

## Chapter 1 : Family Recovery | Quality Outpatient Counseling and Education in an Atmosphere of Care and

*In a quality residential substance abuse treatment program, the focus is on the patient's physical recovery from drug and alcohol addiction as much as it is on a mental recovery from the.*

Drugs, Brains, and Behavior: Yes, addiction is a treatable disorder. Research on the science of addiction and the treatment of substance use disorders has led to the development of research-based methods that help people to stop using drugs and resume productive lives, also known as being in recovery. Can addiction be cured? But addiction can be managed successfully. The Journal of Neuroscience, 21 The chronic nature of addiction means that for some people relapse, or a return to drug use after an attempt to stop, can be part of the process, but newer treatments are designed to help with relapse prevention. Relapse rates for drug use are similar to rates for other chronic medical illnesses. If people stop following their medical treatment plan, they are likely to relapse. When a person recovering from an addiction relapses, it indicates that the person needs to speak with their doctor to resume treatment, modify it, or try another treatment. Relapse rates for people treated for substance use disorders are compared with those for people treated for high blood pressure and asthma. Relapse is common and similar across these illnesses. Therefore, substance use disorders should be treated like any other chronic illness. Relapse serves as a sign for resumed, modified, or new treatment. While relapse is a normal part of recovery, for some drugs, it can be very dangerousâ€”even deadly. If a person uses as much of the drug as they did before quitting, they can easily overdose because their bodies are no longer adapted to their previous level of drug exposure. An overdose happens when the person uses enough of a drug to produce uncomfortable feelings, life-threatening symptoms, or death. What are the principles of effective treatment? Research shows that when treating addictions to opioids prescription pain relievers or drugs like heroin or fentanyl , medication should be the first line of treatment, usually combined with some form of behavioral therapy or counseling. Medications are also available to help treat addiction to alcohol and nicotine. Additionally, medications are used to help people detoxify from drugs, although detoxification is not the same as treatment and is not sufficient to help a person recover. Detoxification alone without subsequent treatment generally leads to resumption of drug use. For people with addictions to drugs like stimulants or cannabis, no medications are currently available to assist in treatment, so treatment consists of behavioral therapies. Discoveries in science lead to breakthroughs in drug use treatment. What medications and devices help treat drug addiction? Different types of medications may be useful at different stages of treatment to help a patient stop abusing drugs, stay in treatment, and avoid relapse. When patients first stop using drugs, they can experience various physical and emotional symptoms, including restlessness or sleeplessness, as well as depression, anxiety, and other mental health conditions. Certain treatment medications and devices reduce these symptoms, which makes it easier to stop the drug use. Some treatment medications and mobile applications are used to help the brain adapt gradually to the absence of the drug. These treatments act slowly to help prevent drug cravings and have a calming effect on body systems. They can help patients focus on counseling and other psychotherapies related to their drug treatment. Science has taught us that stress cues linked to the drug use such as people, places, things, and moods , and contact with drugs are the most common triggers for relapse. Scientists have been developing therapies to interfere with these triggers to help patients stay in recovery. Common medications used to treat drug addiction and withdrawal Opioid.

## Chapter 2 : Treatment and Recovery | National Institute on Drug Abuse (NIDA)

*Substance Abuse and the Family Michael D. Reiter. out of 5 stars 8. Paperback. \$ Next. Editorial Reviews About the Author. Joseph Nowinski, Ph.D. is an.*

Often times, people seeking substance abuse treatment find themselves in situations where the essential lines of communication within the family unit are broken. In addition, the idea of opening lines of communication and repairing damaged relationships seems like an impossible task. There may be in a case where family members have no knowledge about the disease of addiction. If you find yourself in any of these situations, it is important to consider the value of having your family involved in your program of recovery. Therapists commonly recommend that families attend either Nar-Anon or Al-Anon to seek support and education about effective methods to help address common issues inherent within substance abuse treatment. Coincidentally, it is not uncommon that when a parent has a child in a formal treatment setting and removed from the home they become aware of their own behaviors that could have helped perpetuate the cycle of addiction. Support groups are also highly effective to help family members set healthier boundaries. In particular, support groups can help teach families effective methods to hold the addicted individual accountable for past and future actions. In addition, a support group such as Nar-Anon and Al-Anon can be an invaluable resource to help provide family members support during what is understandably an emotional and trying time. Family involvement in treatment can provide education about the disease model of addiction. This can help the family be aware that addiction is a disease that requires continuous care to keep in remission. This awareness can assist family members to be conscious of the needs such as meetings, sponsorship, self-care of an addicted individual to have sustained sobriety. People who enter treatment may come from families where open, healthy communication was never the norm. Or perhaps, the person may be in a situation where healthy communication was the norm, but is now broken due to active addiction. The value of having a trained professional to help re-engage healthy dialogue is immeasurable. An addicted individual may need the support of their therapist to help facilitate productive conversations with family members. A trained professional can help families learn new, effective methods to communicate as well as point out behaviors that are not conducive to healthy conversations. Hopefully, the newly gained awareness can facilitate the process of healing and forgiveness within the family. Lastly, family involvement can also help the addicted individual and family members set healthy boundaries and realistic expectations going forward in the future. Family involvement in treatment can help repair damaged relationships and help families to ascertain the tools to build a foundation for a healthier future.

