

A photograph of a long, straight path in a forest during autumn. The path is covered in fallen orange and yellow leaves. Tall trees with similar foliage line both sides of the path, creating a canopy effect. The lighting is warm and golden, typical of late afternoon or early morning. A dark brown rectangular box with a white border is centered in the upper half of the image, containing the text 'Family Therapy Program'.

# Family Therapy Program

Find addiction treatment help  
today at Red Oak Recovery!

866.457.7590



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Addressing mental health, trauma, and substance use is the most challenging part of helping a loved one get help. Often, family members don't know how to approach the subject. While living with a loved one who is suffering, relatives might unintentionally enable the problematic behavior. Fortunately, a family therapy program can help everyone before, during, and after treatment. Are you ready to repair your familial relationships and get treatment for your substance use? If so, it's time to call Red Oak Recovery. Contact our team today at **866.457.7590** or use our convenient online form to learn more about your treatment options.



## What Is a Family Therapy Program?

Overall, family counseling is a type of talk therapy that helps relatives resolve conflicts. Additionally, families learn skills for strengthening their relationships and getting through hard times. Each person has the opportunity for further emotional support as well.

Licensed therapists provide this service to our families. As a part of treatment, therapy might include every family member or only those willing to participate.



## The Role of Family Counseling in Treatment

Family counseling plays an integral role throughout the treatment process. Unfortunately, the disease not only affects the user but everyone around them. Therefore, it damages relationships and puts a strain on the entire family unit.

For instance, your loved ones may have unwittingly been keeping you afloat during your **substance use**. Perhaps you lied and said you needed the money for food or rent. Alternatively, you may have been stealing the money. Both actions harm your relationship with the people who love you. In some cases, your loved one will willingly continue to help you, enabling you to continue using drugs or alcohol. However, some family members may have cut you out of their lives completely due to this strain. This action was likely not easy for any of the parties involved. Through family therapy, you can begin the healing process.

### BEFORE TREATMENT

Often, family members begin therapy before treatment starts. Frequently, they don't know how to communicate with loved ones about getting help. Fortunately, Red Oak Recovery gives them guidance on how to approach loved ones during an intervention properly. We'll also help your loved ones develop healthier boundaries, which should

make it easier to communicate and care for each other outside of treatment.

## DURING COUNSELING

A family therapy program gives everyone a new perspective on addictive behavior. It teaches them how to identify negative patterns and help afflicted loved ones. Family members who pretend nothing's wrong, for example, only enable their loved ones to keep using. They might even become angry, distant, or resentful, which only worsens emotional strain.

When families assess their actions and living environment, they learn to break these toxic patterns. Additionally, the healthy support family members provide clients during treatment encourages successful sobriety.

## AFTER TREATMENT

It's important to understand addiction is a chronic disease, so ongoing treatment and support are necessary for long-term recovery.

After treatment, those in recovery need continual family support. One way to gain this is by practicing the communication skills they learned during therapy.

Another way to win family advocacy is by attending support group meetings together. These provide emotional help for everyone, including family and friends. Support groups also provide ongoing education in a structured environment.

## Approaches to Family Counseling

There are a few main approaches to family therapy. Not every family experiences substance use, **trauma**, and mental health issues in the same way. Behavior therapies are the most common because

they change negative behaviors. For example, the matrix model uses diverse therapy methods, including motivational enhancement and **cognitive behavioral therapy (CBT)**. Some family counselors also use community reinforcement as well.

Although these programs take different paths, the overall objective is the same. Families learn to identify their strengths and weaknesses, solve problems, and express their emotions in a healthy way. They work to overcome unhealthy interactions and patterns to achieve personal, family goals.

## Importance of Family Therapy in Dual Diagnosis Treatment

One place where family therapy can be particularly helpful is in dual diagnosis treatment. According to the Substance Abuse and Mental Health Services Administration, in 2018, an estimated 38.4 million Americans struggled with mental health conditions. Of that number, about 9.2 million Americans battled both mental health conditions and addiction. Patients who struggle with both addiction and mental health issues can benefit from dual diagnosis treatment. **Dual diagnosis treatment** provides strategies to manage symptoms pertaining to mental health issues and concurrently provides treatment for addiction. This treatment can help with a range of conditions, including:

- **Disordered eating**
- **Depression**
- **Anxiety**
- **Trauma or PTSD**

It's vital for family members to get involved in dual diagnosis treatment. Through this treatment, they'll learn about the symptoms that you experience on a day to day basis. They'll also discover how they can

help you so that you do not relapse once you finish treatment. Most importantly, they'll learn how to recognize when the symptoms are getting worse so that if they are, they can encourage you to take immediate action.

## Importance of Family Counseling In Trauma Counseling

Millions of people who seek addiction treatment also suffer from the effects of trauma. Psychiatrists define trauma as an experience that produces psychological pain or injury, but in reality, this term can refer to any event that your brain can't process properly. Because of this failure, your mind is unable to move forward, which can lead many people to use drugs or alcohol to cope with the memories.

Traumatic experiences can range from physical or sexual abuse to experiencing a vehicular crash to living in a war zone. Unfortunately, something that is traumatic to you may not be traumatic to someone close to you. As a result, even if your family members endured the same experience, they may not have the same response. During family therapy, however, you can help them understand what you're struggling with and begin the healing process together.

## Find Help at Red Oak Recovery

If you're a young adult man struggling with mental health, trauma, or substance use, get help for yourself and your entire family. Red Oak Recovery offers a family counseling program that addresses major relationship concerns. We want to give you

and your family members the necessary skills for maintaining a healthy home life after treatment. Family therapy offers a wide array of benefits to both those struggling with behavioral health issues and their family members. It's critical to begin the healing process together so that each person can move into the future with confidence.

In addition to our family therapy program, we offer various other addiction and mental health programs, including:

- **Clinical rehab**
- **Grief counseling**
- **Depression treatment center**
- **Anxiety treatment center**
- **Trauma treatment**

All of our programs take a hybrid approach that combines clinical care with adventure therapy. Our clients may receive CBT, PBT, existential therapy, or other forms of counseling. The activities clients can participate in include backpacking, rock climbing, fly fishing, and zip-lining, to name a few exciting activities. We also have ropes courses and a renewing solo camping experience.

Don't let mental health, trauma, substance use, or any other issue destroy your family. Seek help to rebuild your relationships. Reach out to Red Oak Recovery just outside of North Carolina today at **866.457.7590** to begin your journey.

Recieve the Red Oak Experience Today!

CALL NOW AT 866.457.7590

CONTACT US ONLINE