



Oregon Somatic Therapy

Re-awaken your body's wisdom to heal trauma and restore goodness

SoulCollage® in Chemical Dependency Treatment

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Most people struggling with chemical dependency issues suffer from mistaken identity. They confuse the thoughts arising from the body's Addicted Self with the Authentic Healthy Self. The genetic pattern that makes drug and alcohol use a supercharged dopamine high, gradually eclipses the real self.

The day by day process of letting alcohol or drugs gradually take over is so subtle, that most people never realize the ruse. Then they find themselves in front of a judge, trying to explain their 2nd or 3rd DUI, or discover that their liver enzymes are dangerously high. . . Or their spouse wants out of the relationship.

SoulCollage® comes to the rescue by externalizing the voice that votes for drug and alcohol use and all the behaviors that support it. And even better, with skilled use, SoulCollage® can also help you find and strengthen the Healthy Self who chooses recovery, not just abstinence, thought that is an awesome accomplishment

Most people vaguely realize that your drinking or drug use creates some problems, but often minimize the impact it is having in their lives.

However, when you make a card for "The Conman" or "The Saleswoman" or the "Con-artist" you can begin to see who and what is doing the thinking for you, without the stigma and judgment attached.

With help, you begin to take back your role as CEO at the head of their personal "corporation." The very act of making and reading cards develops healthy, observing ego skills.

You become a powerful witness, rather than bystander in your own lives. And you recognize that you have a troublesome, permanent board member, such as the "Conman" or "The Depressed One" and learn to manage these characters and even make good use of them!

You can learn to identify the Con Artist's "advice," notice where it will eventually lead you, and then take appropriate action as "Chair of the Board."



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SoulCollage®'s unique power can launch you out of the gravity well of addiction and put you back in the drivers seat again.

Imagery has staying power. Long after you have forgotten the words, the images remain, and continue to work in the background while you are doing other things.

Use “externalizing questions” appropriate to the stage of change where you find yourself, and explore the territory that drugs and alcohol have claimed.

If you are in early contemplation of change you may not yet connect choices with consequences.

These “externalizing questions” start to weave a tapestry showing the effects of alcohol and drugs in every day life. For example:

- What made you vulnerable to the Conman, that he was able to dominate your life?
- In what situations is the Con Artist likely to take over?
- What has your Salesman convinced you to do that was against your better judgment or even your values?

These types of questions “de-construct” the story and belief that you are helpless against what is often mistakenly thought of as an “addictive personality” or “character defect.”

Here's one womans's story

Shelly, an attractive, intelligent 33-year-old woman in early recovery from alcohol problems had a wakeup call from her doctor who warned her of liver problems. She made a card for her Con Artist and interviewed her:

“I am the One who says relax, have a good time. Just one won't hurt. Who would know? Only idiots can't handle their liquor, and you're no idiot. Take the road with me. You think it goes nowhere, but with me, we'll discover new horizons, new friends, new experiences wherever we are. Just relax.”

Shelly discovered that her Con Artist would encourage her to “just look at” all the bottles of wine at the store, to “test her strength” not realizing it was the slippery slope of a hypnotic induction to anaesthetize her to early warning signs of relapse.

She learned to consult her Con Artist frequently. She realized that though her advice seemed logical, sound and even in her best interest, she would listen respectfully and do



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the exact opposite, taking the nearest exit off the road to relapse.

Most people feel scared to personify and give voice to their worst fears. The buried shame you feel can also make it challenging to look at the problem directly. You mistakenly fear that if they made a Conman card, it will have more power over you. Even though in practice, the opposite happens.

Working with a skilled therapist or sponsor helps you stand up to the Conman's conviction that drinking and drugging are safe.

When you externalize the problem using SoulCollage, you quickly identify the thinking errors and shame that leads you to get on the same merry-go-round, repeating destructive behaviors. With SoulCollage® can identify the old story and begin to author a new story.

By externalizing the relapse process through SoulCollage, you can begin to see choice points rather than bad luck or fate wearing you down.

Using SoulCollage, many clients have fun making and working with their cards. They shed their shame, and move more easily into recovery, with a stronger sense of self, as Chair of a colorful and diverse Board of Directors including the Conman, who in recovery can work FOR the you rather than against them. . . . all using a few recycled magazine images.

You can also read about SoulCollage®, a trademarked process developed by Seena Frost in [SoulCollage: An Intuitive Collage Process for Individuals and Groups](#).