and community groups. Dr. Landau was the recipient of the American Association of Marriage and Family Therapy's (AAMFT) award for Outstanding Contribution to the Field of Marriage and Family Therapy and currently serves on a number of Boards, including being President of the International Association of Family Therapy. She is co-author of the book Invitational Intervention: A Step by Step Guide for Clinicians Helping Families Engage Resistant Substance Abusers in Treatment.

**James Garrett, LCSW-R** is a licensed clinical social worker in New York State. He received his Masters in Social Work from Syracuse University in 1972. He has worked in the addictions field for the past 35 years. His work in addictions has included: Staff and supervisory positions in outpatient treatment; administrative work as Acting Deputy Director for the NYS Division of Alcoholism and Alcohol Abuse; Executive Director of a treatment facility; international trainer; program consultant, and co-investigator on several regional, national and international grants, including a National Institute on Drug Abuse (NIDA) research grant that investigated the ARISE method of Invitational Intervention™. He is currently in private practice in Albany, NY specializing in ARISE Interventions and treatment of individuals and families affected by addiction. In addition, he serves as Vice-President of Linking Human Systems™. In addition to his other publications, Mr. Garrett is the principal author of 8 peer-reviewed journal articles on the ARISE Intervention method and has co-authored another 8 articles related to treatment outcomes and Intervention. He is co-author of the book Invitational Intervention: A Step by Step Guide for Clinicians Helping Families Engage Resistant Substance Abusers in Treatment.

**When:** Rolling admission, courses will be offered as they fill.

**Where:** Recovery Resource Center, Boulder, CO and Albany, NY.

**Cost:** \$595 for members of Association of ARISE Interventionists, \$675 for non-members. \$540 per person if you're in a group of 3 or more. Payment by check, Visa, or Mastercard.

**To Register:** Call Toll Free: 877-229-5462 or local: 303-442-3755 or email: [info@LinkingHumanSystems.com](mailto:info@LinkingHumanSystems.com)