

FOR IMMEDIATE RELEASE



**Harriet Rossetto,
Founder of Beit T'Shuva & Addiction Expert**
Available for Interviews on "Trauma of Privilege"

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"I have been in the center of the swirl of awareness about the unintended consequences of affluence and privilege on our children. I meet these youngsters and their families when crisis penetrates the denial system and they arrive at Beit T'Shuva, the recovery community I founded 30 years ago. We have been essentially re-parenting these children of all ages, allowing them to experience 'all the disadvantages of success,' in the words of Larry Ellison."
- Harriet Rossetto

Not Just Drama, This is Trauma: The Trauma of Privilege

The "Trauma of Privilege" Leads Young Adults Down a Path of Self Destruction and Parents are at Fault

LOS ANGELES, APRIL 22, 2015 - Over the past 30 years Harriet Rossetto, the founder of the West LA treatment center Beit T'Shuva, has become particularly attuned to those who are suffering from what she's described as the Trauma of Privilege. This is caused by a saving from failure and over praising starting in their childhood years, driven by those who love them the most and who claim to have their best interests at heart.

"We have created a Culture of Privilege characterized by Perfection Parenting and Commodified Kids," explains Rossetto. "Our children have become our careers, emotionally priceless, economically draining; 'valuable, not valued.' The result? Anxious, fearful, and depressed kids; anxious, fearful, and depressed parents. Drug addiction - prescribed for the parents, hustled by the kids."

In news coverage and commentary of celebrities falling into their addictions, the celebrity is often mocked as being too privileged to feel true pain. Recent headlines include:

Ireland Baldwin Checks into Rehab for 'Emotional Trauma'

Real Housewives of Beverly Hills' Kim Richards Arrested Following 'Drunken Rampage'

Liza Minnelli Checks Into Rehab Facility For Substance Abuse

As we watch these public self destructions there is the question of where this trauma in their lives began and how it's possible for these people who seem to have it all, fall. For some, it began as children of privilege. For others, it began in a culture of expectations dependent on the pressure to be perfect.

According to Rossetto, privilege is on a spectrum, "The more money you can spend on their development, the more influence you have to buy your child's accomplishments, the worse it gets." These children who grow into adults with the same problems need to re-learn self-efficacy and contingency, according to Rossetto. "They need to understand no one is to blame for their mistakes or poor choices, and have to accept the consequences of their choices along with their imperfections."

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About Harriet

Harriet Rossetto is the founder and executive vice president of Beit T'Shuva (bate-t'shoo-vah), a residential treatment center and educational institution in West Los Angeles. Her belief that addiction is a malady of the soul inspired her to create a community that for 25 years has supported the process of recovery through spiritual healing. Beit T'Shuva, meaning House of Return in Hebrew, became the first residential program in the United States to integrate Judaism, 12 steps and psychotherapy. From the Los Angeles community to the White House, Rossetto has been honored as a pioneer in spiritual healing. The Bush administration recognized her work with recovering Jewish addicts as an example of why the government should support faith based efforts. Harriet also received the Alan Kassin award for professional achievement from the Jewish Communal Professionals, the Vision Philanthropy Award, and the Isaiah Award from the Jewish Federation for filling an unmet community need. Rossetto has also authored her own spiritual memoir, "Sacred Housekeeping," in which she shares the story of how the journey to save others became her own journey of self-actualization.

www.BeiTShuvah.org

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