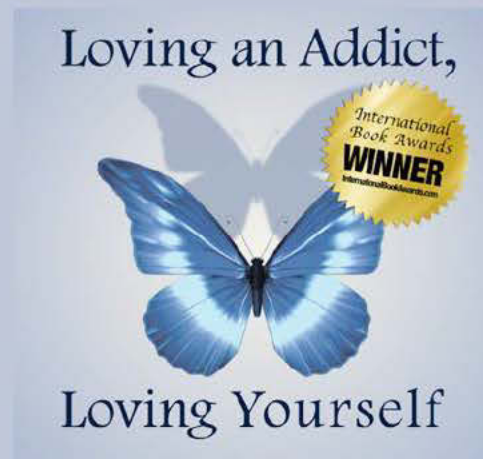


The Opioid Epidemic: Helping Families Prevent Overdose - or Deal with the Aftermath

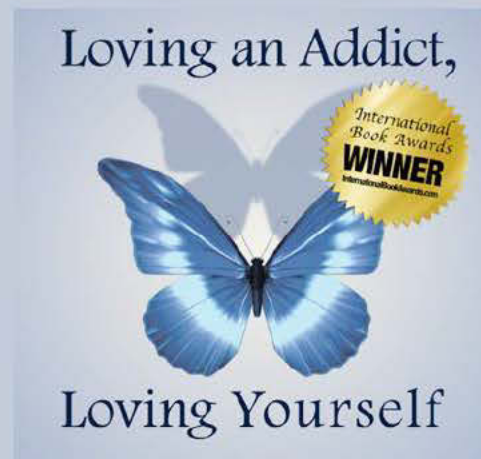


How to End the Pain and Suffering of Addiction in
Your Family Forever

You *can* be the key to changing your addict's behaviour and reclaiming health and happiness for your family.



Give me 90 minutes and I can show you how to stop addiction and heal your family better than any rehab program can do in 3 months.

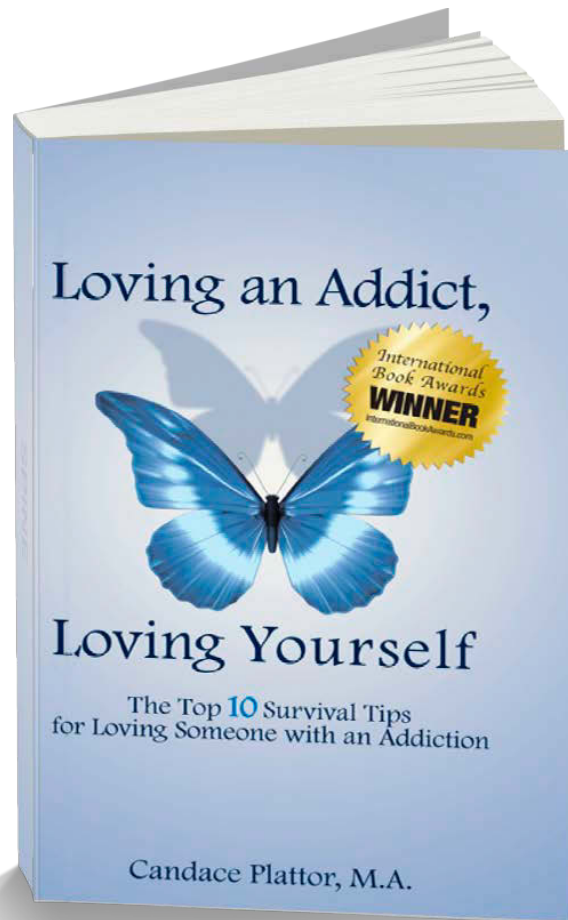


About Me

- Masters in Counselling Psychology
- Registered Clinical Counsellor
- Worked with addicts and their families since 1991
- Helped thousands of addicts and hundreds of families overcome addiction and get their lives back



I'm an International Award-Winning Author



I'm Also a
Recovering
Addict
with 30
Years
Clean and
Sober



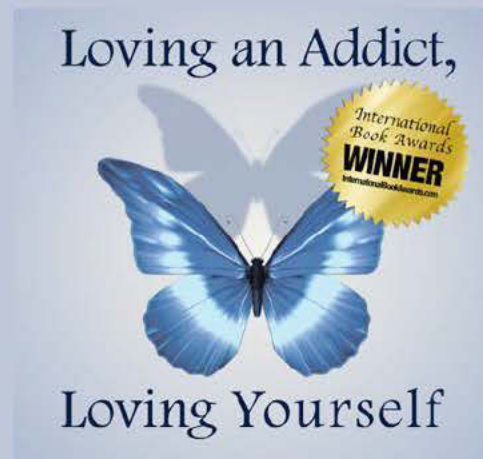
This Is For You if:

