



Family Recovery Services

Intervention Specialists, LLC

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Therapeutic Orientation of Our Family Recovery Program

1. Parents are responsible for providing nurturance of children while also caring for their own emotional needs. Each parent needs a full complement of coping and emotional management skills to care for one's self and nurture the healthy development of children (regardless of age: young, adolescent, or adult children).
2. Few adults were as children nurtured in developing a full complement of coping and emotional management skills. Thus, most adults fall in love, accept the role of parenting without the full complement of skills needed to effectively respond to the challenges of nurturing children while also getting support for one's own needs and giving support for the growth of a partner or spouse. Given the interactive nature and bonds within families, there is great potential for nurturing and healing amid the tremendous challenges of living and working with others.
3. This responsibility of nurturing others and parenting is further complicated when any member of a family is influenced by drug/alcohol or other compulsive behavior patterns like eating disorders or domestic abuse. Some of these patterns are of recent development, while most are historical patterns that were handed down through generations; but only noticed when the pattern becomes obviously ineffective; for example, as magnified by alcohol or other drug use.
4. Each family suffers its own combination of **stressors** (premature death, loss of work, divorce, chronic illnesses, disability, lack of intimacy, economic challenges, compulsive behavior patterns, etc.). To effectively address the stressors, every family needs the opportunity to learn to develop a more **full complement of coping, emotional management, and communication skills** toward meeting the emotional and developmental needs of each of the members. Family counseling through the *Family Recovery Program* of Intervention Specialists, LLC supports the development of healthy nurturing, coping, and emotional management skills for working collaboratively and respectfully as a family.
5. Toward abstinence from alcohol and other drugs of abuse, the program supports each family member in developing intrapersonal and interpersonal communication skills that support grieving losses within the family sufficient to enable effective conflict resolution, and the building of meaningful trust and interdependence. Those with addictions gain support for continued recovery with the additional support of 12-Step, but with the added support of successful problem-solving and growing closeness in their family.