Family Program

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Family Program Structure and opening group

Day One:

- This is a treatable disease. (am lecture)
- Symptoms that apply to both sides
- A chance for participants to tell their story. (group)
- What happens in treatment and evidence of progress. (pm lecture)
- Role play exercise

Day One (cont.):

- Film: *Pleasure Unwoven* or *Memo to Self*
- Group discussion of afternoon lecture and role play
- Adjourn: 4:00 P. M.

Day Two:

- Family Disease/Family Recovery (am lecture)
- Drawings by children affected by addiction
- Family roles for survival
- Introduction to “Monkey Chatter”
- Begin to learn family recovery tools
- Other focus vs. self-focus
- Group Discussion

Day Two cont.:

- What is healthy support vs. enabling
- Detaching with Love/Caring without Fixing
- Process feelings/reactions/how to engage in own recovery.
- Lecture on Boundaries
- Group Discussion
- Adjourn: 4:00 P. M.

Day Three

- Spirituality Lecture
- Group discussion
- Relapse and family response
- Group discussion
- Closing medallion ceremony.
- Adjourn: 4:00 P. M.

"I was totally unprepared for the interaction between family members and patients, but the experience was so incredible that it will be a lifelong memory. By putting a "face" on addiction that was not my son's face, I was able to gain insight into the disease of addiction without the pain and negative emotions obstructing that insight. Thanks so much for an incredible week."

- Anonymous mother -

Questions/Discussion

CIGNA BEHAVIORAL HEALTH AWARENESS

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact me:

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