



Family Guide

*to Alcoholism &
Drug Addiction*



About Hope Rehab Thailand

Hope Rehab Thailand was founded in 2013 by **Simon Mott** and **Alon Kumsawad**. The Hope method is the result of many years working in the field of addiction, and it has been influenced by different approaches and treatment experts. Hope has brought together the most effective and accessible psychological tools available for treating addiction and related issues.

The general approach is based on current addiction science 'American Society of Addiction Medicine' (ASAM) and uses the 'National Institute on Drug Abuse' (NIDA) treatment guidelines. Hope's counselling and group therapy model includes CBT, Cognitive Behavioural Therapy, mindfulness, 12 Step techniques, and positive psychology.

The program does not just address substance-use issues, it also addresses many of the struggles associated with the human condition. It is often the case that clients self-medicate underlying struggles such as stress, depression, anxiety, and emotional trauma, so these issues need to be addressed. The Hope method is designed to improve general mental health and enhance all areas of life.

Simon Mott says he prefers not to use the term Luxury rehab to describe Hope, however he states "we are definitely a 5 star treatment program, which is a different kind of luxury" – All the experts agree that counselling and group work are the most important considerations when selecting a rehab program, so this is where Hope directs their emphasis.

Hope Rehab is a modern and innovative facility with an international team offering a holistic and eclectic program. The focus is on evidence-based treatment methods from both eastern and western models, including mindfulness and meditation.

An important aspect of the Hope method is encouraging clients to create a healthy structure for their lives that they can continue with once they return home. Many clients have lived a life where self-control was lacking, so it will be important for them to develop discipline and more skillful patterns of behaviour. This is why Hope has a strong emphasis on early morning fitness activities, their motto is "get up before your addiction does".

Substance abuse, depression, and anxiety create chaos and unhappiness in many people's lives and it also impacts their loved ones. This program addresses all the key issues clients are facing, and it will give them the best chance at a sustained recovery. It is a voyage of self-discovery, healing and growth.

Simon Mott has dealt with addiction from both sides of the fence. When he eventually got the right help, he was able to break free from his own addiction, and he now helps others do the same with this program.

Hope Rehab Service is fully licensed by the Thai Ministry of Health as well as an affiliate member of FDAP (Federation of Drug and Alcohol Practitioners; UK) and NAADAC (Association of Addiction Professionals; US) and accredited by APCB (Asia Pacific Certification Board) and our therapeutic team are FDAP registered practitioners.



Family Guide

*to Alcoholism &
Drug Addiction*

Introduction to Our Family Guide

Welcome to our Family Guide. Here you will find information, tips, and advice for those dealing with a loved one caught up in alcohol or drug addiction. Some of the topics we discuss include:

The concept of addiction as a ‘family disease’	1
The definition of addiction	1
How to deal with an addicted family member	2
How to avoid enabling addictive behaviour	3
Symptoms of addiction in teenagers.....	5
How to help an addicted teenager	6
How to deal with an addicted parent.....	9
How to help a loved one recover from addiction.....	10
The family after addiction	15







What is Meant When We Say *'Addiction is a Family Disease'*

Drug abuse can transform a son or daughter into an untrustworthy stranger, and it can turn a parent into an unpredictable tyrant. Addiction is referred to as a 'family disease' because it only takes one member of this unit to become addicted for the whole family to become dysfunctional.

It is common for the rest of the family to feel somehow responsible for the addictive behaviour – “*maybe if we had tried harder*” or “*if only we had seen the signs sooner*”. Those who fall into substance abuse can become highly skilled at manipulating the rest of the family by taking advantage of these feelings of guilt – e.g. kids can be made to feel incredibly guilty when a parent tells them, “if only you behaved better, I wouldn't need to drink so much.”

Addiction tends to isolate families due to shame about what is going on. The family is pushed tighter together due to the need to hide the problem, and there can be a real sense of 'us and them'. Parents may become willing to lie to protect their addicted child, and kids may be afraid to invite friends home in case mum or dad is drunk.

Living with an addict means life can become like an emotional rollercoaster, and the mood of this one person can decide the type of day everyone else is going to have. The scary thing is how fast and unpredictable these mood changes occur – it can be all jokes and laughter one minute, but like a click of a switch the person is shouting and throwing things around the next minute. Living in this type of situation can be incredibly stressful, and there can often be physical abuse as well.