## Chapter 3 : Family Therapy: A Vital Part of Addiction Treatment - calendrierdelascience.com

*A Family Disease. Every single person in an addict's immediate family (and at times extended family) is affected in some way by the individual's substance abuse.*

Find a Family Therapy Program The Role of Family in Addiction Treatment Family therapy is used in a number of substance abuse treatment settings, and it has been shown to be effective for both adults and adolescents. What Is Family Therapy? Call Who Answers? It also seeks to reduce the harm of addiction on both the substance abuser and his or her family. Allowing family members to ask questions and begin a dialogue can in itself be healing. Additionally, therapeutic interventions may include: Identifying ways to improve communication and rebuild trust. Learning what helps and what is harmful. Identifying ways to interact that respect the needs of everyone involved. The Family Systems Model Most family therapists have adopted a family systems model, which views substance abuse as a symptom of dysfunction in the family. Family therapy is based on the view that a family is a distinct system, and each person in the system affects how it functions. The entire system suffers when one person in this case a person receiving substance abuse treatment , is functioning at an impaired level. Those who are not addicted to substances may discover that their behavior is also dysfunctional because of the efforts required to support a system that is flawed. The Importance of Family Therapy in Breaking the Cycle of Addiction Addiction affects the entire family, and some family members may take on certain roles enabler, overachiever as a way to cope. Family therapy can help to repair damaged relationships and teach family members healthy coping skills. Benefits of Family Therapy for Addiction Some benefits gained by people in treatment and their families are: Better understanding of the nature of addiction and how it affects behavior: This is accomplished through education. Just as the person has been assessed, the family has an opportunity for self-assessment and insight from a therapist. Becoming aware of family dynamics: Maladaptive family patterns will contribute to continued substance use. Everyone in the system should be treated to obtain the most positive outcome. In a system where there may have been no communication or limited emotional involvement, improved communication is essential and will require an investment by those interested in the most successful recovery outcomes. Dishonesty and substance abuse sometimes go hand in hand. Family members may not want to open their hearts or their wallets to help a loved one who has betrayed their trust. Improved communication, honest interaction and witnessing positive changes can help mend this breach. During active addiction, bridges can be burned. Family members may be angry but unable to express it, they may fear relapse or they may be excited at the possibility of reconciliation. It takes time to learn how to recognize, balance and express these feelings. This applies to everyone involved. Clarifying boundaries is not easy. But it is a necessary step toward healthy recovery for the family. This may include detaching from any family member is in active addiction. In addiction treatment, the focus is on the person with the addiction. During family therapy, a parent or spouse may learn that they need help, too. They may be directed to try Al-Anon , Nar-Anon or other mutual help groups in addition to finding an individual therapist. If you need help selecting the right program for yourself or a loved one, call Who Answers? Therapy styles and formats often differ for adults and children. It is important to determine the appropriateness and level of involvement of family members. Everyone must feel safe and able to voice their feelings and opinions without fear of retribution. Some types of family therapy that might be used in substance abuse treatment include: The therapist helps the family to develop a written contract focused on maintaining a substance-free home. The therapist may also help the family identify triggers for substance abuse, predict potential problems and develop strategies to avoid them. The therapist helps the couple to create a drug-free environment. He or she may work with the couple on coping skills, communication skills, relapse prevention skills and reinforcements for abstinence. This type of therapy is commonly used with adolescents and focuses on substance abuse as well as behavioral problems. The therapist meets individually with the teen and his or her family. Adolescents work on coping skills, and peer and family relationships. Parents work on any addiction or mental health uses they may be struggling with as well as parenting skills. This approach focuses on solving the problems identified in the family and not on

how they developed. The substance user, the family and the therapist try to come up with ways to help the user stop using drugs and alcohol and determine what a home without drugs or alcohol would look like. These groups might meet every week, and they give families insight into their own behaviors and let them know that they are not alone. They often help one another.

