

Restoring Relationships: How Addiction Treatment Centers Help Families Rebuild Trust and Communication

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Addiction is referred to as a family disease and it's easy to see why. Addiction doesn't happen in a vacuum and those affected by this disease are often part of a family. As the addiction takes hold, the individual may start changing their behavior, affecting the **family dynamic**.

In most cases, those struggling with addiction become more withdrawn, preferring to keep to themselves instead of their family. They may go from being warm and affectionate to cold and reclusive. They may even become aggressive, hostile, and violent depending on the **effect the drug** or alcohol has on them.

As all this is happening, the other family members start adapting to the dysfunction in various ways. Some go into denial about their loved one's addiction and pretend nothing is happening. Others may become enablers, giving the addict money or covering up for them to keep the peace. As things escalate, family members may become resentful and angry with the addict and this can come out as outbursts against children and other members of the family.

On the other hand, the individual battling addiction may feel guilty about their addiction and how their behavior is affecting their family.



How Family Therapy Helps Rebuild Trust and Communication

Family support can play a huge part in an individual's recovery from addiction. By offering **family therapy programs**, addiction treatment centers like **Evolve Indy** help both clients and families to resolve conflicts and restore the bond they have.

Family therapy is a form of counseling that helps rebuild relationships torn apart by addiction. These therapy sessions provide a safe space for those in recovery to explore the relationship they have with their loved ones and find ways of rebuilding trust and communication that was eroded by addiction. These sessions may be incorporated into different treatment programs such as **partial hospitalization** or **intensive outpatient programs** or they could be stand-alone programs.

During family therapy sessions, those involved in the program learn how to set healthy boundaries, communicate their feelings and experiences and support each other through the recovery process. By opening communication lines, these sessions allow family members to express how the addiction affected them and in turn, gain a better understanding of each other's perspectives. Hearing this can help those in recovery come to terms with their behavior and motivate them to change for the better.

As the client and family keep working on their issues, they strengthen their bond and provide crucial support for the one in recovery.

Let Us Help With Your Addiction and Family Problems

At Evolve Indy, we believe that family involvement and support in the recovery process minimize relapse and make for a better outcome. We encourage family members to participate in the family therapy program whether their loved one is in a residential or **outpatient treatment program**.

Contact us today to learn more about the types of treatment programs we offer and how we can guide you or your loved one to recovery.


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