



INTERVENTION WEBINAR

 Starting Soon



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Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

How Enabling Behaviors Can Hurt the Whole Family

Why Do I Enable My Loved One with Mental Health or Addiction Problems?

- Family Challenges and Regret
 - Families grapple with imperfections, secrets, and the desire to alter the past.
 - Roots of Enabling in Family Dynamics
 - Dysfunctional behaviors stem from family origin and learned behaviors, prompting certain members to feel responsible for comforting their loved ones.
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Why Do I Enable My Loved One with Mental Health or Addiction Problems?

- Unhealthy Roles
 - Intervention services focus on recognizing and changing unhealthy family roles to facilitate progress.
 - Selfish Nature and Distorted Beliefs
 - Enabling is a selfish act rooted in a distorted belief that the enabler help is essential for their loved one's well-being, leading to a harmful cycle.
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How Does Enabling Create a Ripple Effect of Dysfunctional Family Roles and Cause Family Members to Feel Neglected?

- Family Impact of Addiction and Mental Health
 - Addiction and mental health affect the entire family, causing anger and frustration.
 - Misdirected Anger at the Primary Enabler
 - Families often direct anger at the person with addiction or mental health issues, but it's the primary enabler who bears the brunt.
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How Does Enabling Create a Ripple Effect of Dysfunctional Family Roles and Cause Family Members to Feel Neglected?

- Impact on Children and Formation of Roles
 - a. Children suffer emotionally when attention is diverted from them, leading to the formation of unhealthy roles.

 - Hero, Scapegoat, Lost Child, Mascot, and Martyr Roles
 - a. Unhealthy roles, such as the Hero, Scapegoat, Lost Child, Mascot, and Martyr, emerge as family members cope with the primary enabler's focus on the affected individual.
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Does Enabling Encourage Negative Behaviors or Positive Change?



- Declining Success Rates in Addiction Recovery
 - Success rates in addiction recovery have significantly decreased over time, with current rates as low as 3%, attributed to shifts in treatment approaches and the disease model of addiction.
 - Accountability-Based Treatment vs. Current Approaches
 - Traditional accountability-based addiction treatment has given way to current approaches that emphasize meeting individuals where they are at, considering them victims of a disease.
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Does Enabling Encourage Negative Behaviors or Positive Change?



- Detaching from Chaos and Negative Behaviors
 - Detachment from the chaos of addiction and mental health disorders is not detachment from loved ones but a strategy to love without enabling negative behaviors.
 - CRAFT Model as an Effective Intervention
 - The Community Reinforcement & Family Training (CRAFT) model, based on operant conditioning, emerges as an evidence-based treatment, emphasizing rewarding positive behavior rather than enabling negative actions.
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Will Enabling Make them go to Treatment for Mental Health Disorders, Alcoholism, or Drug Addiction Quicker?

- Enabling and Treatment Resistance
 - Enabling a loved one with addiction or mental health issues rarely accelerates their willingness to seek treatment, as evident from intervention experiences.
 - Vulnerability During Negotiations
 - Families become vulnerable during interventions when negotiations and promises intensify, often leading them to make mistakes in comforting the struggling individual.
 - Preventing Progress Through Comfort
 - Comforting a loved one hinders their progression through the stages of change, particularly in the contemplation stage, where ambivalence and weighing the pros and cons are crucial for transformative decisions.
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- The Role of Environment in Recovery
 - The family system and the client-counselor relationship play a vital role in predicting outcomes in addiction and mental health treatment, emphasizing the need for professionals to focus on the broader environment rather than a narrow perspective.
 - Importance of a Global Perspective
 - Success rates in addiction and mental health treatment were higher when professionals considered the global perspective, addressing the impact on everyone involved and recognizing the role of enabling in contributing to the client's situation.
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Enabling Will Cause Family to Become Emotionally, Spiritually, Mentally, Physically, and Financially Bankrupt

- Disruption of Family Dynamics
 - Enabling, when practiced by a primary enabler, leads to the dismantling and upheaval of family structures, creating dysfunction and maladaptive coping mechanisms.
 - Emotional, Mental, Physical, and Financial Toll
 - Ineffective helping takes a toll on family members across various dimensions—emotionally, mentally, physically, and financially. The negative impact is profound, causing distress and strain on the entire family.
 - Awareness of Unhealthy Behavior
 - Family members, at their core, recognize the truth about enabling behaviors. The enabler often justifies actions through excuses, but the family is aware of the selfishness and the lack of genuine help for the loved one with addiction or mental health issues.
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Enabling Will Cause Family to Become Emotionally, Spiritually, Mentally, Physically, and Financially Bankrupt

- Internal Struggles and Health Issues
 - Enabling can strip away the mental sanity of family members, leading to challenges such as sleep deprivation, loss of appetite, and financial strain. These internal struggles manifest as a result of the ongoing enabling dynamic.
 - Necessity of Internal Problem Resolution
 - Families are urged to address the enabling problem internally with the help of professionals. Understanding the "why" behind enabling is crucial before attempting to address the broader aspects of who, what, where, and how in the context of addiction and mental health.
 - Family-Centric Approach
 - Family First Intervention emphasizes addressing addiction and mental health starting with the affected family. While not attributing blame to the family, the focus is on recognizing behaviors that hinder the loved one from seeking help. Change is encouraged within the family dynamic to facilitate positive outcomes for both the family and the individual struggling with addiction or mental health disorders.
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Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
