

By The Professionals At Evolve Indy

- 1. Home
- 2. Blog
- 3. Getting In Contact With A Professional Interventionist

When a loved one is struggling with an addiction and you want to help, the first step is often to talk to them about their problem. This will often take the form of an intervention, where you will sit down with them and address the issue, their behavior, and how it's affecting both them and you. This is not intended to be a lecture, but an honest conversation about their addiction and its impact on those around them. When staging an intervention, it's often best to have backup from someone who is experienced in [addiction treatment](#) and interventions. It can sometimes be a trusted person such as a pastor or therapist, and can also be a professional interventionist, who specializes in helping with interventions.

## The Benefit of a Professional Interventionist

Using a professional interventionist for an intervention provides a number of benefits. Holding an intervention is a tough thing to do, especially if you find it difficult to confront people about difficult subjects. You might be worried that your loved one will become defensive, angry, or even violent. Communicating with a loved one about their addiction can be difficult if your relationship is already strained or there are difficult feelings on either side.

The role of an interventionist is to help facilitate communication and build a bridge between you and your loved one. They can help you to understand the substance user's behaviors and their reactions to the behaviors. The interventionist will take the time to understand the family dynamics and the role that everyone wants to play in beginning a dialog.

Before an intervention takes place, the interventionist will take time to prepare for the meeting. They will help to educate the family on matters of addiction and treatment, as well as the ways in which they can encourage their loved one to get help. This ensures that the intervention isn't stumbled into without much knowledge of how it should be carried out.

## Finding a Professional Interventionist

To find a professional interventionist, you might start in several ways. You can begin with a referral, which you can often get from medical and mental health professionals. You can also use the member directory from the Association of Intervention Specialists, which will help you to find credentialed interventionists. Another possibility is to start with a simple Google search for interventionists in your area.

When choosing a professional interventionist, take a look at their experience, certifications, and how they promise to help you. Some interventionists might choose to obtain board certification as a Certified Intervention Professional, so you might wish to look for this

## Next Steps

After finding an interventionist, there will be several steps to plan and carry out an intervention. Before the intervention, you can discuss possible treatment plans, which could include [partial hospitalization](#), [intensive outpatient care](#), or a standard outpatient program. These treatment options can be presented to your loved one during the intervention. An intervention can be short or it might take some time. The interventionist will help to drive the conversation forward and can help you to regroup and reassess if necessary.

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- Home
- About
- Treatment
- Tour Facility
- Admissions
- Blog
- Contact

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