

The Role of Family Therapy in Addiction Treatment

by Nick Sparrow | Dec 27, 2021 | Blog | 0 comments



In many cases, addiction treatment focuses on the client and their ability to learn to maintain and sustain sobriety over long periods. But, what people often forget is that a considerable part of addiction treatment and individual growth comes from the development and stability of family relationships. Family therapy is the best treatment when these family relationships are strained by drug and alcohol use.

The Impact Wellness Network is a conglomeration of some of the best rehabilitation facilities in the detoxification, inpatient treatment, outpatient treatment, family therapy, and aftercare options for all its clients.

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What is Family Therapy?

Family therapy is a specific part of addiction treatment that plays a role in helping individuals struggling with substance abuse reflect, reconnect, and rebuild. Through family therapy, individuals are able to work with a therapist or counselor to explore their feelings and develop a way to discuss these feelings and concerns with their loved ones.

What Role Does Family Therapy Play in Rehab?

Family therapy plays a large role in addiction treatment. As individuals work through their program, a large part of it has to do with forgiveness of themselves and asking forgiveness of others. Family therapy provides a safe and structured environment for individuals to work through forgiveness and develop a better, healthier, and more open relationship with their loved ones.

Family therapy often takes place during the treatment stage. This gives individuals a chance to detox and go through withdrawal from the substances in their system and then move into treatment to help them get into a better place before addressing additional family issues.

When it comes to the role that family therapy plays in rehab, it is also important to note that there can be significant issues when it comes to family sobriety, use, and environment. These issues will be discussed and addressed but can cause additional stress and concerns throughout an individual's rehabilitation process.

Is Addiction Genetic?

There are many things that have a direct correlation with addiction, and yes, genetics is one of them. Studies have shown that individuals who have a genetic family history are more susceptible to addiction than others. While this is not the only factor that goes into the development of addiction, it can cause an increased likelihood of substance abuse.

Other factors also play a large role in the development of addiction and can even overshadow the effects of genetics. Individuals who experience addiction at a young age in their environment, even if it is not genetic, are also more likely to develop a substance use disorder than individuals who are not exposed at a young age.

Finally, the most significant factor that outweighs both genetics and the environment is misuse of drugs. Individuals who misuse drugs and alcohol are much more likely to develop an addiction than individuals who use recreationally, even with genetic or environmental factors in play. Misuse leads to addiction more than any other factor.

Misuse can be described as using an illegal drug, drinking underage, using drugs in an unsafe manner like binge drinking, and taking the drug or alcohol in a way that it is not meant to be consumed, like crushing pills and snorting them instead of taking them by mouth. These factors of misuse allow substances to impact the body in an unsafe manner leading to tolerance, dependence, and addiction.

How to Find the Best Family Therapy Rehab Near Me



When it comes to determining the appropriate role of family therapy in addiction treatment and the best and most effective treatment near you, Impact Wellness Network can provide you with the [correct resources to meet your needs](#).

Impact Wellness Network is a [group of high-quality addiction treatment centers](#) designed around the idea that we can help anyone and everyone find their path to lasting recovery. All of our [top-rated addiction treatment centers in the Midwest](#) are designed to help individuals and families recover from the trauma of addiction. We offer comprehensive treatment in many of our luxury facilities, and our clients receive the best and most effective evidence-based treatment available.

