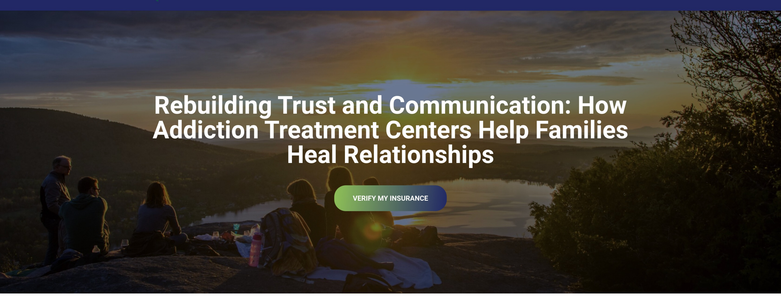

Rebuilding Trust and Communication: How Addiction Treatment Centers Help Families Heal Relationships

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Addiction not only affects an individual but also their families and those close to them. A family that has someone struggling with addiction will experience a drastic change as they attempt to process and deal with the addiction. Inevitably, the bonds of trust and communication will break down. Providing family therapy along with addiction treatment helps improve the family relationship while providing support to the person in recovery.

Watching your loved one battle addiction is heart-wrenching. You want to help them but don't know how. Maybe they won't accept that they have a problem or perhaps they get angry and irritable if you bring it up. At the same time, you're worried about the toll it's taking on your family. Some family members may react by siding with the addicted person, helping them with money, or making excuses for them while others may completely avoid speaking about the issue.

When dealing with addiction in the family, emotions are likely to run high. You may lose trust in your loved one especially if they start resorting to theft, secrecy, and lies to sustain their habit. Additionally, communication may break down if they become irritable or are too out of it to spend productive time with the family.

Left unchecked, addiction can ruin your entire family. That's why we at the Findlay Recovery Center provide family therapy sessions along with our drug and alcohol rehab treatment programs.

Rebuilding Family Trust and Communication through Family Therapy

The main goal of family therapy is to help families heal and repair bonds that have been broken by addiction. There are different forms of family therapy including group family therapy, private sessions, and twelve-step groups for families. Family therapy is recommended throughout treatment as part of inpatient, outpatient, and aftercare programs.

During family therapy sessions, a family therapist helps guide the client and their family members in difficult conversations. These discussions may include expressing how the addiction has affected the family, your expectations of the recovery and also addressing concerns you may have.

The family therapist will guide you in uncovering what may have led to the addiction pinpointing how certain behaviors may have led your loved one to seek out drugs or alcohol. The therapist can also assess your family's communication habits and provide suggestions, exercises, and other tools to help you improve how you communicate.

With time, the family can grow to have a better understanding of the loved one battling addiction, empathizing with what they're going through. These sessions also improve how you relate to each other as a family by helping you learn healthy ways to express your feelings and needs while engaging those who may have felt overlooked or neglected.

We Can Help

At Findlay Recovery Center in Ohio, we understand the dynamic between addiction and family relationships. We also understand how vital family support is to recovery. That is why we provide family therapy options along with our tailor-made addiction treatment programs. Get in touch with us today to see how we can help you and your family.

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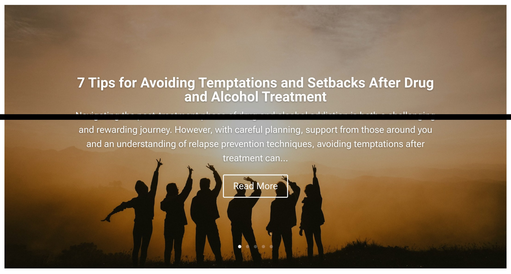

Get In Touch With Us Today

Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.

Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.

Plan Travel & Admit

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135

Hours of Operation

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.