

# Louanne shares letter on new co-dependency group



## Ask Louanne

by Dr. Louanne Barton  
Personal Counselor

Dear Readers,

I would like to share a letter with you from a student who does not wish to remain anonymous. I thought it was a good letter.

Louanne

A co-dependent support group has been formed and will begin meeting on Thursday, March 21 from 5:00-6:30 p.m. in the Erie Hall, downstairs classroom.

Those that attended Ann Smith's lecture "Preventing the Inevitable" are probably now aware of what co-dependency is. For those unable to attend, I will attempt to describe what it is, its results, and what can be done.

Co-dependency is a very real, and often debilitating, condition resulting from growing up in a dysfunctional family. Perhaps our parents were alcoholic, drug dependent, or suffering from other various forms of mental or emotional maladaptations. Most often these parents were incapable of giving us what we needed to grow on. They were unable to provide stability, approval, unconditional love, or healthy modeling.

As a result of not having our needs met as children, we grow up to be adults without our needs met, and not a clue for finding healthy ways to get them met. Thus, we may end up feeling as though we are a puzzle with a couple of pieces missing. We look for anything or anyone to fill in the gaps, even temporarily. Often in our search, we develop unhealthy over-dependencies on alcohol, drugs, food, sex, or other people. Healthy, interpersonal relationships are not only a struggle for us, but at times, seem impossible.

The picture I have painted may appear bleak and shaded with hopelessness, but I assure you there is hope and help. And that is what this support group is all about. It's people helping people through sharing and caring. We will provide an atmosphere of safety, acceptance, and anonymity. Who is seen and what is heard within the group, remains with the group.

Hope to see you Thursday.

James Campbell

For further information contact: Louanne Barton, Ph.D. Counseling and Advising Center, at 898-6164 or James Campbell at 455-4220.

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