What is Addiction?

Addiction is not the same as doing something all the time because you like it although the word is often misused in this way – you will hear people say things like “*I'm addicted to this new flavor of yoghurt.*” The addiction we are talking about here is where changes have occurred in a person's brain that leads to an inability to stop a behaviour even when the person decides to quit.

Addiction involves both physical and psychological dependence. To say people are psychologically addicted means they experience cravings, and they find it hard to imagine how they could cope without the drug. Physical addiction occurs because the

body needs to adapt to the substance abuse – it does this by developing tolerance. Once people become physically addicted, it means they are going to experience withdrawal symptoms when they stop using the substance.

The American Society of Addiction Medicine (ASAM) defines addiction this way:

“Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviours.”

It is not necessary for people to become physically addicted before a mind-altering substance starts to cause serious problems in their life. Problem drinkers can behave in much the same way as alcoholics, and a first-time drug user could become psychotic or overdose.

“A Tough Love Intervention Can Save A Life”

Tough love, in this case, means to be caring but adopt a strict attitude toward a loved one who is abusing substances i.e. not to make their indulgence easy or avoid challenging them about it.

We now understand that addiction is a disease but this does not excuse addicts from taking responsibility and getting treatment. Some say it is even more reason to be tough on the addiction, not the person. Addiction itself shows no compassion and kills. A tough love intervention can save a life.

NOTE: When dealing with teenagers and young adults your decisions could have a profound effect on the rest of their lives, this is why we advocate exhausting every avenue to get them the help they need before kicking them out the family home and restricting contact.

Another important reason we advocate so-called “tough love” is that a family member, spouse or friend often cannot resolve the addiction due to emotional ties. It can be heartbreaking to watch a loved one destroy their life. Families need to prioritize protecting themselves as they will never be able to support an addict family member if they are broken.

We always point the family members and loved ones in the direction of Al-anon, a self-help group specifically for to support them.

The problem is sympathy and enabling never really help someone who suffers from the disease of addiction. It is important to say “tough love” is not about depriving an addict of help or support.

Sanctions help the suffering addict to understand how their addiction is hurting others, not just them. Also there maybe children in the home who need protecting.

Finding and funding rehab once or twice is acceptable, but there comes the point when this also is a form of rescuing, and therefore enabling.

As treatment director at Hope Rehab, I am often faced with desperate parents and spouses on the end of the phone in a dilemma or crisis, so I suggest an ultimatum – rehab or out the house!

In Narcotics Anonymous (NA) we say “carry the message, not the mess” (or not the addict) this means to share what has helped us. Not clean up someone’s mess or pay their bills as it won’t help them stop if anything it encourages them to continue using when others bail them out. I mean why stop? Stopping involves a transitional period of withdrawal from a painkiller. It is very uncomfortable while you confront your demons.

We also say when an addict reaches out for help we should always help if possible. However, it is not worth chasing the addict. I know this as I run a rehab and whenever we chase a client it usually puts them off.

By the way, I was an outreach worker for over three years in London, and we took the drug and alcohol service to the addicts on the street. I can safely say almost no one actually got clean. We did, however, do some very good work, mostly harm reduction that may, in the long run, have helped some people, but I cannot say with any confidence for sure.

Enabling – Caretaking – Rescuing

Enabling: To aid a person to do something, or coming between the addict and the real consequences of their behaviour.

Caretaking: Protecting or maintaining someone.

Rescuing: Saving someone from a dangerous, difficult or distressing situation.

Boundaries and being assertive are really important to practice tough love.

How Tough Love Works...

- Cut contact if they refuse help
- Do not let them in the house if they abuse the privilege
- Do not cover up for their mistakes
- No manipulation to get their way
- No money for anything
- Do not bail out
- Do not leave children with them
- Do not pay debts



Coping with an Addicted Partner

A Horrible Situation

Living with a partner who is caught up in addiction is a rollercoaster ride. This is not something we sign up for, but once we are caught up in the madness, it can be hard to just walk away. Even as things continue to deteriorate, we desperately hope that the person we fell in love with will one day return.

