



## Para-Dependency And Co-Dependency Treatment

### Symptoms

1. Denial and self-delusion

2. Compulsive behavior

3. Repressed feelings

4. Low self-worth

5. Medical Complications

6. Family Therapy

### Goal and Treatment

1. Recognition and acceptance of one's defenses and dysfunctions – best accomplished in group therapy, with education and confrontation in love.

2. Facing co-dependent compulsions such as workaholism, obesity, smoking, sexual acting-out, clinging, passivity, etc. Starting a program of recovery and being held accountable to work your program.

3. Experiential therapy in a group of people acquainted with codependency. Feelings must be expressed and re-experienced for healing to take place. Prayer for healing is very helpful. (James 5:16)

4. Working the 12-steps of Alcoholics Anonymous, confessing resentments and bitterness related to past hurts and learning how to forgive and accept yourself and others. You must realize you are a unique – unrepeatable miracle of God and that the bad things that happened really have been good in some ways because they helped lead you to seek God.

5. Medical problems should be addressed immediately. Stress related chronic symptoms will begin to clear up as soon as a person begins to work a consistent, well-structured healing program.

6. Family therapy is very helpful in the treatment plan leading to full recovery – for the family as a whole, not just for one select member only.