

Psyc 317 db4

Psychology



**ASSIGN
BUSTER**

ID Lecturer PSYC 317 DB4 Enabling assists the alcohol user to get out of the guilt and choose a methodology which essentially keeps himself away from consuming more of it. This is manifested in the form of an understanding that the more enabled he is, the lesser would be the guilt at the end of the day. The same holds true for co-dependency where individuals try their best to learn the different ways and means under which they can get out of unhealthy relationships. This is the form of alcohol substance abuse which has hurt the cause of the society in more ways than one (Ellison 2011). It has made the people realize where they have gone wrong and what amendments are needed on their part. Both enabling and co-dependency inherently signify where individuals might be going wrong and how corrections can be made within their relevant stance. This means that the effects of alcohol and drug abuse penetrate well within the family unit and ultimately have a role in tearing the family apart on more than a single occasion. This is a problem that needs to be realized, analyzed and understood within the proper frameworks as it is the manner in which alcohol ruins the reigns of the people in any society of the world today (Peyrot 1996). A clinical example of enabling is the patient who makes frequent visits to the doctor to get the guilt over and start a better life all over again. For the sake of co-dependency, this happens when the same individual finds a way to get rid of this unhealthy relationship with alcohol usage (Author Unknown). As a therapist, I would make my role clear in the wake of the enabling situation by telling this person where he is going wrong and what corrective steps are needed while in the case of co-dependency, I will make sure that this person is told of the exact treatment methodologies that shall be meted out to him.

References

Author Unknown. 75 Bible References on Drinking Alcohol. URL: <http://www.scionofzion.com/drinking.htm>

Ellison, M. (2011). Estimating the Costs and Benefits of Alcohol Treatment Requirement. *Drugs and Alcohol Today*, 11(3)

Peyrot, M. (1996). The Etiology and Treatment of Substance Abuse. *International Journal of Sociology and Social Policy*, 16(5/6)