**Treatment Settings** Most inpatient treatment centers offer a family component. Treatment settings where family therapy may occur include: Residential or inpatient treatmentL: Most inpatient treatment centers offer a family component. Therapists will usually meet with family members alone and then with the user and his or her family for multiple sessions. Group sessions focus on the user and also have a regular family group component where all group members and their families meet together with a facilitator. When working with adolescents, it is best to find an age-appropriate group. These groups are primarily educational but can provide insight into areas where the family may want to work more deeply with an individual therapist. Individual marriage and family therapy

” In a private setting, a user may choose to work with a marriage and family therapist who also has experience with substance abuse. These providers have different styles and focuses, and it is important to ask questions up front and determine if they offer what you want. Develop a list of questions about the things that are important to discuss in addition to the substance abuse. These may include saving a marriage; helping a child deal with divorce; physical abuse; financial issues; blended families; incest; and grief. Whatever you decide, remember to educate yourself and ask questions. Dealing with addiction is upsetting, and people frequently make important decisions when they are stressed and feeling that something needs to be done in a hurry. While this is true, you owe it to yourself and your loved ones to investigate your options and find the treatment that is right for you.

**How It Works**

**Goals:** The primary goal of family therapy is to improve or initiate communication. Once this process begins, it is up to each member to decide how much they are willing to continue working on it. Another goal is to improve the home environment so it is a safe place for the user and his or her family.

**Setting, frequency, and duration:** The frequency and length of sessions will be determined by the program and your schedule. A therapy session usually lasts an hour. Outpatient sessions typically last 3 hours and will meet over a set period of weeks. Family components in treatment centers often include group sessions as well as shorter therapy sessions and beneficial leisure activities. A therapist or facilitator will generally solicit input from everyone involved and keep things focused. It is important to have a trained and neutral moderator. This can include a spouse , children, parents, extended family members or even close friends who are like family. All sessions will vary. In a group setting , where other people and their families are present, there is usually a check-in when everyone will be introduced. These sessions may be more focused on individuals in the group with the therapist setting the tone.

**Effectiveness of Family Therapy** Research about the effectiveness of family therapy is ongoing. However, several studies suggest that it may be a useful component of addiction treatment. One study found that different forms of family therapy can help keep substance abusers and their families in treatment, reduce substance use and other harmful behaviors, and improve social functioning. This person can address your concerns and answer questions about treatment options. They can also provide information on ways to pay for services. Learn more about other types of addiction therapies:

### Chapter 4 : Chicago Tribune - We are currently unavailable in your region

*Recovery and Recovery Support | SAMHSA - Substance Abuse and Overview.*

Because of the range of sources, family therapies for substance abuse will look and feel different based on the specific model the therapist is utilizing. Regardless of the style, the therapist will work with the family unit as a complete group, smaller subgroups, and with members individually to create a plan based on the family dynamics in place. Each program will incorporate the family at different levels. Many specific interventions are suited for family therapy for substance abuse like: Multidimensional family therapy MDFT. This style is most appropriate for adolescents and includes individual and family sessions occurring in an office, the home, or the community. Individual sessions will work to improve decision-making skills, communication, and problem-solving. The family sessions will explore the active parenting style and ways to positively impact the substance use. Family behavior therapy FBT. This style has value for both teens and adults. Its broad approach targets the substance use as well as mental health issues including depression and defiance, family problems, employment, and financial concerns. Treatment focuses on building skills to improve home life and developing goals to end substance use while providing rewards for accomplishing these objectives. Community and family approach CRA. This approach expands past the family to include the community as well. Sessions completed once or twice weekly involve learning ways to improve communication in the family and build a wider support system. The family is instrumental in identifying and modifying their role in the substance abuse. Find Help If substance use has been negatively impacting your life and the life of your family members, it may be time to seek family therapy. By engaging in treatment focused on the family, you can make a difference in the life of the addict while improving your own well being. Call Who Answers? Principles of Drug Addiction Treatment: Retrieved October 30, , from <https://www.samhsa.gov/2k12/principles-of-drug-addiction-treatment>: Retrieved October 30, , from <http://www.samhsa.gov/2k12/principles-of-drug-addiction-treatment>:

## Chapter 5 : Outpatient Treatment | Programs | Family Recovery Center

*The TIP provides basic information about family therapy for substance abuse treatment professionals and basic information about substance abuse treatment for family therapists. The TIP presents the models, techniques and principles of family therapy, with special attention to the stages of motivation as well as to treatment and recovery.*

