

## Qualifications

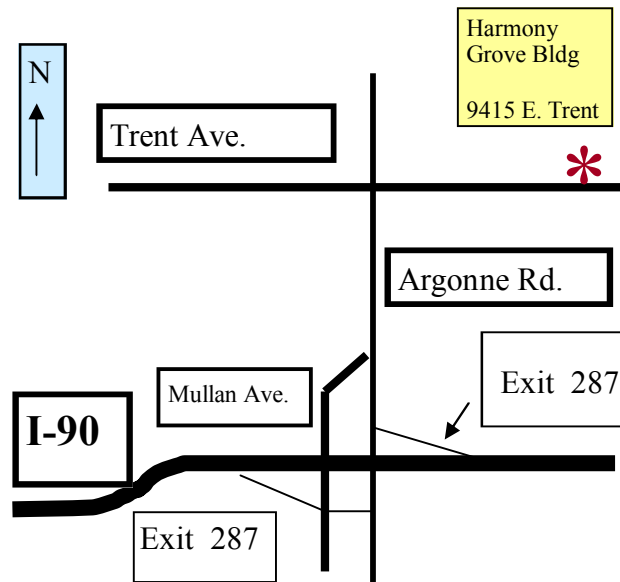
Dr. Joe Terhaar Ph.D., is one of the few counselors multiply licensed in mental health, marriage and family, and also certified as a chemical dependency counselor in the state of Washington. He is also an approved training supervisor for marriage and family therapist for state licensure. Additionally, he is the only nationally Board Registered Interventionist (BRI-I) in the Inland Northwest.

Since 1977, he has held many leadership positions including author, trainer, and researcher in the prevention, intervention, and treatment of addictions; but always with an emphasis in supporting family recovery. For six years he was director of Alcohol/Drug Studies at Eastern Washington University. For many years he was adjunct faculty at both Eastern Washington University and Spokane Falls Community College. In 2001, he was nationally recognized with a dissertation research grant award from the National Institutes of Health-National Institute on Drug Abuse (NIDA).

## Counselors

Counselors working with the ISLLC Family Recovery Program are state-licensed with many years of experience in addictions and working with families. We have perhaps the most experienced family aftercare counselors in the Inland Northwest. Some have also demonstrated leadership and expertise as chemical dependency educators, treatment directors, and art therapists. Along with this experience, each counselor has had additional, advanced/nationally recognized training in counseling family recovery.

## How To Find Our Office



**Two blocks east of Argonne on the north side of Trent in the Harmony Grove Building 9415 E. Trent**

We happily work with health insurance companies.

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*Family-Centered  
Addiction Recovery*  
**The Family  
Recovery Program**  
*Of Intervention Specialists, LLC*



*Providing quality  
family-centered counseling  
throughout the entire  
addiction recovery process,  
from assessment  
through aftercare*

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**Office: 9415 E. Trent (Two blocks east of Argonne on the north side of Trent)**  
**Mail: P.O. Box 8393, Spokane, WA 99203**

## The Family Is In Pain

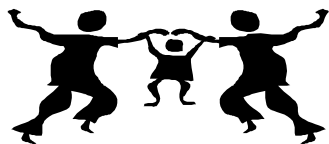
When over time a person distorts his or her mind and emotions with alcohol or other drugs of abuse (or other compulsive behavior like eating disorders), the chemical impact on the brain becomes ingrained, distorting emotions and harming relationships; especially in the family.

In the immediate family, but often also through generations, these patterns disrupt each individual's emotional and decision-making capacities. This impairs the ability to develop healthy relationships. Drug and alcohol treatment supports the individual in beginning to make changes so he or she can stop the drug use. But, at best, such treatment only begins to help the family in starting to heal. Without help for growing beyond the pain, the family patterns continue, toward elapse.

## Helping Families Heal

... at best, drug treatment only begins to help the family heal...

Though the drug use may have stopped, families need help to recover from the years, and sometimes generations, of relationship damage. In this positive and affirming process, each family member gets support for healing. This provides for trust and emotional intimacy as a family; a first for many individuals. Emphasis is placed on mutually building healthy emotional management, communication, conflict resolution, and problem-solving skills as a family. We also offer discrete services for families of mental health and chemical dependency professionals.



## Families Want Help

Many years ago families came to us asking for family-centered help. They knew drug treatment for one member was critical, but didn't support the whole family in recovering from the damage of addiction, often handed down over generations. These families had grown tired of the expense and confusion of many family members seeing a variety of counselors, but none working and growing together, as a family.

Read 'True Stories of Family Recovery'  
With Family-Centered  
Addiction Treatment at:  
[www.TreatWithCare.com](http://www.TreatWithCare.com)

## Family Recovery Program

There are three beneficial components of the program:

### **1. Family Therapy Sessions**

Each person in the family, and the family as a whole, receives the support to develop new and healthier ways of living and growing together. This is not family education, it is family therapy that is affirming and positive for each member of the family in healing. Each family member learns to emotionally support each other in acquiring and using the skills that healthy families use to live and grow together.

### **2. Children's Art Therapy**

For those families with young children, art is integrated into the sessions. All sessions begin with the whole family but include specific developmentally appropriate support for the children's growth with art therapy. This program accommodates most configurations of families: those with young kids, teen kids, no kids, adult and raised kids, etc.

### **3. Support for Sobriety**

The therapy process keeps the focus on maintaining abstinence and recovery while learning and integrating new relational skills and emotional health. Urinalysis and self-help programs are important supports for continued recovery and integral in a family-centered process.

One of the critical advantages of the family-centered approach is in its welcoming the family at the beginning of the process with a valid family-centered assessment.

## Testimonials

"Due to our two sons' drug and alcohol abuse, our family had built up impenetrable communication walls. The hurt and pain made it nearly impossible to work through our problems. Now... we have a "clean" home environment and a family that listens to each other. We have all gained the capacity to enjoy each other and life."  
Sandra S.

"After two treatment centers and my many relapses, I finally realized my family wanted and needed to share recovery with me. We did it with the *Family Recovery Program*." Bob S.

"Even though I am a professional counselor, I needed this for myself and my family." Molly G.

"None of the treatment centers I contacted knew how to help my family and I recover together, until this program." Darrel R.