



Family Systems Models of Addictions Treatment

Psychology 470

Introduction to Chemical Addictions

Steven E. Meier, Ph.D.

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Overview

- Interventions by the family are always positive
- Helps the family begin the healing process
- Empowers members to begin their own self-healing
- Helps them recognize the addictions process
- Occurs regardless of whether the user seeks treatment or changes use patterns

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Several Models

- Pure Family Model
 - All members are present in therapy sessions
- Individual or Group Approaches
 - Focus on criteria developed from family therapy models (homeostasis)
- Traditional individual models of psychotherapy
 - Can be psychoanalytic, cognitive, etc.

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Other Models

- Specific therapy for spouses or partners of users
- Supportive models
 - Help members cope in the situation of living with a using member

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Advantages

- Provides some balance between models that focus on internal explanations for using and stress-reduction explanations
- Helps to explain the imbalance that occurs and is maintained in imbalanced systems
- Provides a systems approach vs. and individualized approach.

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Approaches/Goals

- Focus on family commitment to recovery by all members
- Focuses on behaviors
- Encourages communication among members
- Educates the members about the disorder
- Identifies and solidifies rules and consequences
- Specifies changes for all members
- Provides strategies if relapse occurs
- Others

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Keys

- Focus is on the behavior
- Family functions as a unit.
- Focus of the therapy is the unit
 - Counseling may be individualistic, group, or both
 - Allows for other issues to be examined and resolved

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Issues

- May need to assess domestic abuse or violence
- Separations if person goes to inpatient treatment
- Legal issues
- Changes as a result of treatment
- Others

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Conclusion

- Interventions can be effective
- Interventions can help the family to survive
- Can help individuals who are living in isolation
- Interventions can resolve problems that may pass on to offspring

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