- Your addict is running your life, your family feels out of control and you feel powerless.
- You're frustrated because you've spent so much time and money trying everything you can think of and nothing has worked.
- You want to know what you can do to fix this problem and end your family's struggle forever.
- You're ready to do whatever it takes help your addict recover and reclaim a happy life for you and your family.

In This Talk You Will Learn:

- How having an addict in your life causes pain and suffering that feels like it will never end.
- How you have more power than you think to change the impact of addiction in your family.
- 3 life-saving Success Strategies that will help you to help your addict and heal your family.
- How you can start the healing process in your family right now.

How Having an Addict in Your Life Causes Pain and Suffering that Feels Like It Will Never End.



What is Addiction Really?



How Addiction Causes Pain in a Family





Guilt



Shame

Denial



Fantasy Thinking



We Fear the Worst



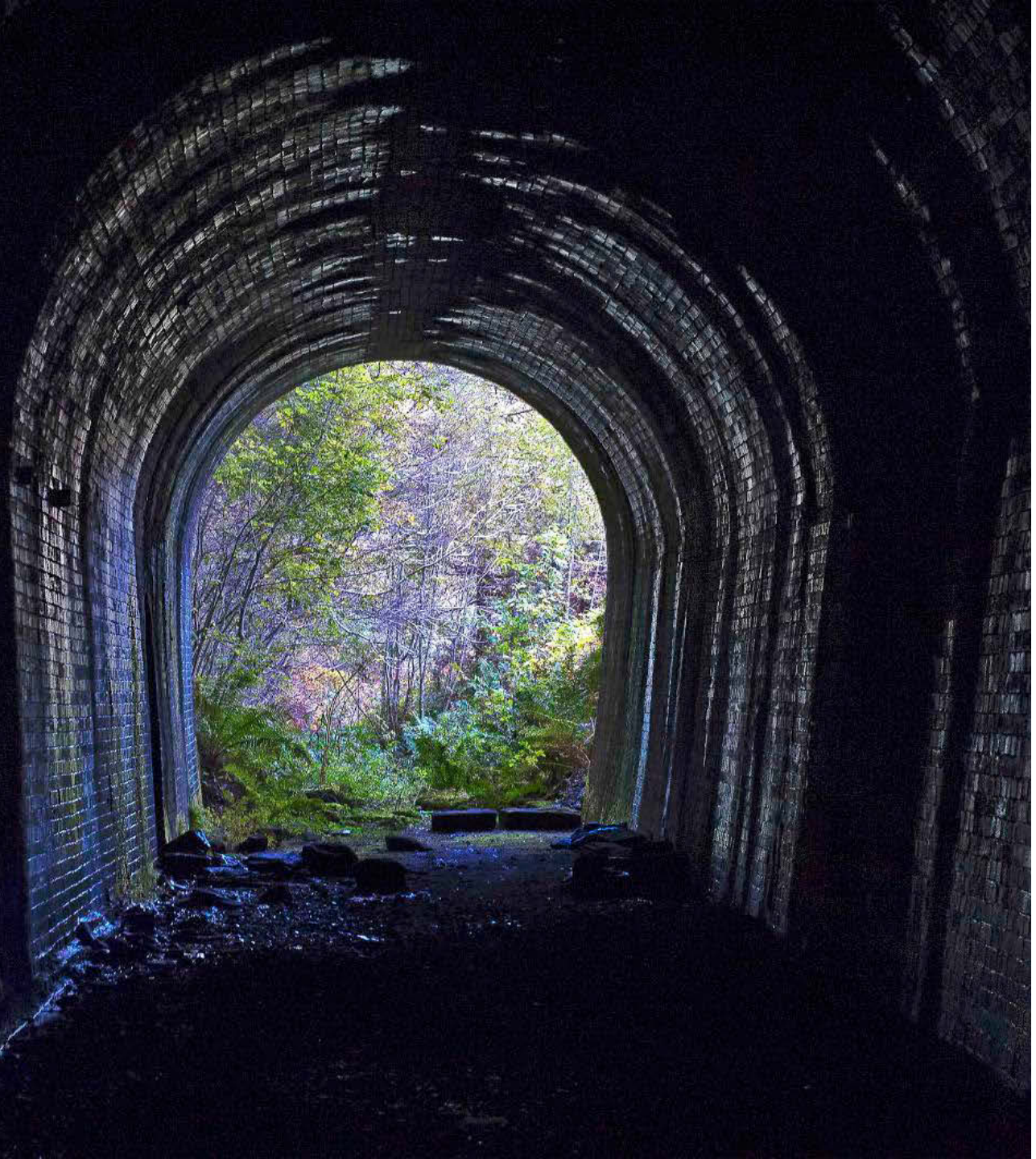
Two Types



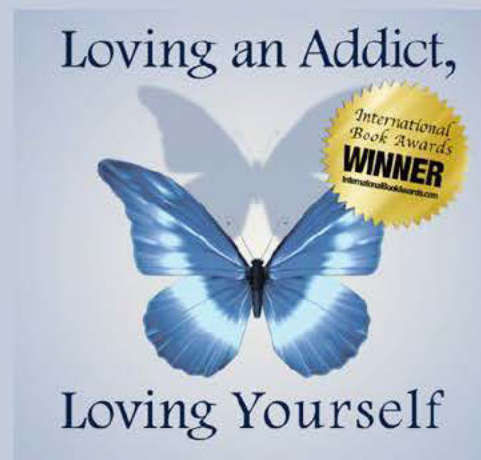
**#1 - The
Kind that
Goes on and
on and on**



#2 - The
Kind that Is
Really Bad
But there Is
Light at the
end of the
Tunnel



How You Have More Power than You Think to Change the Impact of Addiction in Your Family

