Restoring Trust and Communication: The Impact of Addiction Treatment Centers on Rebuilding Relationships

by Louisville Addiction Treatment Center | Jun 12, 2023

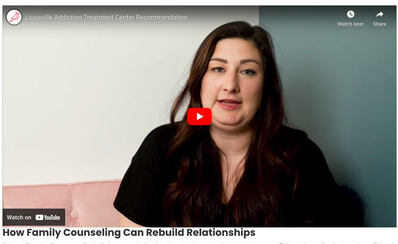
Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Addiction is a disease that not only damages the individual but also their relationships. Families of those struggling with addiction especially bear the brunt of the damage.

As a person battling addiction, you may feel sad, guilty, and ashamed of how your addiction affects your family. You may have tried to stop using drugs or alcohol only to find it almost impossible. Your family may struggle to understand why you can't just stop drinking or using and eventually, they may become angry and resentful about what you're putting them through.

At times your guilt and shame may make you lash out at them, affecting communication in the family. Your family may lose trust in you as you keep dropping the ball as far as responsibilities go, further worsening the situation. You may want to change the situation but don't know how.

All is not lost. As you go into addiction treatment, you'll want to rebuild the family bond damaged by addiction. This is possible by having your family participate in family counseling or therapy.



How Family Counseling Can Rebuild Relationships

At Impact Outpatient Program, we offer family therapy as part of our intensive outpatient or outpatient treatment programs. This type of counseling aims to resolve conflicts and restore trust and communication between the member struggling with addiction and the rest of the family.

Having a family attend family therapy has a positive impact including helping families:

Become more empathetic and understanding

As family members learn about addiction and how the disease affects individuals, they'll understand their loved one's inability to stop drinking or using drugs. They may become more involved in the treatment and recovery process, providing much-needed support for their loved ones.

Set healthy boundaries

Addiction destroys family boundaries as members may find themselves playing unfamiliar roles and being engaged in constant conflict. By working with a family therapist, family members learn how to establish healthy boundaries with their loved ones, helping avoid conflicts that may trigger a relapse.

Improve communication

Through family therapy, both those in recovery and their family members learn how to express themselves in healthy ways. The therapist may observe the family dynamics and give pointers on how the family can better articulate their needs and expectations with each other.

Resolve underlying issues

Family therapy also gives the family a chance to uncover and resolve underlying issues that might have contributed to the addiction. It may be difficult to realize that their behavior may have unknowingly led to the addiction but it's important to address this.

Get Help At Impact Outpatient Program

Dealing with addiction can take its toll on the family. However, help is available at Impact Outpatient Program in Louisville. Our addiction treatment programs coupled with the telehealth option mean that you and your family can attend therapy and receive help at your convenience. Contact us today to find out our options for substance abuse treatment and family therapy.

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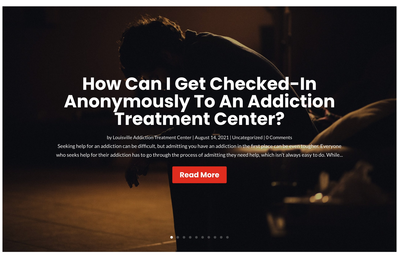

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