The stress of living with an addicted partner can become so overwhelming that it begins to affect our own mental health. This is made worse if this person tries to blame the substance abuse on our behaviour (e.g. if only you didn't nag so much, I would not need to drink). We can start to question our own sanity.

The worst thing may be our sense of powerlessness over the situation. This can easily lead to frustration and anger. Can't they see what they are doing? How could they be so selfish? It is understandable that many of us might choose to walk away at this point, yet there are many more of us that feel unable to do so – at least not yet.



Light at the End of the Tunnel

Despite how hopeless the situation may appear right now, there is a real possibility for a better future. If your partner becomes willing to accept help with overcoming their addiction problem, things can begin to change for the better. We can't promise it will always be easy, and there may be further disappointments along the way, but there is light at the end of the tunnel once the motivation to change is there.

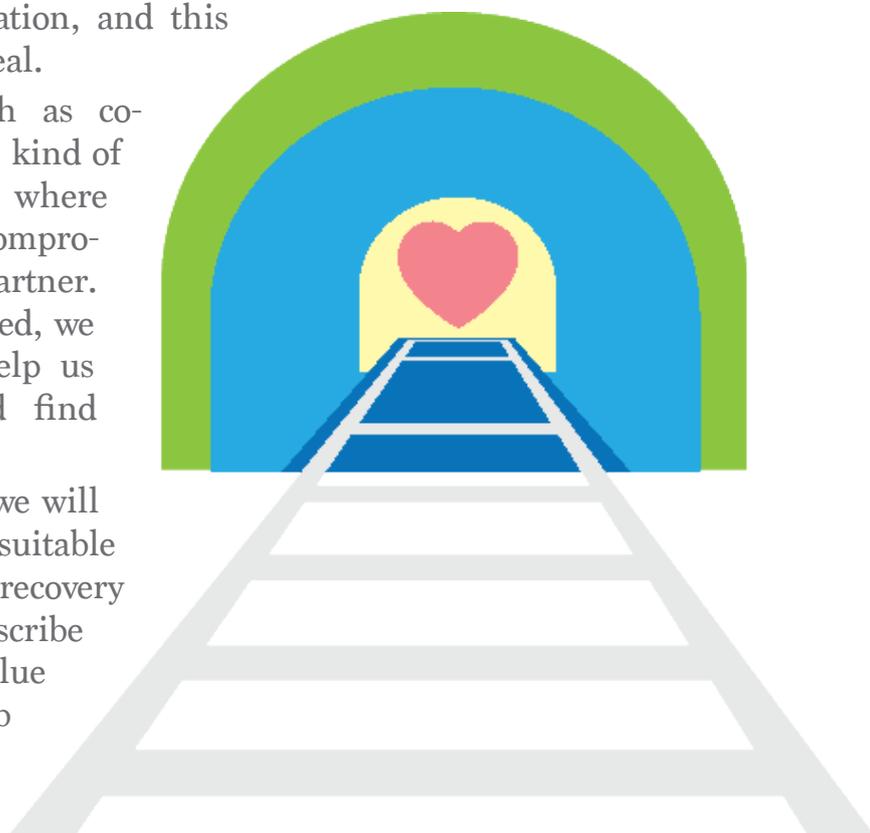
How to Help Your Partner – and Yourself

Two things that can be of great help when dealing with an addicted loved one are **knowledge** and **support**. If you haven't done so already, please read the previous section describing our current understanding of the nature of addiction (*see page 1*). If you are still unsure about whether your partner really is 'addicted', you can also check out the '**common signs of alcohol and drug abuse**' in the next section.

We also advise that you get some support from people who understand what you are going through. Groups such as **Al-Anon** have regular meetings in most towns and cities, and there is almost certainly something close to you. It may seem strange that we suggest that you go to meetings, but these are a great help for two reasons. Firstly, addiction is such a complex foe that it can be way too much for one person to face alone. Secondly, you will almost certainly have been negatively impacted by the situation, and this support will help you begin to heal.

There can also be issues such as co-dependency that can arise in this kind of relationship. This is a situation where our own identity begins to be compromised by the behaviour of the partner. Once co-dependency has developed, we will usually need support to help us understand the behaviour and find better coping strategies.

