

INTERVENTION WEBINAR

How to Talk to An Addict or Alcoholic in Denial

 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 to Talk to An Addict or Alcoholic in Denial

Understanding the Stages of Change



- **Overview of the Stages of Change Model**
 - Pre-Contemplation Stage: Denial of the Need for Change
 - Contemplation Stage: Recognizing the Problem but Avoiding Change
 - **How These Stages Affect Communication Approaches**
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What is Denial in Addiction?

- **Types of Denial in Addiction**
 - Complete Refusal to Acknowledge the Problem
 - Minimization and Justification
 - Deflecting Blame onto Others
 - **Recognizing Common Denial Behaviors in Addicts**
 - Comparison with Others
 - Excuses Related to Jobs, Finances, Relationships, etc.
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How to Talk to Someone in Denial



- **Approaches for Productive Conversations**
 - Using “I” Statements to Express Feelings
 - Focusing on Emotions, Not Judgments
 - Encouraging Self-Reflection Without Forcing Change
 - **The Role of Timing: Engaging Them When They’re Sober**
 - **Knowing When to Involve a Professional**
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What to Say (and Not to Say)



- **Effective Phrasing and Approaches**
 - Expressing Love and Concern, Not Blame
 - Discussing How Their Behavior Affects You
 - Reinforcing the Option for Professional Help
 - **Phrases to Avoid**
 - Avoiding Criticism and Blame
 - Avoiding Conversations When They Are Intoxicated
 - Avoiding Excuses or Being “Soft” on Boundaries
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The Family's Role in Addressing Denial



- **Family Behaviors that Affect the Substance User's Motivation**
 - Enabling and Codependency
 - Impact of Boundaries and Consequences
 - **Importance of Family Recovery Programs and Support Groups**
 - Al-Anon, Families Anonymous, Codependents Anonymous (CoDA), Adult Children of Alcoholics (ACoA)
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Next Steps for Families

- **Shifting from “Talking” to Taking Action**
 - **Benefits of Working with a Professional Interventionist**
 - Preparing for Change Talk and Accountability
 - Reducing Family Reactivity and Emotional Triggers
 - **Finding the Right Intervention Program for Family Recovery**
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How to Approach Family Recovery

- **Addressing Family Dynamics and Roles**
 - Codependency, Enabling, and Family System Dysfunction
 - **Utilizing Resources Like Family Recovery Coaching and S.A.F.E.® Programs**
 - **The Importance of Letting Go of Control**
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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