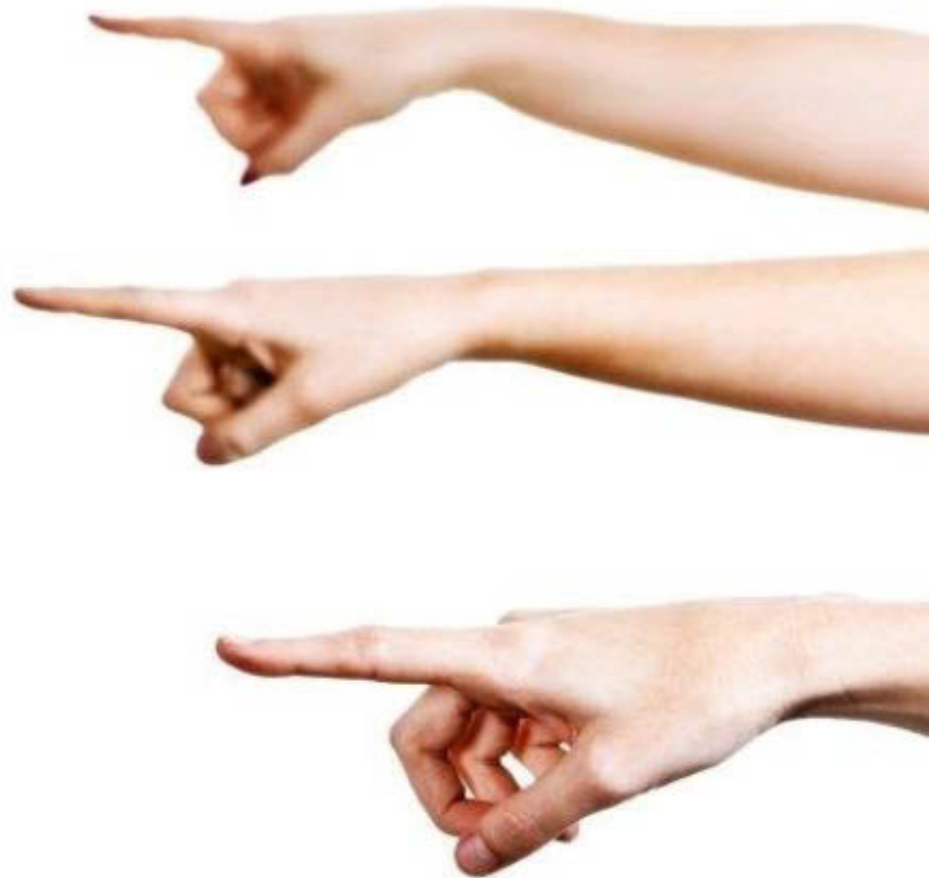
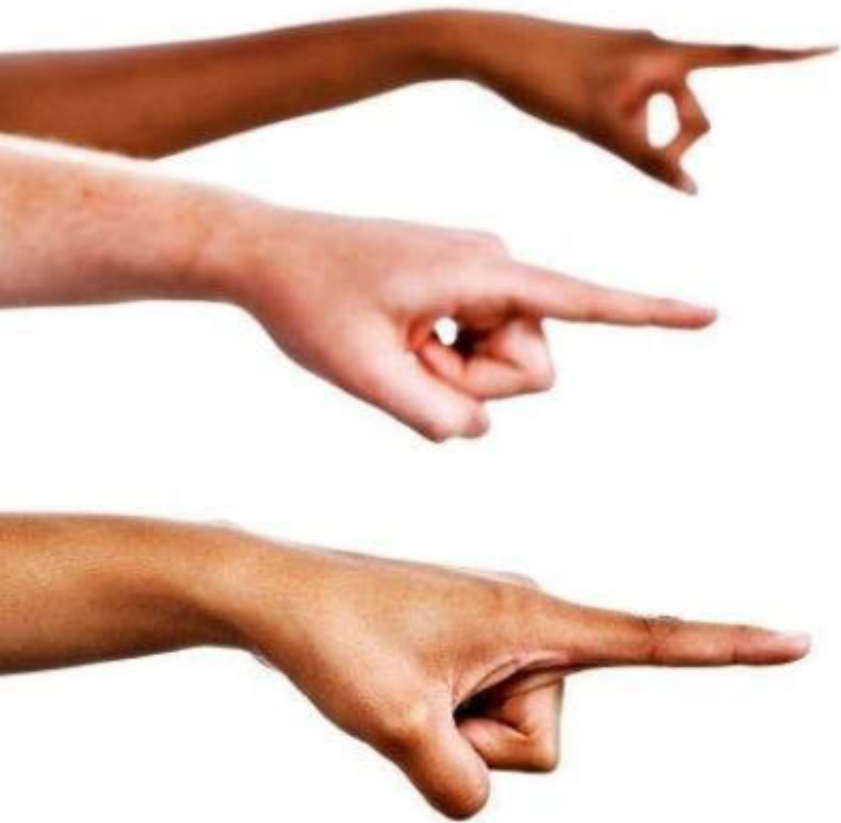


We Start Out as a Victim





Helpless
and
Powerless



Fault/Blame

Realizing Your Role



You Have a Choice

Choice = Opportunity



Taking Responsibility



Excuses



Responsibility

Seeing New Options





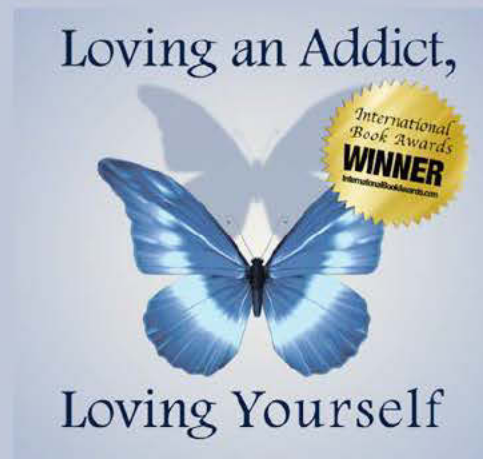
*No one can make you
feel inferior without
your consent.*