In later sections of this booklet, we will offer advice on how to create a suitable home environment that promotes recovery from addiction. We will also describe how your input can be of great value while your loved one is in rehab (see the section on **Hope Family Addiction Program**, *page 17*).





Signs of Teenage Drug or Alcohol Abuse

Mothers and fathers can miss the signs of alcohol or drug abuse for a long time, and it doesn't mean they are bad parents. Teenagers can quickly become skilled at hiding the effects of substance use, and it is easy to blame changes in their behaviour on the normal ups and downs of adolescence. This is why it is so important for parents to be looking for out for signs of drug abuse, and to act on any intuition they might have that something is wrong with their child.

It is vital to deal with any suspicion of substance abuse quickly because the longer a child is allowed to use alcohol or drugs, the more likelihood of them becoming addicted. Drugs like methamphetamine and heroin can lead to addiction rapidly because the effects of these chemicals are so pleasurable.

Common Signs of Alcohol or Drug Abuse

- Alcohol, drugs, money, or valuables are going missing from the home
- Illness in the morning with no apparent cause
- Changes in sleeping habits
- Reduced interest in food
- Mood swings
- Bloodshot eyes or pupils that look abnormal
- Seizure with no previous history of seizures
- Increased clumsiness
- Loss of interest in personal hygiene/grooming
- Problems with the police
- Unexplained injuries
- Increased rebelliousness against family rules
- Slurred speech
- Physical tremors
- Unexplained weight loss
- Deterioration of performance at school
- Apparent loss of motivation
- Strange smells on clothing
- Secretive behaviour
- Loss of interest in hobbies
- A sudden change in personality
- Unexplained nosebleeds
- Needle marks
- Rashes around the nose or mouth



These symptoms can occur due to reasons other than substance abuse, but it is important to rule this out as a potential cause.

Why Do Kids Become Addicted?

The one question most parents are desperate to know is – why? Did they do something wrong? How could they have prevented it from happening? Nobody ever really sets out with the intention of becoming addicted to alcohol or drugs, and it is scary how easy a trap this is for kids to fall into.

Adults can forget just how powerful peer pressure can be during those teenage years, but saying ‘no’ to something that the ‘cool’ kids are doing isn’t easy. Adolescents can feel desperate to fit in with their friends, and refusing to join in can mean being ostracized by the group. Sometimes it is just easier to go along with everyone else, and this means even a sensible teenager can end up in the clutches of addiction.

In some cases, teenagers can be experiencing the early mild symptoms of a mental health problem like bipolar disorder or anxiety disorder. They use alcohol or drugs, and it makes them feel better. The young person ends up addicted because they are self-medicating this condition – even though this person may not be consciously aware that this is what is happening. There can be lots of other reasons for why young people feel unable to cope with life, and substance abuse can seem to offer an easy solution.

It is also believed that some teenagers are particularly prone to falling into addiction due to their genes or personality. Those young people who grow up in a home where the people around them engage in substance abuse can just assume this behaviour is normal.

What to do if You Suspect Your Child is Abusing Drugs?

If your child is abusing alcohol or drugs, it means they are in danger. Young people can suffer more serious consequences due to addiction than adults because their brain is still developing – their bodies are also less well able to handle these chemicals than adults. If you suspect your child of engaging in substance abuse you need to take action fast.

The first thing to do is to confront your child with your suspicions. Don’t lose your temper, or become hysterical, as this will just put that young person on the defensive. You need to calmly explain why you suspect drug abuse and the action you are going to take if the behaviour continues. Listen to any explanation your child offers, but don’t accept these answers too readily and expect some denial – those who are caught up in addiction soon learn to be deceitful and manipulative. Try to find out why they are abusing alcohol or drugs without looking for someone to blame – let the child explain using his or her own words.

In some cases, the ‘softly-softly’ approach will be enough to get your child to admit to the problem and agree to get help. If this doesn’t work, you are going to need to give an ultimatum. This means outlining the penalties for continuance with the behaviour. You should only provide an ultimatum if you are prepared to follow it through. Your family can also stage an intervention to pressurize your child into entering rehab. Don’t believe the myth that a person has to be willing to enter rehab for it to be effective – there are plenty of stories of young people who went to rehab reluctantly but had a change of heart while they were there.

