

ADDICTIONS THEORY & COUNSELING

VIEWING GUIDELINES

MOVIE: CLEAN AND SOBER

1. You

- a. With which character in the movie do you most identify? Explain.

I identify with Craig the counselor (Morgan Freeman) He kicked Daryl out of the program when he saw no progress but stubbornness.

I'm always ready to use tough love with everyone in my life for them to see the addiction and come into the reality of the truth. Truth hurts at first, but we appreciate it later.

- b. With which character do you least identify? Explain.

The truth is there is not one character in the movie clean and sober that I don't identify with. Your teaching Professor has taught me that we are ALL addicts. Now some in the movie were more extreme than others, but were all addicted to something, someone or some place.

- c. Which client would you have the most difficult time counseling? Explain.

I would say Charlie. She knew what needed to be done after coming home. To leave the man that abused her for years. Because of her fear and not leaving, she continued to use drugs and this ended in her fatal demise.

2. THE PROBLEM: Describe a scene that depicts the theme of escaping from reality.

When Daryl was asked to leave the rehab facility by Craig. He left the facility went back to his workplace where he embezzled the company's money only to realize he was homeless and all excuses for him had expired.

1. How did the addiction begin to "control" the user?

When Daryl couldn't help himself with using the phone in the facility. He was living in a false sense of reality that he still had a job and can get more cocaine.

2. What is the impact on the addict of living in denial? On others?

Living in denial for the addict makes the addiction worse that leads to the demise and possible death of the addict. Confession is the first step to recovery. When it comes to others, no one can make the addict confess this. This is something that is frustrating when you see them differently than how the addict views themselves.

3. How did hiding keep Daryl from engaging in authentic relationships?

Hiding for Daryl was escaping the reality of the young lady that overdosed in his bed. This was the beginning of him starting to believe he had a problem. Yet not coming into full grips.

3. THE COUNSELOR: Name three characteristics you observed in the film that are required of an addictions counselor in order to be effective with the cognitive distortions (irrational thought patterns) and rage of an addict.

Teach the addict to say No

Be stern, direct and honest with the addict.

Do what's necessary to let the addict know I wont put up with your excuses or rage.

1. How does the counselor in the movie depict these characteristics?

Craig (The counselor) exemplified all of these characteristics while working with Daryl and others in the facility. When you see the larger outcome for the addict you can't afford to take any shorts with their current behavior, excuses or avoidance of a true reality.

2. How are these important in the healing process for the addict?

The addict doesn't need a friend, they need tough love and someone not afraid to tell and show them the truth. Truth at times for an addict will always be heard as "Judgement" when it's really genuine care for the individual.

3. Which of these is a weak area for you? Explain

It would have to be this one: Be stern, direct and honest with the addict.

When you love the addict, or they are near and dear to you and your heart, you don't want to hurt them but you have to tell them and be stern. This is when your personal emotions can't take over and remain focused on the outcome of them being totally healed from the addiction.