



INTERVENTION WEBINAR

 Starting Soon



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President & Founder,
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.

The Best Treatment for Families of Alcoholics

Purpose of the Presentation

Introduce the topic of alcohol dependence and the importance of effective treatment.

Highlight the prevalence of alcohol dependence and its impact on individuals and society.

Mention that there are various counseling strategies available, but one approach stands out.

Purpose of the Presentation

A Family First approach that involves working with the family and loved ones of the individual struggling with addiction, rather than just focusing on the individual themselves

By using this approach, you can create a more positive and supportive environment for the individual to make lasting changes and break the cycle of addiction.

“When there is a problem, the question is, is there another way of looking at the problem?”



Addressing the Internal Problem



- **Addressing** internal problems is crucial for long-term recovery because it helps individuals understand the underlying issues that may have contributed to their addiction.
 - **The goal** of addressing internal problems is not to eliminate them entirely, but rather to develop healthy coping mechanisms and strategies for managing them.
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Substance Use Treatment



- **Cognitive-Behavioral Coping Skills Therapy:** focuses on changing one's thinking on problems such as poor self-esteem or image issues. The aim is to correct repetitive destructive behaviors.
 - **Motivational Enhancement Therapy:** helps clients become aware of personal strengths and ways to utilize them in order to facilitate their pathway to recovery.
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Substance Use Treatment Cont.



- **Twelve-Step Facilitation Therapy:** embodies the tenets of AA and NA and is applied to help patients create structure, have sponsorship, live amongst a supportive community, and achieve long-term goals with the understanding that recovery is a lifelong journey. The most effective treatment for alcohol dependence is 12-step facilitation.
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Cognitive-Behavioral Coping Skills Therapy:



- This therapy empowers clients to take responsibility for their thoughts, emotions, and behaviors and make positive changes that can lead to lasting recovery and improved well-being.
 - Clients learn to identify and challenge negative thought patterns, develop positive coping strategies, and make positive changes in their behaviors and lifestyles.
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12 Step Philosophy



Foundation of Many Modern Therapies

- AA, founded in 1935, has influenced various counseling theories
 - Focuses on insight, change in perception, and addressing character defects
 - Foundational philosophy in many evidence-based interventions
 - Insight and Change in Perception
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12 Step Philosophy Cont.



Foundation of Many Modern Therapies

- AA promotes self-awareness and understanding of one's behaviors and patterns
 - Encourages individuals to change their perceptions and attitudes towards themselves and their struggles
 - Helps in developing healthier coping mechanisms and behaviors
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12 Step Philosophy Cont.



Addressing Character Defects and Shortcomings

- AA encourages individuals to identify and address their character defects, such as resentment, blaming others, and selfishness
 - Focuses on personal growth, accountability, and self-improvement
 - Provides a framework for addressing underlying emotional and psychological issues contributing to addiction
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12 Step Philosophy Cont.



Not Limited to Alcoholics or Drug Addicts

- AA philosophy can benefit anyone seeking positive change
 - Provides tools for personal growth, resilience, and improved decision-making
 - Can be applied in various settings beyond addiction treatment, such as mental health, relationships, and self-improvement.
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Family of Substance Users Entering Recovery



- The use of evidence-based behavioral therapies like Cognitive Behavioral Therapy (CBT) can also help individuals learn how to manage their environment and cope with stressors that may arise.
 - Family therapy and couples therapy can also be helpful in addressing environmental factors, as they can help loved ones understand how their behaviors impact the individual in recovery and work together to create a healthy and supportive home environment.
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Family of Substance Users Entering Recovery



- Addressing the environment is an important aspect of addiction treatment, as it can play a significant role in triggering and maintaining addictive behaviors.
 - Environmental factors that can contribute to addiction include stress, access to drugs or alcohol, social pressure, and trauma.
 - Treatment approaches for addressing the environment may include identifying and avoiding triggers, creating a supportive social network, developing healthy coping mechanisms for stress, and seeking help for underlying mental health conditions.
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Long-Term Treatment



- Long-term treatment is often necessary for individuals struggling with addiction.
 - It involves extended periods of time spent in therapy and treatment programs.
 - Long-term treatment can take place in residential or outpatient settings.
 - The length of treatment varies based on individual needs and progress.
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Sober Living or Halfway House After Treatment



Sober living or halfway houses provide a transitional environment for individuals in recovery to adjust to sober living outside of treatment.

These homes offer a supportive community of peers who are also committed to maintaining sobriety.

Sober living homes often have rules and guidelines that residents must follow, such as attending 12-step meetings, remaining sober, and contributing to household chores and responsibilities.

Halfway houses often offer additional services, such as job training, educational opportunities, and counseling services.



Sober Living or Halfway House After Treatment



Sober living and halfway houses can also serve as a safety net for individuals who may not have a supportive home environment to return to after treatment.

Living in a sober environment can help individuals develop new healthy habits and routines and reinforce the skills and strategies learned in treatment.

Sober living and halfway houses can provide a sense of accountability and structure to help individuals stay on track in their recovery journey.

For many individuals, transitioning to sober living or halfway houses after treatment can help them successfully reintegrate into their communities and maintain long-term sobriety.

Effective Counselor



Study after study shows that the right counselor can get farther with a substance user delivering the wrong treatment than the wrong counselor can get with a substance user providing the proper treatment.

People listen to people they like and can relate to; people buy goods and services from people they trust and want. If they don't connect with their treatment team, they won't hear what their treatment team says.

It Is Never Too Late to Do An Intervention



Early intervention is best, but it is never too late to seek help for a loved one struggling with alcoholism.

Family members can play a critical role in encouraging their loved one to seek treatment.

A professional interventionist can help guide the process and ensure that it is done in a safe and effective manner.

Treatment is available for families of alcoholics, including therapy, support groups, and education programs.

Remember that addiction is a chronic disease, and recovery is a lifelong journey. It is never too late to start that journey.

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
