

Family Education and Therapy Program

Friday: 8am to 4pm **Saturday:** 9am to 3:30pm

Families will be notified upon admission of the next family session and participation is required as part of a successful program for our clients. Accommodations for persons who wish to stay overnight in Litchfield can be made at either the Scottwood Motel – 320-693-2496 or at AmericInn at 320-693-1600.

Friday Programming

8am – Welcome and opening with Tamarah

- Overview of what to expect
- Introductions and individual family member goals
- MRPC video – family and individual addiction overview (22 minutes)

9am – Understanding Addiction with Tamarah

- 3 C's of Al-anon
- Fear vs. Love = Consequences
- How we become like the addict

(BREAK- 15 MINUTES)

10:15-12:00 – Codependency, Enabling and Rescuing Behaviors in the Family with Sheila

- What is codependency
- What is enabling
- How enabling impacts addiction
- Why rescuing behaviors extend the course of addiction

12:00-12:45 – Lunch

12:45- 2:15 – Parent Rights and Responsibilities - Sheila

- Responsibilities as a parent of an addicted teen
- Children's rights
- Rights of parents to information and being involved

2:15 – 15 minute break

2:30-4:00pm – Family letters group processing with Tamarah

4pm – Closing with Tamarah

Saturday

8:30 – 9am – Welcome Back and review with Tamarah

9:00am – 10:30am – Family Rules and Roles – Sheila

- The 5 family roles in a family dealing with addiction
- Family Rules – Covert and Overt
- Family Role Skits (done by clients)

10:30 – 15 minute break

10:45 – 12:00 – Letter Processing with Tamarah

12:00 – 12:45 – LUNCH

12:45 to 2pm – Continued letter and group processing with Tamarah (If needed)

2pm – Closing and review

**** Family Letter Processing **:**

Each family member attending is expected to bring a letter outlining how the client's addiction has impacted them personally as well as the family system. Clients will also be reading letters to family members.

Letters are to be 1 to 2 pages in length and to note specific incidents – example: “when you run from home or do not call and let us know where you are, this causes stress and concern on the family” or “ when you steal things that we work hard for, it causes financial difficulties for the family”, etc.

This is a time to speak your truth. This is a chance for each family member to have the chance to speak and also to take time to listen. This will be a therapeutic encounter that will be processed in a group. We will not do shaming, guilt and/or blaming. This is a time for healing to take place and be supported by others who are experiencing the same situation.

Additional Family Therapy: Additional family education (with Sheila) and therapy (with Tamarah) can be requested. Each counselor will work to make a schedule that fits with the needs of the family.