

NEW DAY NEWS



351 NORTH STATE ROAD 7, SUITE 200, PLANTATION, FLORIDA 33317 (954) 327-4060

WWW.STARTINGPLACE.ORG



Co-dependence has historically been a term used to describe the condition of a spouse/partner of an alcoholic. Co-dependence as a concept has been used almost exclusively in the field of substance abuse. As professionals began to look at alcoholism as a family disease, the field began to see that the alcoholic was not the only person affected by the disease.

The concept of co-dependence has evolved and has been recognized as a condition in its own right. It is an emotional and behavioral condition that affects an individual's ability to have healthy relationships.

Some Characteristics of Co-dependent People

- An exaggerated sense of responsibility for the actions of others
- A tendency to confuse love and pity, with the tendency to "love" people they can pity and rescue
- A tendency to do more than their share, all of the time
- A tendency to become hurt when people don't recognize their efforts
- An unhealthy dependence on relationships. The co-dependent will do anything to hold on to a relationship; to avoid the feeling of abandonment
- An extreme need for approval and recognition
- A sense of guilt when asserting themselves
- A compelling need to control others
- Lack of trust in self and/or others
- Fear of being abandoned or alone
- Difficulty identifying feelings
- Rigidity/difficulty adjusting to change
- Problems with intimacy/boundaries
- Chronic anger
- Lying/dishonesty
- Poor communications
- Difficulty making decisions

The mission of The Starting Place is to improve lives through education, treatment and support services related to substance abuse, mental illness and co-occurring disorders



Joel Kaufman, Ph.D.
CEO

Co-dependence

The proverbial and poignant joke regarding co-dependence is: "When the codependent is drowning, someone else's life flashes before their eyes."

In order for one to be able to develop a healthy relationship with oneself and healthy relationship with others, one needs to have a sense of who they are, what they like, what they feel, separate and apart from others. Co-dependents are people whose focus and point of reference is primarily outside of themselves. Their "center of gravity" so to speak is not within themselves. They have poor boundaries and very enmeshed relationships. They are caretakers to an extreme. Other more recent terms used to describe co-dependents are relationship addicts or love addicts.

It has been said that relationship addicts or co-dependents do not have relationships, they have hostages. They are willing to sacrifice personal spiritual and moral values to hold on to the illusion of being in a relationship. The fantasy or belief that they have a relationship is the mood altering drug.

Relationship addiction or co-dependence is completely integrated into our society. Most of the models that we have for relationships are models of co-dependent addictive relationships.

When our basic relationships are unhealthy, we ourselves are unhealthy. "Relationships are important for the human organism and they cannot give us our meaning or our identity"

Save the date for our Annual Breakfast Fundraiser

On Friday morning, September 9, 2011 from 8AM till 10AM Starting Place's Annual Breakfast Fundraiser entitled, Unleashing Your Potential, will take place at the Riverside Hotel. The cost for the breakfast is \$70/person. Sponsorships will be available as well as ads in the program journal. More information will be forthcoming.

Peer Counselors

One of Starting Place's programs called CCST employs peer counselors. The CCST program is a team approach in working with a young person and their family. The teams consist of an individual counselor, family counselor, case manager, parent advocate, and peer counselor. The peer counselor is a young adult who is in recovery and usually has an interest in pursuing a career in the healthcare field. They are often able to build a unique rapport with a young client that is facilitative for accomplishing treatment goals.

Our services and how to contact us

The Starting Place provides outpatient substance abuse and mental health services to children, teens, young adults and their families. Our services include assessments, individual counseling, family counseling, case management, psycho-educational and therapy groups, school based services, and aftercare/continuing care services. Services are office-based and in-home and school-based. Our hours are tailored to meet the needs of our clients. Fees are based on a sliding scale and we also accept a few different insurances.

If you would like to set up an appointment or speak to someone further about our services, please contact us at (954) 327-4060. You can also check us out at our website at www.startingplace.org

<http://www.facebook.com/thestartingplace>

