

Family & Friends Group

Improve Outcomes using Evidence Based Approaches

This 8-week group will teach you how to work effectively with the person who's addicted. You can start at any point in the cycle, or take it more than once. We also offer this in individual coaching format.

Utilizing evidence-based approaches including CRAFT (Community Reinforcement Approach - Family Therapy) and Family Education & Support, concerned others will learn specific researched skills and be better able to engage, motivate and survive over the long-haul. This gentle but directed approach is very different than the typical confrontational intervention (which does not work well) and is also different from Al-Anon because it's more than support and believes that we CAN change things.

Week 1: Understanding addiction: emotional and situational triggers and the addictive process. Why it's compelling.

Week 2: Starting where you are: Self-care 1: limits and enabling.

Week 3: Starting where they are: Understanding the motivation to use and beginning the change process.

Week 4: Goals and defining the real problems.

Week 5: Positive communication skills, enhancing change and building relationship.

Week 6: Reinforcement: the driver of change; bringing or permitting consequences.

Week 7: Treatment Options; Making suggestions.

Week 8: Self Care 2: Building a life; Building Trust; Understanding Relapse.

Thursday @ 6:30pm

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Fees:
\$75 for 1
\$100 for 2