It is vital you understand what you are dealing with if your child had become addicted to alcohol or drugs. It is no good expecting this young person to just use willpower to end the behaviour. They are likely to need professional help, and in a lot of cases, the best option is going to be an inpatient rehab program. If your child is dealing with a dual diagnosis (a mental health problem like depression alongside the addiction), you will need specialized help for this.

Things to Avoid When Dealing with Teenage Substance Abuse

- Trying to minimize the behaviour – e.g. saying it is just part of growing up
- Covering up for or enabling the substance abuse – e.g. telling lies to keep your loved one out of trouble
- Losing your temper
- Making it all about you – *“you have hurt me so much”*
- Getting physically aggressive
- Refusing to consider treatment for teenagers because you believe they are ‘too young’ to be addicted
- Giving ultimatums that you are not prepared to follow-up on – this just reduces your credibility
- Arguing with your child when he/she is high
- Allow your child to use your love as a tool of manipulation
- Drinking alcohol or using drugs alongside your child





How to Cope with an Addicted Parent

If one or both of your parents is/are addicted to alcohol or drugs, it can mean your home life is incredibly challenging. These people should be taken care of you, but the substance abuse may mean you have felt the need to take on the caring role. Worst of all, you may feel responsible for your parent's behaviour – if only you were a better son or daughter, maybe they wouldn't need to get high? This type of thinking is common, and a parent may have even told you this is the case, but it is vital you understand that none of this is your fault.

In the recovery community, we talk about the **3 C's**, and this refers to three things you need to understand about your parent's behaviour:

The Three C's

- You did not **cause** the addictive behaviour
- You cannot **control** the addictive behaviour
- It is not your job to **cure** the addiction

One of the key things you need to be doing if you are dealing with an addicted parent is getting plenty of support. There are 12-step fellowships like Al-Anon and Alateen – there is also Adult Children of Alcoholics if you are a bit older. You will also find help online, but it is better to get at least some face-to-face support. If your parent becomes ready for addiction treatment, you will want to be supportive of the idea, but it shouldn't be your job to sort everything out – especially if you are still a teenager.

The Family in Recovery – How to Encourage Sobriety

In a perfect world, the family member would give up alcohol and drugs, and everyone would live happily ever after. Unfortunately, it is rarely as simple as that because recovery is a process rather than a single event. By getting sober, your loved one will have taken a crucial first step, but there is going to be lots of more work ahead to secure sobriety.

A newly sober family member can have a serious impact on the dynamics of this unit. The other members of the family will have needed to adapt to living with an addict,

and they will have developed certain routines – now everything is changed, and it can lead to uncertainty and possibly even resentment. There may also still be a lot of fresh wounds due to the behaviour of the person who has just recently become sober. It can take a few weeks for things to settle back down, but once they do, things should be much better than before.

Here are a few suggestions for how to encourage a loved one to remain sober:

- Encourage them to follow treatment recommendations, but try not to nag them about it
- Don't minimize the need for treatment or say things that are too cynical about recovery
- Learn more about addiction and recovery
- Encourage abstinence from all mind-altering substances
- Encourage them to develop better coping strategies for dealing with life
- Try to encourage good communication within the family
- Celebrate sobriety milestones without your loved one (e.g. sober for six months)
- Encourage your loved one to attend support groups

What Can You Do to Help Your Loved One's Recovery from Alcohol and Drug Addiction?

A Recovery-Focused Home Environment

Over the years, we have helped many family members to create a recovery-focused environment at home to increase the chances of success. Of course, your loved one is fully responsible for her/his own recovery, but there are things you can do to help your them move forward in the right direction.

The proper tools and knowledge can help build a healthy recovery and achieve long-term abstinence. They provide a strong foundation for a better future but only if they are out in practice.

Important: Your support can make a real difference but always remember the three C's. (see page 11)

The Dangers of Going Back to Normal

When trying to make a life change, it is all too easy for people to fall back into old behaviour patterns. Recovery is meant to be a fresh start, but we humans are prone to habitual behaviours, and we easily fall back into our old roles (e.g. rescuing) and deeply ingrained patterns (e.g. keeping the peace). This return to 'business as usual' makes it harder for the person trying to build a lasting recovery.