Help is standing by 24 hours a day, 7 days a week. Depressionâ€”Painful negative emotions that are unexpressed or unresolved can turn inward on the self, causing depression. Anxietyâ€”A general sense of anxiety may lead the sufferer to project that anxiety onto a phobia, insomnia, hyper-vigilance, etc. Emotional constrictionâ€”People can become numb and their emotions shut down in the face of panic. Distorted reasoningâ€”Children who have had to make sense of frightening or chaotic experiences without proper adult care will develop a convoluted reasoning system as they grow older. Loss of trust and faithâ€”Breakdowns in primary, dependent relationships such as between a child and an addicted parent will cause the child to lose the ability to trust others. Hyper vigilanceâ€”Highly stressful environments in the household of an addict leaves everyone else anxious and constantly alert to danger. Traumatic bondingâ€”Often, children of addicts lack support systems outside of their house, and they form unhealthy bonds with their addicted parents. Easily triggered; hyper-reactiveâ€”Stimuli that reminds a child of past trauma can easily trigger reactions; that stimuli can be as obvious as yelling or gun fire or as small as loud noises or even an eye expression. High-risk behaviorsâ€”a pain-filled and numb inner world leads to attempts to feel again through risky behaviors sexual behaviors, reckless driving, out of control spending, fighting, etc. Disorganized inner worldâ€”Family members, especially children, of addicts lose a sense of relatedness and suffer from emotional disconnectedness. Development of rigid psychological defensesâ€”In an attempt of self-protection, people may develop mental defenses such as dissociation, denial, repression, minimization, projection, etc. Cycles of reenactmentâ€”Unfortunately, without the proper therapy, children of addicts may unconsciously repeat the same unhealthy dynamics of their past. Relationship issuesâ€”Issues that family members of addicts may face in other relationships include: Desire to self-medicateâ€”A pain-filled inner world may lead to the use of drugs, alcohol, or behavioral addictions to attempt find peace. The sleepless nights, wondering if they are safe, feeling anger, frustration and fear. If only they could stop using! Reliefâ€”and maybe a void. So much time and energy has been directed towards the addict or the alcoholic that its difficult to let go of the worry and the obsessive thoughts. Now you may wonder what they are doing in treatment, will they get better, what happens when they come home? The hamster wheel just changes direction and the focus becomes the recovery vs. The family needs to let go of the control and obsession about their loved one as much as the client needs to let go of their addiction. This is an important step in learning how to support someone in rehab. Trying to treat an individual addict without addressing family recovery would only be treating one facet of the problem. The entire family suffers when one member is an addict, so the whole family must be a part of the recovery process. Family Weekend Info Dealing effectively with addiction is a learned skill that families must master and practice daily if they are to experience true healing from the trauma of addiction. You might feel hopeless in the face of the terrible addiction of your loved one. But with the help and support of the caring therapists at Beachway Therapy Center , we want to assure you that family recovery is not only possible, but it can be a reality for you! The best part about our family recovery program is that it is offered absolutely free to family members of our patients. Learn about your role in the recovery process of your loved one Realize how to best support your loved one through their treatment Recognize the emotional consequences of addiction and the impact of addiction on the family Distinguish the differences between helping and enabling Promote healthy boundaries for positive family relationships Perceive how important it is to be involved your own recovery program Set long-term goals to promote long term recovery Addiction is a Family Disease Addiction is a family disease and dysfunctional and unhealthy family dynamics require healing and change. While the client is in treatment they are getting intensive group and individual therapy with constant focus on recovery. Families however, do not typically have that luxury. It is critical for the success and continued sobriety for the client that the family change too. Active participation in family programs and individual therapy, Al-anon,

Naranon, Families Anonymous or similar groups can be extremely helpful, as well as participating in a Family Program that the treatment center offers.

## Chapter 6 : The Importance of Family in Recovery - Solutions Recovery

*Addiction recovery isn't something done alone, at least not successfully. This is a true case of "it takes a village," with the person struggling with the addiction, combined with family, friends, and The Recovery Village team, to make recovery a reality.*

