What Role Does Family Therapy Play in Addiction Treatment?

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When it comes to treatment for substance abuse disorders, family therapy plays a huge role in addiction treatment. Individuals who work with family support groups have a better chance of maintaining their sobriety, and family addiction issues can be directly handled under the care of a medical professional.

At the Robert Alexander Center, our clients work through individualized treatment programs and transition into additional supportive therapies like family addiction therapy because of the crucial role family therapy plays in addiction treatment.

Speak with an admissions coordinator today to see how our treatment programs can support you or a loved one today.

What is Family Therapy?

Family therapy is the process of working through relationship struggles with family members. It can be recommended when an individual struggles with addiction or mental health disorder that impacts how they interact with those around them. Family therapy should be led by a licensed clinician and someone with experience in family dynamics.

Family therapy is often recommended as part of addiction treatment because of the impact that addiction has on the family unit. When a family member struggles with addiction or a mental health disorder, the family unit will often try to care for and compensate for the individual. This can add stress to the members of the family taking on more responsibility. Additionally, family therapy can address the stresses of returning home after addiction treatment, especially if there are feelings of anger or resentment still there.

A family therapist will work with individuals to ensure that they are ready to tackle the difficult journey that is family therapy. Because individuals going through addiction treatment need to work on themselves first, family therapy often isn't recommended until they have completed at least a portion of the program and have a solid foundation in their sobriety.

What Does it Mean That Addiction Is a Family Disease?

Addiction is considered a family disease because of the impact that it has on the individuals surrounding the addict. When an individual is struggling with a substance abuse disorder, their families and close relationships suffer. This is from the stress of worry about the individual with the disorder, the overwhelming weight of additional responsibilities, or caring for the individual struggling.

Family addiction can cause family members and close friends to resent the individual struggling with addiction. Through the challenges of addiction, addicts may not realize the impact their actions have had on their family.

What Role Does Family Therapy Play in Addiction Treatment?

Family therapy plays an important role in addiction treatment because it helps individuals reconnect with family, but it also helps families work through and learn to manage the trauma they experienced due to addiction.

In family therapy, the goal is to support the family unit as a whole so they can grow closer and support one another. Family therapy objectives focus on turning negative feelings into a positive function that can bring the family together.

Family support groups can often provide individuals the help they need to continue or maintain their sobriety and encourage others to get more thorough therapeutic support. Because family therapy tackles difficult subjects and looks under the surface to address the root causes for concern, it can be challenging, especially if someone is not ready to face the issues raised.

Who Can Attend Family Therapy?

Family therapy isn't just for individuals in the nuclear family like the spouse, mother, father, or children. Family therapy addresses the concerns of those closest to the addict. This might include siblings, foster families, step-parents, blended family members, grandparents, friends, colleagues, fellow veterans, or those who are choosing to be there to support the addict. Family therapy is about repairing the damage done by addiction and rebuilding a damaged relationship.

How to Find Family Therapy Near Me

When searching for "family therapy near me," it is important to consider what you want to get out of the treatment and if those involved are ready to work towards reconciliation.

At the Robert Alexander Center, our family therapy treatment is part of a larger addiction treatment program designed to support individuals from detoxification through outpatient and aftercare and every step in between, including family therapy to repair the bonds damaged by addiction.

Through our comprehensive treatment, we work with individuals to address the root cause of their addiction. Through continuous support, our clients work to repair their self-esteem, relationships and lives one step at a time.
Contact the Robert Alexander Center today. Expert care for lasting recovery.

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