It can be hard to trust that a loved one wants to change – especially if this person has repeatedly let you down in the past and has a long history of broken promises. Trust needs to grow, but try to stay away from rescuing, blaming or bringing up things from the past. Neither you nor your loved one would benefit from doing so.

Practical Things You Can Do to Help Your Loved One Build a Lasting Recovery

There are many things you can do to help your loved one in their recovery. Please read through the information below, and if you have any further questions, feel free to contact us here [at Hope](#).

Support

- Encourage AA and/or NA meetings. The community influence of these meetings can be of great benefit in every stage of recovery
- It is highly recommended to find a sponsor when attending AA or NA meetings. This is someone with a lot of experience with recovery and can help your loved one move forward with the process.
- Ask for help. Some family members are very affected by their loved one's addiction and can benefit enormously from getting help and support.

Educate

- Go to Al-Anon and/or Nar-Anon meetings in your area. These meetings are very beneficial for loved ones of addicts/alcoholics and you will learn about enabling, co-dependency, boundaries, self-care etc. You can find more information online; check out their websites: <http://al-anon.org/> or <https://www.nar-anon.org>
- The [Hope Rehab website](#) offers information on a range of topics that can help you in your journey.

Self-care and Routine

- A decrease in self-care is an important sign that someone is struggling and can signal the need for stronger support. By self-care, we mean things such as personal hygiene, healthy sleeping patterns, physical exercise, attending meetings, working with a sponsor, taking rest, a healthy and balanced lifestyle, etc.
- A healthy routine is very important to maintain sobriety. Promote exercise, activities and healthy eating in the home.
- Learn about meditation and mindfulness because they are helpful tools to stay calm in turbulent times.
- Let your loved one develop self-management rather than trying to manage them. Recovery from addiction is most successful if people learn how to manage themselves; emotionally, physically, mentally, and spiritually. If family members try to manage their loved one too much he/she is likely to become dependent on them.

Home Situation

- Clean the house of triggers and try to make it a safe place for your loved one. Having alcohol in the house, beer/wine glasses, bottle openers and other paraphernalia can be triggers for them.
- Don't drink alcohol in front of your loved one, even when they say that it is not a problem. The smell of alcohol and seeing someone drinking in front of them can be immensely triggering.
- If your loved one is a drug addict, and you think alcohol isn't a problem, you might want to reconsider this. The addicted brain doesn't recognize the difference between substances, it only recognizes the stimulation of the reward center. Please don't say things like '*alcohol isn't your problem*' or that '*a few glasses won't hurt*', it could be detrimental to the recovery of your loved one.
- Order a few drug-tests and/or a breathalyzer. In case of doubt you can test your loved one and find out if what he/she says is true. You can order those tests online, in some countries you can buy them in your local pharmacy, and if not you can ask your GP for help with purchasing them.
- Celebrate abstinence. Important dates are 30, 60, 90 days, 6 and 9 months, 1 year, 18 months and 2 years (multiple years). After that, every year. It might be nice to use those days to connect and do some fun things your loved one always wanted to do.

Balance

- Try to find a balance between being on top of it and giving space. It might be hard to find the right balance but when you discuss this with your loved one, they can let you know what would be and would not be helpful.

Communication

- Open communication is very helpful for people in early recovery. Assert your boundaries and allow your loved one to assert themselves. Be open about your own wants and needs and listen to theirs.
- Compliment your loved one on his/her progress, share your hope about the future, stimulate positive behaviour, and discuss unhealthy behaviour in a calm (avoid anger and blaming) way. After treatment, people know what to do and now need to rehabilitate themselves, but it's a route of growth that probably will go up and down a bit. Progress rather than perfection is key.

The points above are main principles that will be helpful, but some of the points are dependent on your situation. Please feel free to [contact Hope](#) if you have any further questions or if things are unclear. We will gladly help you forward.