The Scapegoat The Caretaker Enabler The following information on each role defines how many people are instructed when taking basic steps to begin overcoming roles individually. Each role is given a brief description for understanding one basis of family addiction recovery. A summary follows with information on how and why the roles lead to codependency. The Addict The person with the addiction is the center, and though the key to alcohol and drug addiction recovery, not necessarily the most important in family recovery. The "world" revolves around this person, causing the addict to become the center of attention. As the roles are defined, the others unconsciously take on the rest of the roles to complete the balance after the problem has been introduced. Recovery many times on this person. The Hero The Hero is the one who needs to make the family, and role players, look good. They ignore the problem and present things in a positive manner as if the roles within the family did not exist. The Hero is the perfectionist. If they overcome this role they can play an important part in the addiction recovery process. The underlying feelings are fear, guilt, and shame. They will often make inappropriate jokes about the those involved. Though they do bring humor to the family roles, it is often harmful humor, and they sometimes hinder addiction recovery. The underlying feelings are embarrassment, shame, and anger. The Lost Child The Lost Child is the silent, "out of the way" family member, and will never mention alcohol or recovery. They are quiet and reserved, careful to not make problems. The Lost Child gives up self needs and makes efforts to avoid any conversation regarding the underlying roles. The underlying feelings are guilt, loneliness, neglect, and anger. The Scapegoat The Scapegoat often acts out in front of others. They will rebel, make noise, and divert attention from the person who is addicted and their need for help in addiction recovery. The Scapegoat covers or draws attention away from the real problem. The underlying feelings are shame, guilt, and empty. They try to keep everyone happy and the family in balance, void of the issue. They make excuses for all behaviors and actions, and never mention addiction recovery or getting help. The Caretaker Enabler presents a situation without problems to the public. The underlying feelings are inadequacy, fear, and helplessness. As with any recovery, it is sometimes necessary and helpful to gather information to better understand what others are seeing or feeling. For a family, information and help must be sought for the whole family before the recovery can be complete. Information and understanding may be all that are necessary to bring about recovery, but a specialist might also be necessary since there may be grief and loss to overcome in the process. The quiz section outlines some of the negative effects roles have and leads into codependency. Rules are human, flexible and appropriate to change. It is natural to link and be open to society. Each person has goals and plans to get there, and should be supported by the family. Rules in a Dependent or Addicted Family Dependents use of drug is the most important thing in a family life. Drug use in not the cause of family problems, it is denial which is the root. Nobody may discuss problem outside the family. Nobody says what they feel or think. If the second set of rules describes your family, please continue. Members make decisions concerning what the other person needs. Codependency leads to aversion and lack of self orientation in a situation where an addiction is present. Ultimately people "become" the part they are playing. The goal in alcohol and drug addiction recovery is to bring each member as a whole into a situation where the problems can be dealt with. Individual talents and abilities should be integrated into the situation allowing emotional honesty about the situation without guilt or punishment. People become familiar with and dependent on the role they play in families. In overcoming the family roles you will begin to overcome issues and what could be classified as the addiction to the role. While the conquering of the substance is important to the person with the addiction, a point to remember is the substance s is not the key to family recovery; removing the underlying roles are. In beginning recovery each family member must become proactive against the addiction to the role and learn to become their true self. The goal is for each to person to become independent and then approach the substance addiction recovery as a

group of individuals, rather than as people playing a part. Whole, independent people can freely contribute to the recovery of the person overcoming the addiction. A person playing a part can only perform the role. Find or write a list of your strengths and weaknesses. Build on what you have. Let go of trying to be perfect and realize all people have some weaknesses. Addiction recovery for the codependent role is tough. You must be personally honest and decide what you like or dislike. This may be as simple as defining how you wish things were without playing the part and adding support or friends in areas, or as encompassing as rethinking the path of your life. Refraining from forcing yourself to engage in activities, because of the codependency, is important to successful recovery from the addiction. There are many resources for codependent roles and overcoming these roles. Please, be honest in deciding if you have an addiction to a specific role in a relationship and find resources to help you in your recovery. As you begin to understand, breaking the family role should become easier. Remember to be understanding of others also. We have been helping people who are seeking treatment for addiction connect with local rehab facilities in their local area who fit their needs since

**Chapter 7 : Substance Abuse Treatment and Family Therapy - NCBI Bookshelf**

*Family recovery refers to the process by which this unit returns to proper functioning following addiction. Although in most instances only one member of the family will have been a substance abuser it will have likely impacted everybody.*

