

## *The self-care tripod model in the treatment of addiction*

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### *Abstract*

The self-care tripod model I have devised is based on 25 years of studies of medical articles, psychological textbooks, spiritual texts and philosophical books as well as the 12 step program. It is called the tripod model as it has 3 distinct aspects to it, namely 1. Self-care (physical, mental, emotional) 2. Tribe care (relates to how we teach others how to treat us, boundary setting, assertive communication setting and finally choosing our tribe) 3. Sacred care (relates to where do we draw our inspiration from, how do we surrender our will, how do we lean into the universe of creativity and bliss). The main focus of the tripod model is to encourage my client to create an authentic and deeply compassionate connection to themselves, others and the sacred.

Addicts or partners of addicts have used substances or people to numb the pain of trauma, rejection, grief and abandonment. My role as a coach and counsellor is to help them to gently connect to those feelings, feel them without wanting to numb them and allow the feelings to move up and out of their bodies. I encourage my clients develop deep compassion for themselves which they are later able to give as a gift to others. The self-care tripod model helps them to do this.



### *Biography:*

She is an infectious virtual or live speaker, an author of the self-care tripod model workbook which can be found on kindle which sheds light on the best self-care practices to combat stress, anxiety, depression and overwhelm. She is the pioneering chief visionary officer of Leigh Joy Inspires & Associates and is most alive when inspiring, empowering and transforming leaders lives through her 1-2-1 coaching and mentoring or her teams hybrid workshops.

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