Recommendations

We would like to offer some recommendations that might be interesting and helpful to read

- **Al-Anon Family Magazine**
[Read it online](#)
- **Beyond Addiction**
Jeffrey Foote
[Buy on Amazon](#)
- **Codependency No More**
Melody Beatty
[Buy on Amazon](#)
- **Non-violent Communication**
Marshall Rosenberg
[Buy on Amazon](#)
- **Families and How to Survive Them**
John Cleese
[Buy on Amazon](#)
- **Get Your Loved One Sober**
Robert J. Meyers
[Buy on Amazon](#)







Hope Family Addiction Therapy Program

At Hope Rehab we suggest to all clients that they involve their families in family addiction therapy, loved ones and anyone who has been directly affected by their addiction or alcoholism. Even though we are located in Thailand, it is still possible to have family addiction therapy. We do this in many ways, but one way is very effective - the family feedback questionnaire. In addition, family addiction therapy can include Skype calls and emails.

Understanding family history may be helpful with clients experiencing deep shame, confusion, or anxiety as a result of seeing themselves repeat negative behaviours from their in childhood. It may also be useful in family therapy since many individuals are from families where addiction and alcoholism are prevalent. For clients struggling with acceptance and forgiveness, family addiction therapy may help in understanding their problems. It may also be useful for clients who have parenting issues in recovery to understand the roots of their children's behaviours.

It's important to understand the role of family history in addiction, not to blame or point the finger, but for your own recovery and your family's future.

We ask all appropriate parties to agree to participate in the family treatment program by completing the following **questionnaire**.

How has Your Family Member's Addiction Affected You?

On the next page you will find a series of questions as a guide. What we are specifically interested in is how you felt as a result of your family member's addiction/alcoholism and subsequent behaviours, whether expressed previously or not. Even though some of the questions might bring about uncomfortable feelings, please write them down anyway. The reason we are asking you to do this is that your feedback is valuable and could help them heal.

For example: "*When you did that..., I felt like this ...*". Be honest and open and avoid trying to think how your response will affect the family member. Your family member needs to know the pain and damage they caused to see the need for change; this is how addiction family therapy works.

How has your family member's addiction affected you? Give specific examples of events that happened and describe how they made you feel at the time and now. For example, think about instances of:

- Not telling the truth
- Not keeping their promises
- When their addiction caused you problems
- Borrowing/misuse/stealing of money
- Ignoring you, or your advice or showed disrespect
- Inappropriate anger or other forms of aggression
- Incidents of sexual infidelity

Your answer:

How has their addiction changed your relationship with your family member? For example:

- How has their addiction changed the family as a whole?
- What was your role in the family? *(This should also be a longer answer)*
- What can your family member do, or show you to restore your trust in them?
- What are qualities in your family member that you like and dislike?
- What are their strengths and what are their weaknesses?
- Which behaviours of your family member would like to see restored/continued and which behaviours would you like to see changed or stopped?
- What changes have you seen in your family member since entering into treatment?
- How would you like to see your relationship with your family member in the future?
- What can they do, and what can you do to improve this relationship? *(Think about roles and communication)*
- In the past, how has your family member's addiction affected your personal integrity?

Your answer:

Family Constellation Groupwork

Discussion on Family Dynamics/Systems and Roles in the Family is also part of family addiction therapy at Hope Rehab. This experience requires the entire group to be open-minded, understanding, and all unrestricted participation from peers and complete silence except when as instructed by the presenting client and/or counsellor/facilitator.

The client asks peers to come up and s/he then assigns the peers a role (client's mother, father, wife, husband, children, siblings, etc.). The client should use peers that physically resemble the person they represent to strengthen the impact. Client physically positions the "family members" around them taking into account distance, facial expressions, body language, and where they are in relation to one another (maybe the mother would be placed between the client and the father with hands out as if they were protecting the client from the father).

