

Substance Abuse & • the Family

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Substance Abuse Treatment & Family Education

The Family System

- a) What defines a family?
- b) Family therapy is used to:
 - i) Help the family use strengths and resources to help find or develop ways to live without substances of abuse and
 - ii) To ameliorate the impact of chemical dependence on both the identified patient and family

The unit of treatment is the family and/or the individual within the context of the family system



Family Systems

The person abusing substances is part of a subsystem within the family whose symptoms have serious implications for the family system.

Ecological Framework- Homeostasis

Family members tend to 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 (keeping children quiet or not bringing friends home).

Family members try to restore homeostasis and maintain balance.

For example, when a person abusing substances becomes abstinent, someone else may develop complaints and/or “symptoms.”

4 Predominant Family Therapy Models for Substance Abuse Treatment



1. Family Disease Model
 - a. Affects the entire family-codependence
2. Family Systems Model
 - a. Homeostasis-attempt to change maladaptive behavior that requires substance abuse for stability

4 Predominant Family Therapy Models for Substance Abuse Treatment

3. Cognitive Behavioral Approach

- a. Change interactions and behaviors that trigger substance abuse, strengthen coping skills

4. Multidimensional Family Therapy

- a. Relationship between cognition, emotionality, behavior and environment

Why is Family Therapy important for Substance Abuse Treatment?



Goals of Family Therapy

- Help family become more aware of needs
- Provide genuine process of healing
- Work to shift power to appropriate family members (parents for example)
- Help the family make interpersonal and environmental changes affecting the person using alcohol and drugs
- Keep the substance abuse from moving from one generation to another

Counselor's Responsibilities

- Neutral, supportive environment
- Mediate and restructure conflict
- Introduce problem-solving skills
- Foster healthy communication
- Ensure every voice is heard
- Help family express, identify , and validate feelings
- Help create opportunity for positive change

● Safety & Appropriateness of Therapy



Assess for potential violence and anger

- All voices must be heard
- Common couples violence vs patriarchal terrorism
- Risks of child abuse & neglect
- Domestic violence indicated



Frankie's Intervention

https://www.viceland.com/en_us/video/frankies-intervention-on-his-recent-drug-use/5beb3e40be407717b3025403

State of Emergency

https://www.viceland.com/en_us/video/state-of-emergency-the-after-effects-of-addiction/5bcf352fbe407716577ea7a1

GAME TIME!

<https://www.tryinteract.com/share/quiz/5d9753f69c52e10014bda72f>

