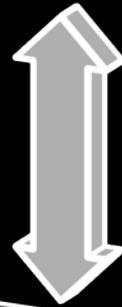


# FAMILY COUNSELING

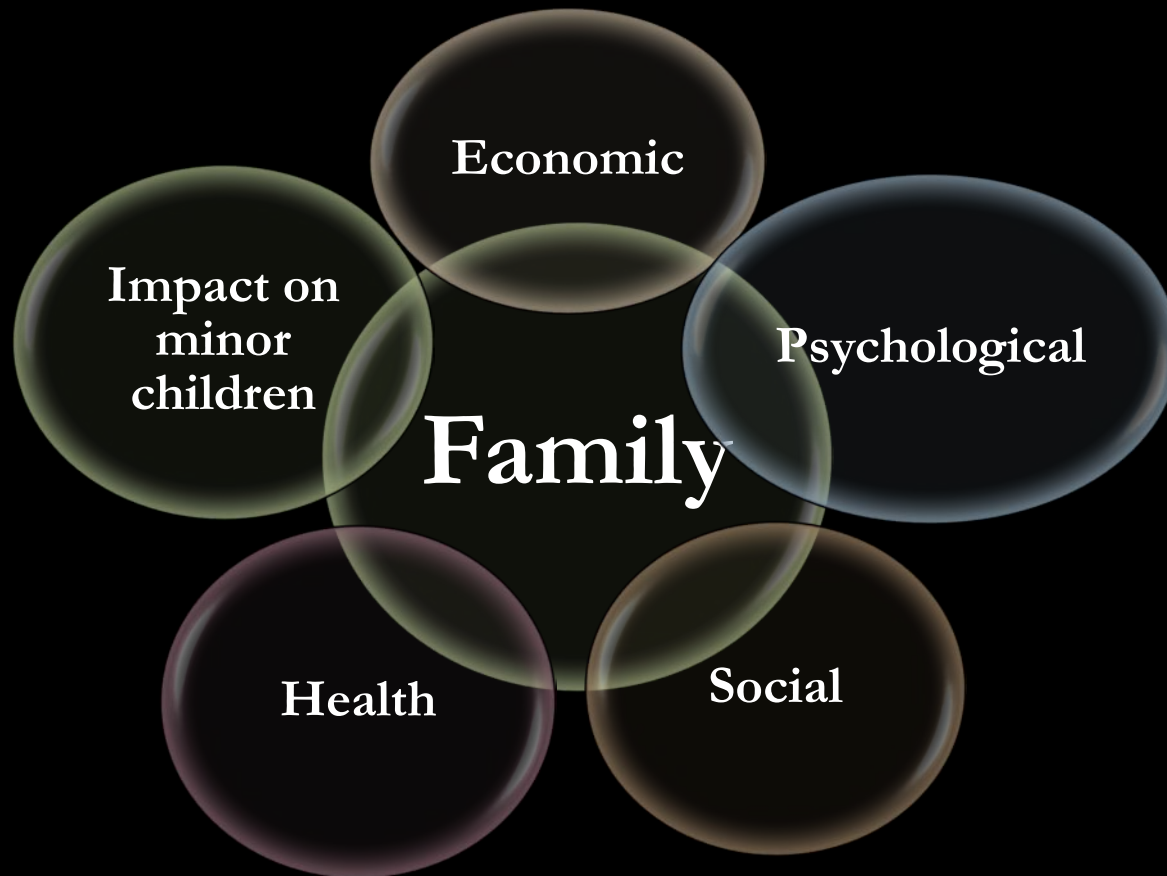
# WHY DEAL WITH FAMILY?

Drug use by a  
family member



Poor/Conflictual  
family  
environment

# IMPACT OF SUBSTANCE USE ON FAMILY



# HELPING FAMILY DEAL WITH SUBSTANCE USE

Rapport establishment

```
graph TD; A[Rapport establishment] --> B[Assessment of family]; B --> C[Psycho-education]; C --> D[Dealing with drug-using family member];
```

Assessment of family

Psycho-education

Dealing with drug- using family  
member

# HELPING FAMILY DEAL WITH SUBSTANCE USE

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member

# ESTABLISHING RAPPORT

- ✧ Making the family comfortable
- ✧ Addressing them in culturally appropriate ways
- ✧ Identify and address each family member appropriately
- ✧ Allow the family to ventilate their issues
- ✧ Assure family of confidentiality

# HELPING FAMILY DEAL WITH SUBSTANCE USE

Rapport establishment

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Assessment of family

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member

# ASSESSMENT- AREAS

- ✧ Type of family; number of family members; living arrangement
- ✧ Quality of relationship of substance users with family members
- ✧ Family member's knowledge about drugs and attitude towards drug users
- ✧ Impact of drug use on financial status.
- ✧ Available social-support to the family
- ✧ Maintaining factors for drug use
- ✧ Communication patterns in family



# HELPING FAMILY DEAL WITH SUBSTANCE USE

Rapport establishment

```
graph TD; A[Rapport establishment] --> B[Assessment of family]; B --> C[Psycho-education]; C --> D[Dealing with drug-using family member];
```

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member

# PSYCHO-EDUCATION COMPONENTS

Effects of substance- acute and  
chronic

Craving and withdrawal

Process of change

Menu of treatment options

**Role of family**

Clarification of myths and  
misconceptions

# HELPING FAMILY DEAL WITH SUBSTANCE USE

Rapport establishment

```
graph TD; A[Rapport establishment] --> B[Assessment of family]; B --> C[Psycho-education]; C --> D[Dealing with drug-using family member];
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Assessment of family

Psycho-education

Dealing with drug- using family  
member

# WHAT SHOULD FAMILY DO WHEN...

## **Client is intoxicated/having withdrawals**

- ✧ Stay calm
- ✧ Do NOT argue
- ✧ Do NOT give advise
- ✧ Wait till he/she is sober

# WHAT SHOULD FAMILY DO WHEN...

## **Client reports craving after a period of abstinence**

- ✧ Do NOT criticize
- ✧ Accept that craving is normal
- ✧ Gently remind the harmful consequence of drug use and provide some distraction (e.g., go for a movie that user chooses)
- ✧ Reminder of the steps taught by counselor to deal with craving
  - ✧ 5 D's
  - ✧ Urge surfinf

# WHAT SHOULD FAMILY DO WHEN...

## **Client lapses/relapses**

- ✧ Should remember the process of change
- ✧ Should not blame the user
- ✧ Should encourage to seek treatment/meet counselor AS SOON AS POSSIBLE

# WHAT SHOULD FAMILY DO TO...

## **Build prosocial activities**

- ✧ Asking family members to do positive activities together (e.g., watching movies)
- ✧ Encouraging family and user to reinforce/praise each other
- ✧ Encouraging family to involve the user in making decisions, planning finances

# REMEMBER...

- ✧ Consider the “family” from the client’s point of view.
- ✧ Rapport should be established with the family to engage them in treatment process
- ✧ Many families have given up hope of recovery or are too negativistic towards the PWUD and may resist participation in therapy process, but it is important not to give up.
- ✧ Be non-judgmental, avoid taking sides and maintain confidentiality
- ✧ When in doubt, remember, the individual PWUD is your index client, not family members