

Supporting Family Systems – (4 Hour training)

A Family-Focused approach toward addiction recovery support services.

The Family-Focused approach is designed to creating healthier family systems that support long-term recovery. We can help engage and strengthen family systems struggling with a child or loved ones SUD or behavioral issues. This supportive and educational approach can be used by all practitioners holding any level of previous education and training. It can be used to **reinforce existing programs, prevent gaps in service, and reduce AMA/ASA rates.**

A structured family systems approach to substance use and behavioral issues. When traditional confrontational intervention methods are not applicable, practicing professionals must have alternative options available that can provide similar results for the family. The Family-Focused approach will offer multiple points of contact with the family system to create change. This half-day (4hr) training is recommended for any practicing professional working directly with, or providing resources for, families and individuals struggling with SUD or behavioral issues. This includes; ***Therapists, Social Workers, Psychiatrists, Psychologists, Interventionists, LMFT, Family Coaches, Case Managers, Counselors, etc.***

BRS-FAR Workshop Daily Schedule (4 hours)

Module one

- Facilitator introduction – Discuss various roles & experience of students
- Understanding SUD (Mind, Body, Spirit) Addiction vs. Dependence
- Recovery from what? - Insight and discussion / multiple pathways
- Family first – Why adjusting the family system creates the best results
- Discussion: Review of challenging family dynamics that may be encountered
- Discussing treatment with the family (Abstinence/MAT/Behavioral Therapies)
- Creating and identifying care plans for individuals and families

Break to review and process information

Module Two

- Understanding boundaries – How, when, and why to use them
- Teaching families how to provide healthy support without enabling
- How to create lasting change through guided support and ongoing meetings
- Problem solving various ethical dilemmas - Case studies broken down
- Role play through common mistakes and boundary issues
- Questions and support

End of workshop