The chapter discusses the evolution of family therapy as a component of substance abuse treatment, outlines primary models of family therapy, and explores this approach from a systems perspective. The chapter also presents the stages of change and levels of recovery from substance abuse. Effectiveness and cost benefits of family therapy are briefly discussed. Introduction The family has a central role to play in the treatment of any health problem, including substance abuse. Family work has become a strong and continuing theme of many treatment approaches Kaufmann and Kaufman a ; McCrady and Epstein , but family therapy is not used to its greatest capacity in substance abuse treatment. A primary challenge remains the broadening of the substance abuse treatment focus from the individual to the family. The two disciplines, family therapy and substance abuse treatment, bring different perspectives to treatment implementation. In substance abuse treatment, for instance, the client is the identified patient IP “the person in the family with the presenting substance abuse problem. In family therapy, the goal of treatment is to meet the needs of all family members. Family therapy addresses the interdependent nature of family relationships and how these relationships serve the IP and other family members for good or ill. The focus of family therapy treatment is to intervene in these complex relational patterns and to alter them in ways that bring about productive change for the entire family. Family therapy rests on the systems perspective. As such, changes in one part of the system can and do produce changes in other parts of the system, and these changes can contribute to either problems or solutions. It is important to understand the complex role that families can play in substance abuse treatment. Providing services to the whole family can improve treatment effectiveness. Meeting the challenge of working together will call for mutual understanding, flexibility, and adjustments among the substance abuse treatment provider, family therapist, and family. This shift will require a stronger focus on the systemic interactions of families. Many divergent practices must be reconciled if family therapy is to be used in substance abuse treatment. For example, the substance abuse counselor typically facilitates treatment goals with the client; thus the goals are individualized, focused mainly on the client. Substance abuse counselors often focus on the individual needs of people with substance use disorders, urging them to take care of themselves. This viewpoint neglects to highlight the impact these changes will have on other people in the family system. When the IP is urged to take care of himself, he often is not prepared for the reactions of other family members to the changes he experiences, and often is unprepared to cope with these reactions. On the other hand, many family therapists have hoped that bringing about positive changes in the family system concurrently might improve the substance use disorder. This view tends to minimize the persistent, sometimes overpowering process of addiction. Both of these views are consistent with their respective fields, and each has explanatory power, but neither is complete. Addiction is a major force in people with substance abuse problems. Yet, people with substance abuse problems also reside within a powerful context that includes the family system. Therefore, in an integrated substance abuse treatment model based on family therapy, both family functioning and individual functioning play important roles in the change process Liddle and Hogue What Is a Family? There is no single, immutable definition of family. Different cultures and belief systems influence definitions, and because cultures and beliefs change over time, definitions of family by no means are static. While the definition of family may change according to different circumstances, several broad categories encompass most families: Traditional families, including heterosexual couples two parents and minor children all living under the same roof , single parents, and families including blood relatives, adoptive families, foster relationships, grandparents raising grandchildren, and stepfamilies. Extended families, which include grandparents, uncles, aunts, cousins, and other relatives. For many people, the elected family is more important than the biological family. Family members may disperse around the world, but still be connected emotionally and able to contribute to the dynamics of family functioning. In family therapy, geographically distant family members can play an important role in substance abuse treatment and need to be brought into

the therapeutic process despite geographical distance. One distinction is the level of commitment that people have for each other and the duration of that commitment. Another distinction is the source of connection. Families are connected by alliance, but also by blood usually and powerful emotional ties almost always. In family therapy, clients identify who they think should be included in therapy. What do you consider your family to be? Anyone who is instrumental in providing support, maintaining the household, providing financial resources, and with whom there is a strong and enduring emotional bond may be considered family for the purposes of therapy see, for example, Pequegnat et al. No one should be automatically included or excluded. As treatment progresses, the idea of family sometimes may be reconfigured, and the notion may change again during continuing care. In other cases, clients will not allow contact with the family, may want the counselor or therapist to see only particular family members, or may exclude some family members. Brooks and Rice , p. Families possess nonsummativity, which means that the family as a whole is greater than—and different from—the sum of its individual members. The behavior of individual members is interrelated through the process of circular causality, which holds that if one family member changes his or her behavior, the others will also change as a consequence, which in turn causes subsequent changes in the member who changed initially. This also demonstrates that it is impossible to know what comes first: The Concept of Family In the United States the concept of family has changed during the past two generations. During the latter half of the 20th century in the United States, the proportion of married couples with children shrank—such families made up only 24 percent of all households in Fields and Casper Some analysts are concerned about indications of increasing stress on families, such as the increasing number of births to single mothers from Census Bureau c ]. The Family as an Ecosystem Substance abuse impairs physical and mental health, and it strains and taxes the agencies that promote physical and mental health. In families with substance abuse, family members often are connected not just to each other but also to any of a number of government agencies, such as social services, criminal justice, or child protective services. The social and economic costs are felt in many workplaces and homes. The ecological perspective on substance abuse views people as nested in various systems. Individuals are nested in families; families are nested in communities. Family therapy approaches human behavior in terms of interactions within and among the subsets of a system. In this view, family members inevitably adapt to the behavior of the person with a substance use disorder. They develop patterns of accommodation and ways of coping with the substance use e. Family members try to restore homeostasis and maintain family balance. This may be most apparent once abstinence is achieved. Homeostasis A young couple married when they were both 20 years old. One spouse developed alcoholism during the first 5 years of the marriage. Almost all young couples encounter communication and intimacy issues during the first decade of the relationship. In an alcoholic marriage or relationship, such issues are regularly pushed into the background as guilt, blame, and control issues are exacerbated by the nature of addictive disease and its effects on both the relationship and the family. The possible complexities of the above situation illustrate both the relevance of family therapy to substance abuse treatment and why family therapy requires a complex, systems perspective. These elements of personal growth are important to the development of serenity in recovery and stability in the relationship. Alternately, clarifying boundaries between dysfunctional family members—including encouraging IPs to detach from family members who are actively using—can alleviate stress on the IP and create emotional space to focus on the tasks of recovery. What Is Family Therapy? A family is a system, and in any system each part is related to all other parts. Consequently, a change in any part of the system will bring about changes in all other parts. Therapy based on this point of view uses the strengths of families to bring about change in a range of diverse problem areas, including substance abuse. Family therapy in substance abuse treatment has two main purposes. Second, it ameliorates the impact of chemical dependency on both the IP and the family. The person abusing substances is regarded as a subsystem within the family unit—the person whose symptoms have severe repercussions throughout the family system. The familial relationships within this subsystem are the points of therapeutic interest and intervention. The therapist facilitates discussions and problemsolving sessions, often with the entire family group or subsets thereof, but sometimes with a single participant, who may or may not be the person with the substance use disorder. It differs from family therapy in that the family is not the primary

