

Family Therapy for Substance Abuse Treatment

Addiction affects friends, family members, and loved ones who are close to a person suffering from alcohol or drug abuse. It can be hard to watch the people you love endure the physical and psychological consequences that come with addiction.

If you are close to someone who has an addiction to drugs or alcohol, then you are likely to experience:

- Difficult emotions such as anger, stress, or fear
- Financial setbacks
- Personal injury as a result of your loved one's disease
- Difficulty communicating with one another
- Property Damage
- Legal Trouble or Bills

With all of these problems, it's easy to understand why family members often begin to feel hostile or resentful toward their addicted loved ones.

You don't have to live this way. Here at Cycles of Change, we want to help mend and build your family to be stronger than ever before.

The family's role in the addiction recovery process is critical to helping your loved one recover. By emphasizing the importance of family involvement in addiction recovery, we give our clients the best chance at long-lasting sobriety. We want to motivate and work with the whole family when guiding someone on their journey to a healthy lifestyle.

Why the Whole Family Should Participate in Substance Abuse Treatment

Addicted Individuals often use drugs and alcohol to cope with their emotions. This distracts them from working to resolve the underlying causes of their inner conflict.

In many cases, family conflict prolongs recovery or triggers a relapse. That's why it is important for your family to be a vital part of your loved one's recovery.

Our program is designed to allow you and your family to be a vital part of healing addiction. With our program, you will:

- **Have a chance to help.** Addiction is not a problem that must be solved by the affected individual alone; an entire group supporting someone during recovery can have a tremendous positive impact. You will be able to help your loved one know that there are people who love and want to help them.
- **Learn to communicate.** Honest, clear communication between family members can help you understand what someone who is addicted is going through. You will also get a chance to hear how others deal with addiction.
- **Motivate and Inspire.** Sometimes addiction can spread negative feelings such as anxiety and depression throughout the family. Family Addiction Therapy will help motivate everyone as you work towards a positive change.

What Can I Expect During a Family Substance Abuse Session?

Working with an addicted individual isn't easy. We know how much love and energy it takes to support someone who is abusing drugs or alcohol.

Our program is designed to give you and your family a clear path to success. Here at Cycles of Change, we want to help ease some of the pain and anxiety you've grown accustomed to living with every day.

During our Family Therapy for Substance Abuse program, you can expect to:

- Meet with professionals who can help you work through your emotions
- Speak to other families who are going through the same troubles
- Learn the importance of supporting an addicted family member
- Understand the emotions you and other families are confronted with
- Learn the psychology behind addiction
- Bond through activities and communication

Making the decision to do Family Substance Abuse Therapy can help you understand addiction and how your family can overcome it.

What Happens after Family Substance Abuse Therapy?

We know how hard it is for you and your family to heal from the repercussions of addiction. That's why our support continues throughout all stages of overcoming addiction.

After the Therapy, you can expect:

- Cycles of Change to keep in touch. We want to make sure you and the client are staying on the path to living healthy and positively
- resources to always be available. We want to help you work to prevent your loved one from falling back into addiction
- Invite you to a 6-9 month follow-up program. We want to make sure you have the ability to ask any questions you need and offer any further assistance
- Answer any questions you have about the treatment
- Help you with any anxiety during any part of the process

If someone you care about is thinking of entering a professional treatment program for addiction, or is currently receiving treatment, we strongly encourage you to take advantage of the family therapy process offered by the rehab center.

"I believe that the family suffers from the disease just as much as the person that is affected by it. One of the things that sets us apart at Cycles of Change that sets us apart from treatment centers all over the country is that we are very family focused – we concentrate on getting the whole entire family to recover."

Kara, Cycles of Change counselor

[Learn More About Comprehensive Addiction Treatment in Palmdale, CA](#)

Cycles of Change Recovery Services in California is here to help you and your loved one gain the knowledge, courage and coping skills needed to live a happier, healthier, drug-free life. [Learn more](#)



about our rehab services and treatment options by filling out our form today. If you'd rather talk to someone who will listen to you, don't hesitate to call.