- Eleanor Roosevelt



Empowerment

3 Life-Saving Success Strategies that Will Help You to Help Your Addict and Heal Your Family

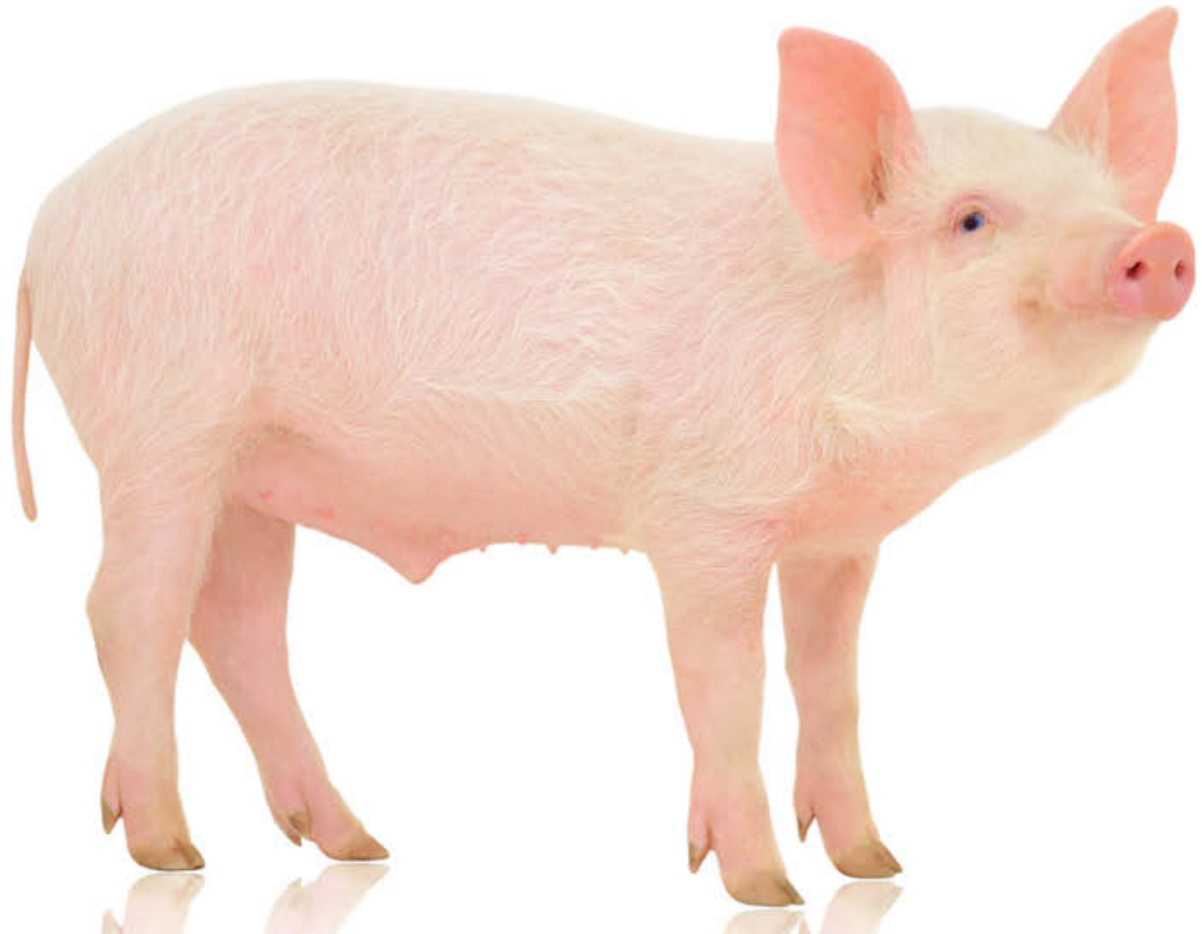


1. You Cannot Control or “Fix”
Another Person so Stop Trying.



“Never try to teach a pig to sing. It’s a waste of time, and it annoys the pig.”

Robert Heinlein



Serenity Prayer

GOD, GRANT ME THE

Serenity

TO ACCEPT THE THINGS
I CANNOT CHANGE, THE

Courage

TO CHANGE THE THINGS
I CAN, AND

Wisdom

TO KNOW THE DIFFERENCE.



Unlearning Old Behaviours

Helping a Person Make a Decision





How to Encourage Someone

2. Learn the Difference between Helping and Enabling



Difference between Helping and Enabling



Why We Keep Trying to Help

fourseasonsofblings.com



A Picuture Of A People Pleaser

Codependency



Being Able to Deal with Discomfort



The Importance of Self-Awareness



How to Set Clear Boundaries

It's a 3-Part Process:

1. Know what your boundaries are,
2. Learn how to language them,
3. Be able to maintain them in those harder moments.



DO NOT CROSS

If Nothing Changes, Nothing Changes

*when nothing
goes right ...*

go left.

