

INTERVENTION WEBINAR

How to Talk to An Addict or Alcoholic in Denial



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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 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

What is Denial in Addiction?



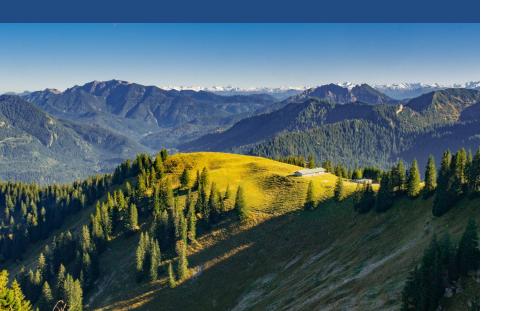


Types of Denial in Addiction

- 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.



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



What to Say (and Not to Say)



Effective Phrasing and Approaches

- Expressing Love and Concern, Not Blame
- o 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



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)



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



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



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