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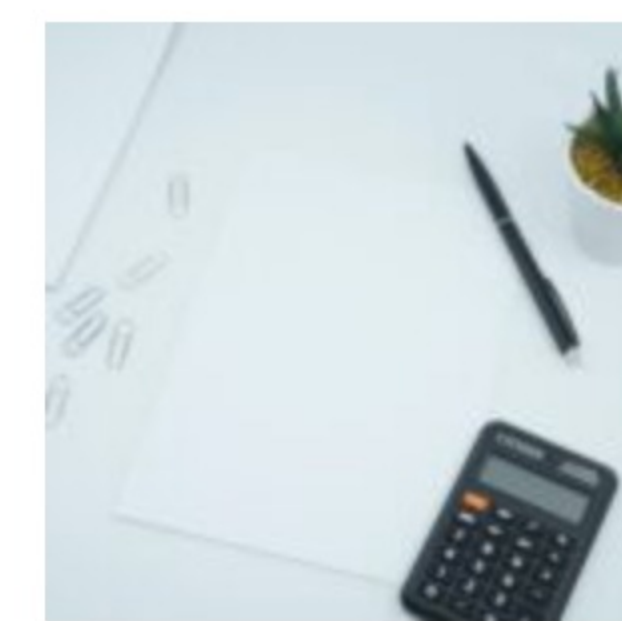
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Discovering Your Passions: Exploring Hobbies and Interests to Enhance Your Life in Sobriety

Embarking on the journey of sobriety is a transformative experience that opens doors to self-discovery and personal growth. One of the key elements in maintaining a successful and fulfilling sober lifestyle is the exploration and cultivation of passions and interests. We will delve into the importance of discovering your passions, how hobbies can enhance your... [Read more](#)



Navigating Financial Wellness and Stability After Addiction Treatment: A Guide to Taking Care of Your Finances

Embarking on the journey of addiction recovery is a commendable and transformative experience. However, the challenges don't end with the completion of a treatment program. Achieving financial stability post-treatment is often an overlooked aspect of recovery. We'll explore the importance of taking care of your finances after addiction treatment and provide insights into navigating financial... [Read more](#)



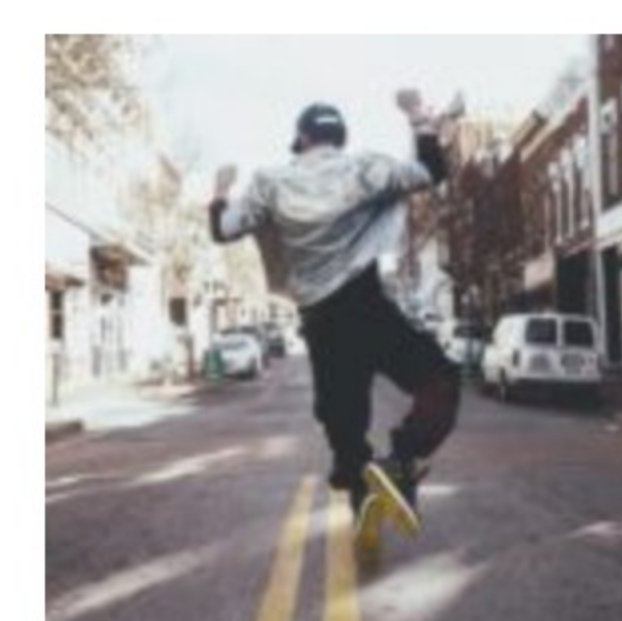
The Importance of Self-Reflection: Taking Time to Pause, Reflect, and Grow in Sobriety Through Treatment

Embarking on the path to sobriety is a transformative journey that involves not only breaking free from the chains of addiction but also fostering personal growth and self-discovery. Amid the challenges that come with rehabilitation, the importance of self-reflection cannot be overstated. We will dive into the significance of taking time to pause, reflect, and... [Read more](#)



Creating a Vision for the Future: Setting Goals and Building a Life Beyond Alcohol Rehab

Embarking on the journey of alcohol rehabilitation is a courageous step toward a healthier and more fulfilling life. As individuals navigate through the process of recovery, it becomes crucial to not only overcome addiction but also to envision a future that is free from the constraints of alcohol dependency. Creating a vision for the future... [Read more](#)



Connecting with Your Inner Child: Healing Past Wounds and Finding Joy in the Present After Addiction Rehab

Do you ever feel like life is overwhelming and it's hard to find joy? Do past experiences and damaging relationships have a way of pushing their way into your everyday life? Are you looking for ways to reconnect with yourself, heal old wounds, and bring back the childlike wonder that seems so elusive in adult... [Read more](#)

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