



INTERVENTION WEBINAR

Understanding How Family Roles
& Behavior Affect Addiction
Treatment Outcomes

 Starting Soon



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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.

Understanding How Family Roles & Behavior Affect Addiction Treatment Outcomes

What Enabling Provides a Family System



- A person enables for various reasons, often having little to do with the person suffering from a substance use disorder.
 - Most people understand enabling a substance abuser often takes away their ability to face consequences.
 - The question is not so much what is the enabling providing for the substance user, it is moreso what is it providing to the enabler?
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Family Focused Strategies for Addiction Intervention



- Addiction Affects Family Members Differently Than You May Think
 - When a loved one begins to abuse drugs or alcohol, their relationships with others begin to change. Everyone reacts to addiction in their own way.
 - However, a substance use disorder often brings more problems and devastation into the home. Is it the family member with the substance use causing the chaos and confusion? Could it not also be the family member's attention to the substance user that is causing the maladaptive roles to form and the resentments with one another that follow?
 - One of our many goals is to educate those affected by addiction and help them see how the whole family shifts and why.
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How Does Addiction Lead To Dysfunctional Family Roles?

It Is A Family Matter



- If I were to ask a room full of people who or what is the problem, they would almost inevitably say the addict or alcoholic and their behaviors.
 - Family members' underlying resentments and anxiety causes them to be as much if not more frustrated with the primary enabler and others within the system. This often causes the other family members to fight and be at odds with others' views and suggestions.
 - The family often makes it about the alcoholic or drug addict creating a diversion from some of the internal problems that needs to be addressed.
 - Misplaced emotions, resentments of others, lack of education, acquired maladaptive coping skills coupled with a lack of communication between family members is often the culprit. As a result, family members take on counterproductive roles within the family system to help them through.
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Common Reasons Why Substance Abuse Effects a Family

Coping Skills



- Substance abuse disorders cause family members to take on maladaptive coping skills and become flooded in their ability to make rational, effective decisions.
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Family Against One Another



- Substance abuse disorders turn family members against one another.
 - Family members start to acquire reasons to avoid helping their loved ones.
 - There is often something gained by holding onto certain family roles such as the hero or the enabler who seeks to remain feeling needed in the relationship.
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Seeing the Substance Use as the Problem



- The family system often approaches the problem from the direction of the substance use being the primary problem.
 - Our research shows it is far more effective to address and repair the damage to the family system before help can be offered effectively.
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Avoiding Confrontation



- Family members avoid confrontation and the fear of rejection.
 - Creating Ambivalence and Confrontation is proven to be the most effective method to move a substance abuse disorder client through the stages of change when applied therapeutically and professionally.
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Quick to Object



- Family members frequently find objections to solutions offered.
 - This is often due to unresolved and misplaced emotions.
 - Some family members unconsciously avoid the steps required to help their loved one in order to hold onto the new family patterns of confusion and chaos.
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**The longer maladaptive family roles are left unaddressed,
the more damaging and lasting an impact they can have
on the entire family and their loved one.**

Blaming the Addiction



- Family members often blame the addiction as the cause of the family problems when the problems more frequently stem from the family members reacting to the other family roles.
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Common Family Roles



- The substance user
 - Primary Enabler
 - Martyr
 - Hero
 - Scapegoat
 - Lost Child
 - Mascot
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Common Family Roles Cont.



- Punisher
 - Redeemer
 - Ally
 - Denier
 - Clueless
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It is important for family members to know what they are up against. This includes Identifying family roles and behaviors that may affect positive outcomes. Knowing what a substance use disorder is and how a family becomes consumed in it allows for better judgement and decision making. In any other aspect of medical conditions and care most families would allow themselves the opportunity to learn from professionals. With addiction, it is often not the case. Families who surrender and become aware of how the addiction and their behavior is impacting the rest of the family is the first step towards achieving the goal of positive change and wellness.

When we start to protect the feelings of another individual, we often realize at some point we were trying to protect our own feelings. Being emotionally connected to the ups and downs of another can take away our identity, integrity, happiness, and individuality we once had.

Intervention Gives an Unbiased Professional Perspective

- If you've avoided confronting your loved one with a professional intervention about their addiction and the need for treatment, it could be a result of you protecting your own feelings and role in the family system. When you look at all of the trouble, heartache, and consequences drug and alcohol abuse brings to someone, you may often ask yourself why they do it. Although the reasons people abuse drugs and alcohol are endless, the question is what is it providing that is so great that they would allow it to continue even in the face of extreme consequences? After all, the drugs and alcohol are providing them with something so powerful that they are willing to sacrifice anything and everything to get it.
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