



# ACA Information Day

To help get the ACA message out to  
the public and to health professionals.

Adult Children of Alcoholics/Dysfunctional Families

# Welcome and Today's Agenda

- Thank You for attending today – We are glad you are here
- ACA Members who want to learn about Public Information
- And Health Care professionals and others interested in learning about ACA
- Learn a bit of what ACA is by hearing from some members
- Hear about some of our resources – literature, trifolds, etc.
- We will have time for your Questions!!!

# Session Notes

- *Session is being recorded and we will make audio available*
- *ACA World Service Organization's Public Service Committee*
- *Our committee members have their service committee name noted on the zoom participants, Public Services or H and I*
- *Feel free to use chat during the session*
- *We will ask for questions towards the end of the session*

# Our Mission Statement

The primary purpose of Public Information is to provide information about ACA and its potential to help heal the effects of growing up in a dysfunctional family. The goal is to carry the ACA message to the general public, medical and mental health facilities and 12 step fellowships. These include doctor's offices, community centers, educational and professional communities, libraries, and corporations including wellness programs.

This is done through distribution of conference approved literature, public service announcements and participating in public events. Public Information cooperates with ACA meetings, intergroups and regions to share Public Information's experience, strength and hope globally.



# *ACA History*

*A brief history of how ACA came to be  
and where we are now*



# Member Share - Mindy

*The Laundry List*



# Member Share - Rich

*The Inner Child, Critical Parent, and  
Loving Parent*



# Member Share - Denise

*The Promises*

# Public Information and the Traditions

- Tradition 3 - The only requirement for membership in ACA is a desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.
- Tradition 11 - Our public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio, TV, films, and other public media.
- Tradition 12 - Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

# Tools and Resources for Public Information

- Who carries the message of Public Information?
- Public Service Announcements – Have you heard them, shared them? <https://acawso.org/2018/03/02/aca-psas-available-for-download-in-mp3-format/>
- Free Literature is online
- <https://adultchildren.org/free-literature-english-translated>
- Emotional Sobriety – [https://adultchildren.org/wp-content/uploads/2019/02/Emotional\\_Sobriety\\_LTR\\_Color.pdf](https://adultchildren.org/wp-content/uploads/2019/02/Emotional_Sobriety_LTR_Color.pdf)



## Information for Health Professionals

### Adult Children of Alcoholics®/ Dysfunctional Families



## Help for your patient with Anxiety, Depression, PTSD and Other Effects of Childhood Trauma

This ACA WSO publication is under fellowship review, with a goal of eventual Conference approval. Fellowship comments are invited. To submit feedback, please visit <http://litreview.adultchildren.org>

### ISN'T ACA JUST ANOTHER 12 STEP PROGRAM?

ACA can be an adjunctive treatment and support system for many medical and mental health issues. ACA is unlike other 12 Step programs in that members are encouraged to look at dysfunction and traumas from childhood.

ACA has a premise that we were born whole and became fragmented due to family dysfunction and trauma. This dysfunction (abuse, neglect, addiction) is encoded into our bodies and mind as the false self – traumatic memories and flawed thinking.

### ABOUT ACA

- **Primary Purpose:** Carry the message of recovery to all who suffer from being raised in an alcoholic or dysfunctional environment.
- **Primary Benefit:** ACA Recovery work helps your patients address the effects of family dysfunction and reclaim their wholeness and true self.
- **Requirements for Membership:** A desire to recover from the effects of family dysfunction.
- 3,000 meeting locations worldwide.

### WHAT WE DO IN ACA MEETINGS

- We share what is happening in our lives, and how we are dealing with these issues in our recovery program. (i.e., share our experience, strength, and hope).
- We build a personal support network.
- We practice our recovery by supporting each other and being of service.

### ACA OFFERS PARTICIPANTS...

1. Group meetings available worldwide, in person, by telephone and online.
2. The only requirement is a desire to heal from family dysfunction.
3. Supplementary to and not a replacement for professional counseling.
4. Members help each other heal in body, mind and spirit.
5. ACA has no dues or fees.
6. Meetings provide a welcome environment to participants from diverse backgrounds.
7. Maintenance of anonymity.

### YOUR ROLE AS A PRACTITIONER...

1. Encourage your patients to join a supportive environment to supplement your ongoing clinical care.
2. Suggest patients try the program for at least six visits.

## PROMISES OF THE PROGRAM

1. We will discover our real identities by loving and accepting ourselves.
2. Our self-esteem will increase as we give ourselves approval on a daily basis.
3. Fear of authority figures and the need to “people-please” will leave us.
4. Our ability to share intimacy will grow inside us.
5. As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.
6. We will enjoy feeling stable, peaceful, and financially secure.
7. We will learn how to play and have fun in our lives.
8. We will choose to love people who can love and be responsible for themselves.
9. Healthy boundaries and limits will become easier for us to set.
10. Fears of failure and success will leave us, as we intuitively make healthier choices.
11. With help from our ACA support group, we will slowly release our dysfunctional behaviors.
12. Gradually, with our Higher Power’s help, we will learn to expect the best and get it.

## ACA: 14 TRAITS OF AN ADULT CHILD

1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened by angry people and any personal criticism.
4. We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to “love” people we can “pity” and “rescue.”
10. We have “stuffed” our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.
12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.

## TESTIMONIALS

*“I’ve used ACA personally and my life-long symptoms of anxiety and depression are now reduced.” Gary S., M.D.*

*“I wish I found this program 10 years ago.” Krista K., ACA Member*

*“I prescribe ACA to all my patients with anxiety and depression.” Satish M., M.D.*

## ACA AND THERAPY (ACA Big Red Book)

- “Therapy with an ACA informed counselor can be a gateway to unparalleled levels of recovery.”
- “Informed counseling is a must for clarity and progress.”
- “We encourage informed counseling to help the adult child accomplish the greatest level of emotional healing.”

\* Source: *Adult Children of Alcoholics*. 2006.

## TO GET STARTED...

To find a meeting go to “[Find a Meeting](#)” on our website at: <https://adultchildren.org/meeting-search/>

To order the Big Red Book of ACA email your request to: [hichair@adultchildren.org](mailto:hichair@adultchildren.org)

**For More Information:**  
[www.adultchildren.org](http://www.adultchildren.org)



# *A story on finding ACA*

*How one health care professional found ACA  
for herself*



# *ACA as a therapy resource*

*One therapist's experience referring their clients to ACA*

# Hospitals and Institutions

- *H&I Literature program*
- *Meetings supported locally*

# ACA Literature

- The public Services And Hospitals and Institutions Committees would love to give you some trifolds or ACA books.
- Request Free copies of our Big Red Book and trifolds including the therapist's trifold – contact [Hichair@adultchildren.org](mailto:Hichair@adultchildren.org)
- Public service questions can be sent to [psc@acawso.org](mailto:psc@acawso.org)

The background features a stylized landscape with rolling green hills in the foreground and middle ground. On the left, a purple and pink flower with a dark brown stem and small white curls grows on a hill. The sky is composed of horizontal, wavy bands of light blue and white. The text "Your Questions" is centered in a brown, handwritten-style font.

*Your Questions*



## ACA Serenity Prayer

God (Higher Power) grant me the serenity to accept  
the people I cannot change  
the courage to change the one I can  
and the wisdom to know that one is me.

## Secular ACA Serenity Prayer

Today I seek the serenity to accept the people I  
cannot change  
the courage to change the one I can  
and the wisdom to know that one is me