3. Know that Self Care Does Not Equal Selfish



The Mask in the Airplane



Difference Between Selfish and Self-ish



UNDERSTANDING YOUR TRIGGERS



HALT

Hungry



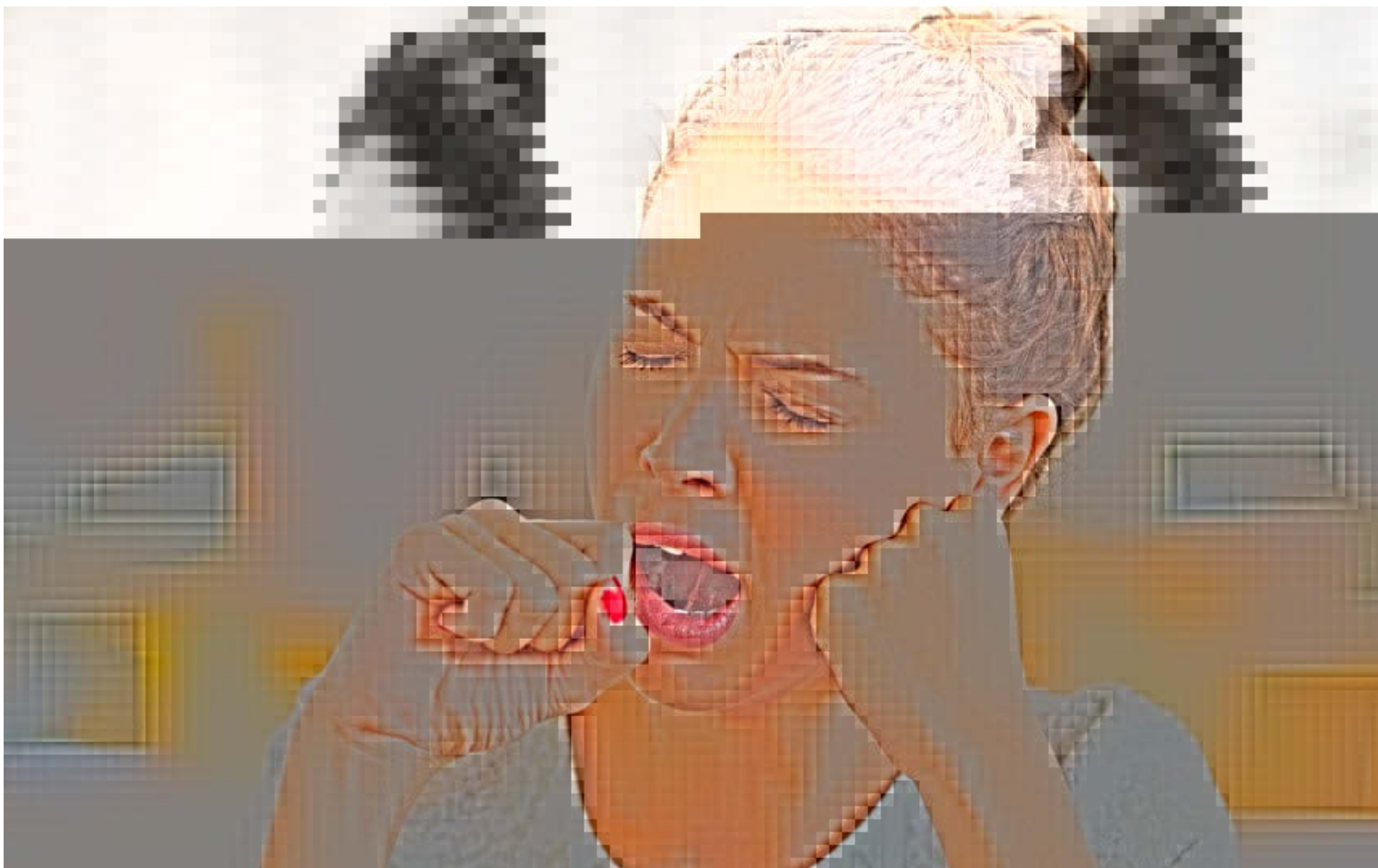
Angry



Lonely



Tired



The Difference between Self-Esteem and Self-Respect



Self-Esteem



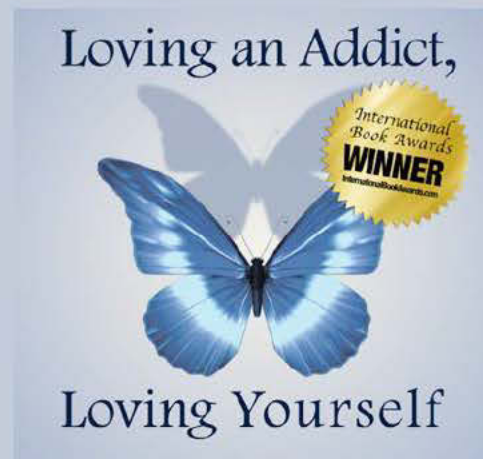
Self-Respect



Have Fun with this



How You Can Start the Healing Process in Your Family Right Now



This all makes sense but Candace— How the heck do I do this??

- Where do I start?
- I feel overwhelmed.
- I've tried so many things that haven't worked.
- Candace, can you really help my family?