therapeutic grouping, nor is there intervention in the system of family relationships. Most substance abuse treatment centers offer such a family educational approach. It typically is limited to psychoeducation to teach the family about substance abuse, related behaviors, and the behavioral, medical, and psychological consequences of use. In addition, programmatic enhancements such as classes that teach English as a second language also are not family therapy. Although educational family activities can be therapeutic, they will not correct deeply ingrained, maladaptive relationships. The following discussions present a brief overview of the evolution of family therapy models and the primary models of family therapy used today as the basis for treatment. Chapter 3 provides more detailed information about these models. Historical Models of Family Therapy Marriage and family therapy MFT had its origins in the s, adding a systemic focus to previous understandings of the family. Systems theory recognizes that A whole system is more than the sum of its parts. Parts of a system are interconnected. Certain rules determine the functioning of a system. Systems are dynamic, carefully balancing continuity against change. Promoting or guarding against system entropy i. They sought to shift family boundaries so the boundary between parents and children was clearer. Intervention is aimed at having the parents work more cooperatively together and at reducing the extent to which children assume parental responsibilities within the family. One major model that emerged during this developmental phase was cognitive-behavioral family and couples therapy. It grew out of the early work in behavioral marital therapy and parenting training, and incorporated concepts developed by Aaron Beck. Beck reasoned that people react according to the ways they think and feel, so changing maladaptive thoughts, attitudes, and beliefs would eliminate dysfunctional patterns and the triggers that set them in motion Beck This union of cognitive and behavioral therapies in a family setting was new and useful.

**Chapter 8 : Family Involvement in Substance Abuse Treatment**

*Alcoholism and drug addiction traumatize and stress the entire family, and without intervention through a family recovery program, trauma can affect an individual for a lifetime.*

**Home The Importance of Family in Recovery** When a person struggles with an addiction to alcohol or drugs, the disease of addiction can affect everyone surrounding that person. Family is deeply involved in the struggle with addiction, which means it is very important for them to become involved in recovery. This is not just about supporting the individual overcoming the addiction, but about creating a healthy environment for everyone affected by the disease. According to the National Institute on Drug Abuse NIDA , there is a correlation between the amount of social support a person has and their potential for relapse; those with less support are more likely to relapse. There will be better understanding of the importance of sobriety and how the whole family together can encourage that. Involvement of the whole family is an important step in the process of treatment and recovery. Basic steps toward fostering greater family involvement include: Learning about the treatment and recovery process with their loved one Participating in getting the loved one into a rehabilitation program and treatment planning Attending therapy or group sessions as requested Finding individual or family therapy as needed Encouraging the loved one overcoming their addiction to continue their work without judgment It is important for substance abuse treatment to include family members. Families should be involved as partners in the process, and according to the Family Mental Health Alliance in Canada , they should be trained to help with: Some of these benefits include: The individual entering treatment for substance abuse will feel positive pressure to remain in treatment. Family members will have many chances to voice questions or concerns during the treatment process. The person overcoming addiction can hear the impact substance abuse has had on the family directly, and this can motivate them to change. Potential behavioral, substance abuse, or other problems in family members can be identified in therapy and effectively treated. **The Importance of Family Therapy** It is important for the person overcoming addiction to attend therapy sessions, learn about the underlying causes of their addiction, and work to develop better coping mechanisms for stress. A great deal of work goes into overcoming addiction, but the family should also work hard alongside their loved one. According to research reported by the National Council on Alcoholism and Drug Dependence , people struggling with addiction or substance abuse whose families did not participate in family therapy had a 10 percent greater incidence of untimely death; in contrast, people who had family therapy as an integral part of the recovery process had a 2 percent lower incidence of untimely death. Family therapy as a tool in substance abuse treatment serves two purposes: To encourage the family to build on their existing strengths and resources so they can all find ways to live without substance abuse To help everyone in the family overcome psychological damage caused by the addiction People who have a family member who struggles with addiction are more likely to struggle with mental health issues and domestic problems. There is an increased potential for domestic violence, deteriorating interpersonal relationships, conflict between family members and friends, increased stress, and behavioral problems in children. Children of people struggling with addiction often struggle with their own substance abuse problems later in life, and family therapy sessions can help to reduce this potential. Attending family therapy can begin to heal the negative impact of substance abuse on the whole family and rebuild trust. **Financial Assistance for Loved Ones during Treatment** Too often, families end up in financial crisis after a loved one has become addicted to drugs or alcohol. This can be due to stealing, spending too much money on drugs, losing employment or being unable to maintain consistent employment, and legal issues related to substance abuse. While this can involve direct donations from various family members to the cost of treatment, it can also mean researching a variety of ways to pay for treatment, assisting the person in finding employment after leaving a rehabilitation program, and helping everyone manage stress related to finances in a healthy manner. There are several ways that the family can help their loved one if relapse occurs. Help the person remember their original treatment plan and encourage them to recommit to their recovery. Remind the person that they can get back on track with recovery immediately. Eat healthy foods, get plenty of exercise and rest, and avoid triggering situations. If those around

