



INTERVENTION WEBINAR

How Do Families of Addicts and Alcoholics Benefit From Family Therapy?

 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.

How Do Families of Addicts and Alcoholics Benefit From Family Therapy?



What is Family Therapy?



Family therapy is also known as family systems therapy. Family therapy is often called family counseling and often includes marriage & family therapy and behavioral couples therapy (BCT). A goal of family systems therapy is to try and understand the substance user. It addresses the family of origin and the current family roles compromising the recovery efforts of the substance user. Family systems therapy believes that:

- The addiction serves a purpose for the family
 - The addiction goes unaddressed as it benefits the newly formed dysfunctional family roles and processes
 - The family knows no other way to live other than with the addiction
 - That family of origin and learned dysfunctional behaviors passed on from generation to generation
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What is family-based therapy for substance abuse?



Family therapy looks at many aspects of the family and how the family can affect the substance user. The family dynamic of a substance user can be broken down into four pieces:

- The individual family member and their role
 - The relationship between other family members in relation to the role
 - What purpose each role serves the family member
 - How it impacts the entire family and the substance user
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What is family-based therapy for substance abuse?

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A common form of family therapy used to address these areas is called the multi-layered process of family therapy. The clinician can use many different family therapy strategies in this strategy and consider four movements:

- Forming a relationship with the client
 - Conducting an assessment and genogram
 - Hypothesizing and sharing meaning from the information gained in the assessment and genogram
 - Facilitating change.
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Why is family therapy effective for addiction?



Family therapy is effective for addiction because it addresses the whole broken family system. How often has it been said that the addiction is not the family's fault? While it may be true that the family did not intentionally or maliciously cause the addiction, they can still play a more significant role in the problem than the solution. Some contributing factors that can hinder the substance user include:

- Family roles that form
 - Generational dysfunction
 - Ego, pride, and fear of change
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Why is family therapy effective for addiction?

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When family therapy is implemented into an addict or alcoholics recovery program, it can significantly impact the overall outcomes. When family dysfunction improves, it can greatly increase the likelihood the substance user will improve. Much of addiction is the substance user acting out the family's untreated guilt and shame.

Family therapy informs families of substance users that treating addiction is not about learning how to control, change, or fix the substance user; it is about **the family understanding they only have control of themselves**. The family's intentional changes can impact the addict or alcoholic's choice to change their behavior and enter a recovery program.

What is the primary goal of family therapy?



Family therapy for substance use helps both the user and their family recover from the negative impact of addiction. Some of the most effective strategies entail helping families understand their role in the family system and why they act and behave the way they do.

Interventions and family therapy exist to help a family understand they cannot control the substance user directly and **must let go of believing they can.** Family therapy helps each family member identify which role they have acquired, why they have acquired it, and how the role works against other family members and the substance user. Following this, the family can begin to make strives toward positive change.

What is an example of family therapy?



There are two common approaches to family therapy, **individual** and systemic:

- The individual therapist looks only at the individual. For example, an individual therapist treating addiction focuses on developing a treatment and discharge plan for their client with little consideration for the family's role in the problem. This common practice is a problem in today's treatment curriculums. Therapists need to consider family dynamics because the family often has more detail and insight than the substance user is willing to discuss or disclose.
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What is an example of family therapy?

Continued



There are two common approaches to family therapy, individual and **systemic**:

- A systemic approach to therapy treats the substance user individually and considers the family's role in the problem. This includes input from the family and consideration of the family dysfunction that could compromise the substance user's recovery efforts. With systemic therapy, the treatment is a much broader approach and considers other factors that might have contributed to the addiction and are keeping the situation from improving.
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How to set up family therapy



It is vital that you choose a therapist who is well versed in addiction, with supplemental licensure in addiction being a plus.

If you are looking for a treatment center for a loved one or they are exploring options, be sure to ask the center if they have a family program. If they do not, it might be helpful to continue your search for centers that do. For facilities that do have a family program, ask the questions you need answers to, such as what the curriculum is, how often the program is, etc. Many clinicians can help family members with individual therapy. Likewise, consider finding a therapist who takes the systemic approach to addiction.

Family Recovery Coaching Program



Family First Intervention has built our S.A.F.E (Self Awareness Family Education) Family Recovery Coaching program based on a missing piece of many treatment centers. **The Family.**

When the intervention is over, we work with the family for an extended period of time while monitoring the substance user's progress (or lack thereof) in treatment. We have weekly calls with the substance user's treatment team while meeting weekly with the family.

This process allows us to draw discrepancies between what the center is seeing and what the family is reporting as well as helping the family to set realistic expectations.

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