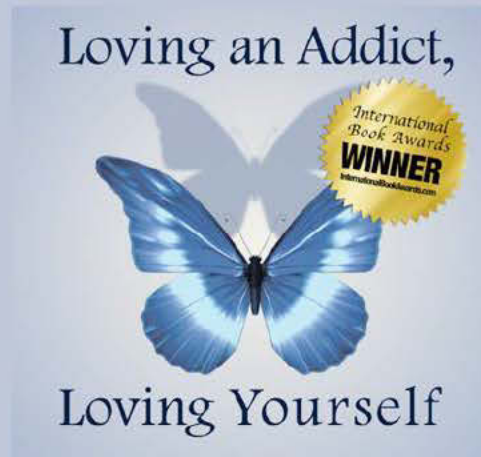


I Work with Families

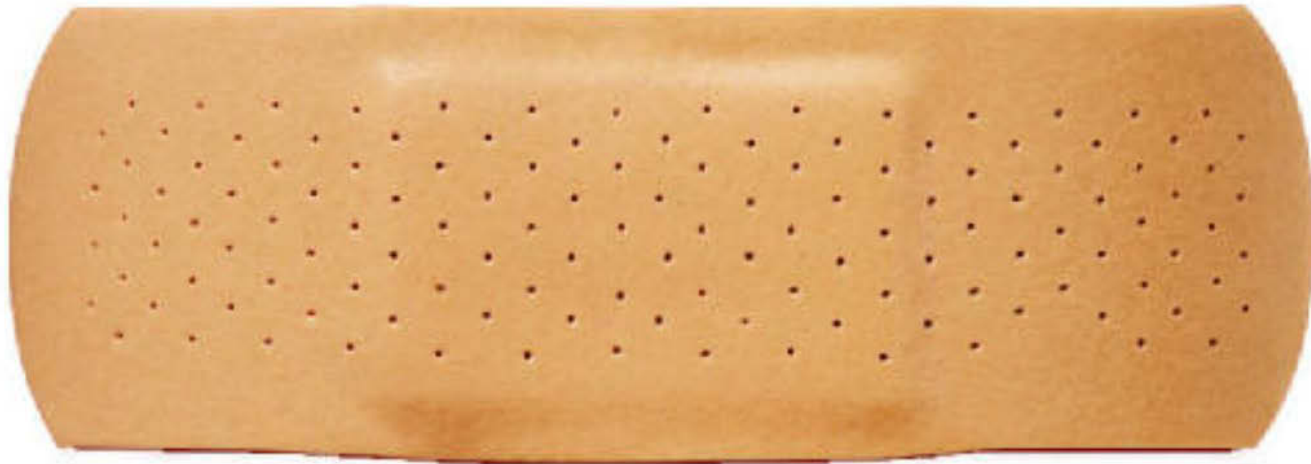


Family Addiction Therapy Program

5 Stages



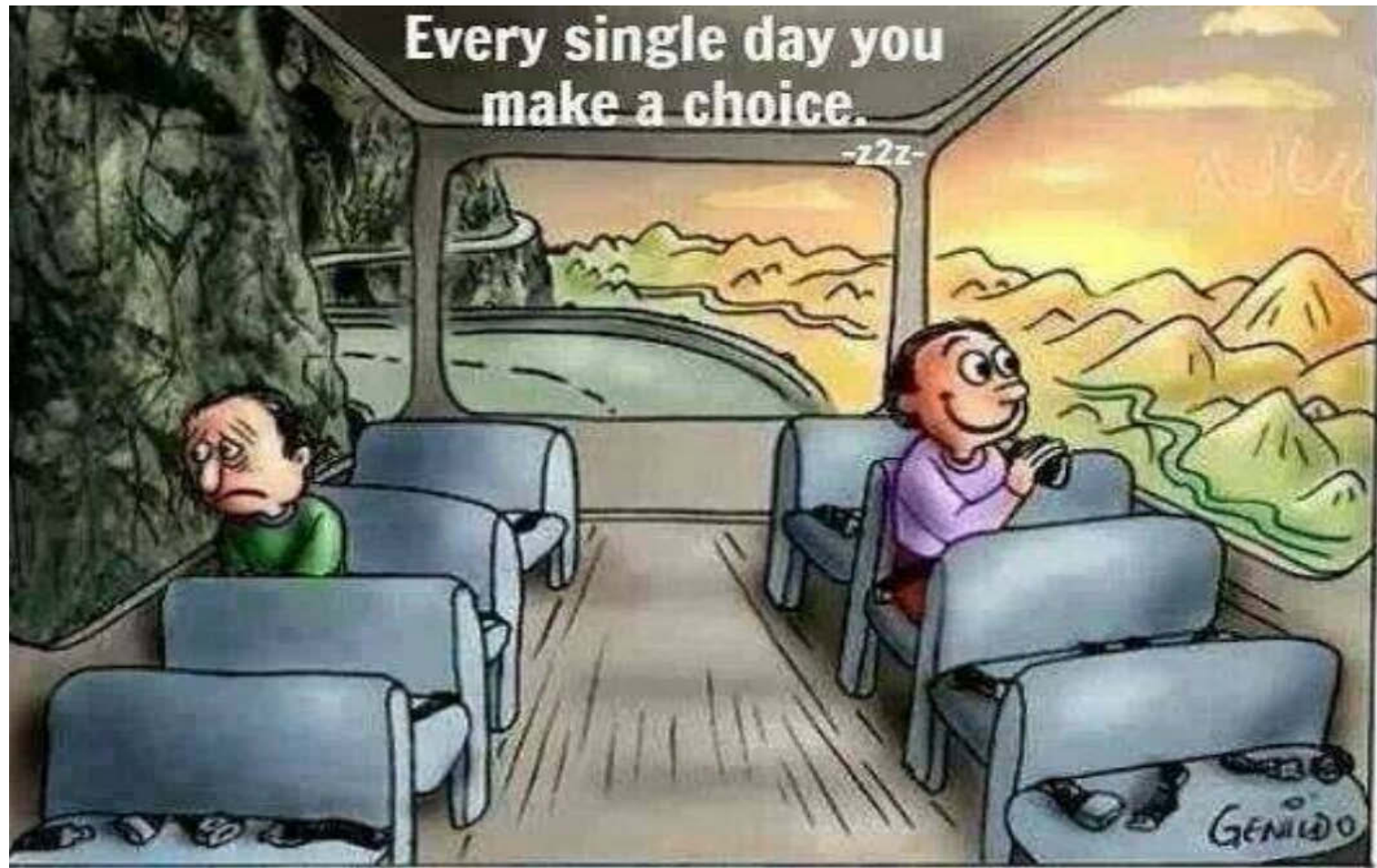
Stage One – “Easing the Pain” – Crisis Relief



Stage Two – “Gaining a New Clarity” – Initial Strategies



Stage Three – “Realizing (‘real-eyes’) Your Own Role in Your Reality”



Stage Four – “Taking Inspired Action to Create the Life You Want”



Stage Five – “Having it All!”





Candace Plattor, M.A.
Registered Clinical Counsellor

If nothing ever changed, there would be no butterflies.

Stay in Touch with Candace

(Please print clearly, thanks!)

Name:

Email:

Phone Number:

Ways to stay connected – check all that apply:

- I would like Candace to speak to my organization about her signature system and unique perspective on addiction.
- I would like to arrange to make Candace's book, "Loving an Addict, Loving Yourself", available to the staff and clients of my organization.
- I work with families who would benefit from Candace's support and would like to speak with her about them.

I will be receiving occasional emails from Candace with her articles
and I understand that I may unsubscribe at any time.