the recovering individual also undergo lifestyle changes to get healthier, it will encourage the recovering person to maintain their recovery, even in the face of relapse. No one wants to relapse, but if it does occur, it is important to stay strong and positive. Family members can support their loved one in entering treatment for the addiction and then in participating in ongoing therapy while also working to become independent. Equally important is the process of healing the family. Attending therapy, both with and without the person in addiction treatment, can help everyone to positively change relationships and behaviors. Ultimately, the family of a person overcoming substance abuse should provide support to their loved one, but they must seek support for themselves as well.

## Chapter 9 : SMART Recovery Family & Friends - SMART Recovery

*Can addiction be treated successfully? Yes, addiction is a treatable condition. Research on the science of addiction and the treatment of substance use disorders has led to the development of research-based methods that help people to stop using drugs and resume productive lives, also known as being in recovery.*

Often, over time, daily family involvement has only managed to enable the addict. Family members frequently do not know how to bring up the issue of addiction therapy, and opt to ignore the problem for fear of pushing their loved one away during a confrontation or intervention. These are legitimate concerns, and while families should understand that approaching their loved one should be a gentle and supportive process, they also need to understand that most patients seek substance abuse treatment because of positive family involvement and intervention. Prior to Substance Abuse Treatment and Intervention Each family is different, and the best way to approach family involvement with addiction therapy will differ with every person. There are counselors in your area who are trained to work with drug- and alcohol-addicted patients and their families, and while they can be useful to mediate the intervention process, your family may decide to have a private, non-confrontational and honest talk with the addict to implore them to seek treatment. Whichever approach you take, it is important to understand that the family dynamic in drug and alcohol addiction is incredibly powerful, and that addressing an unhealthy imbalance in communication is your first step in moving your loved one toward addiction therapy. This type of positive family involvement can also help lead the rest of your family toward a journey of recovery and self-discovery. Involvement in an outpatient addiction therapy program means that patients are not separated from their families, they are able to attend classes in a facility close to their home, and patients can continue substance abuse treatment for an extended amount of time. In an inpatient residential program, patients travel to a facility where they undergo an intensive to day detoxification and recovery program. They are immersed in the recovery process and do not have the ability to leave the substance abuse treatment campus. However, family involvement is important, and inpatient addiction therapy programs often encourage frequent interaction with visiting family and friends. Family involvement, once the patient is in an off-site substance abuse treatment facility, is periodic and helps families step back and recognize negative behavior patterns. For example, well-meaning family and friends often become trapped in a cycle of enabling and codependency with the patient prior to addiction therapy. Conversely, family members might become distant, angry, and resentful. When the family members are able to take a break and assess their behaviors and environment while their loved one is undergoing addiction therapy, they often identify behaviors and traits that they can adjust to break the cycle. This is not to say that residential substance abuse treatment programs isolate the patient from their friends and family – quite the opposite. Addiction therapy is supported heavily by positive and frequent family involvement. The meetings address things such as: They are essential for family involvement. Additionally, while these meetings help individuals to understand the disease and how to support someone they care about, they also assist friends and family with their own emotional support during what is most often an incredibly trying and stressful time. By continuing to attend Al Anon and Nar Anon meetings, friends and family of an addicted individual can continue to stay out of the destructive cycle of enabling and codependency and fully realize the benefits of addiction therapy. Retrieved on November 9, , from <https://www.alanon.org/>