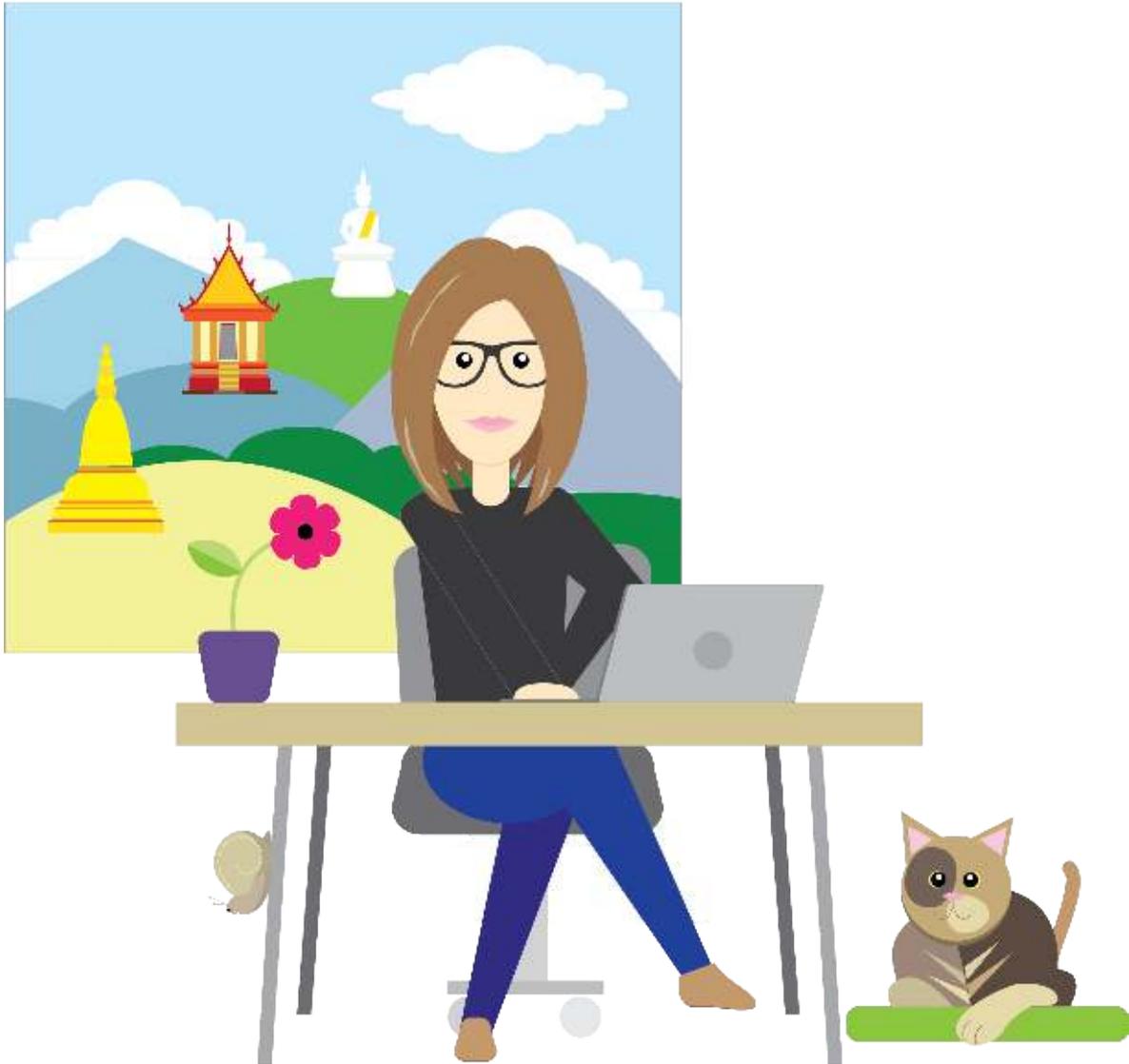
The client then walks the group through the meaning of the poses and explains why s/he positioned everyone that way. What events lead to the family looking like this? How does it feel? While everyone is still posed, what would you like to say to your family members? Approach each one individually and speak to that person. How do they change position and body language with what you have to say to them? Speak from the heart.

Allow time for peer feedback and support after each persons' turn to present their family dynamic.

Next of Kin Policy

Hope has a "next of kin" policy for reasons safeguarding in Thailand i.e. all our clients must name someone we are free to share information with at our discretion. As regards progress reports to family we do ask permission on admission to involve relevant family members as this is usually beneficial for our clients. Reports are typically via email or phone unless to a referring doctor. Also in some cases, family are funding the treatment, and we believe it is respectful to update them on their loved ones progress so this is encouraged. Unfortunately involving family can be highly sensitive due to dysfunctional family dynamics, occasionally there is a dispute or conflict with client's family e.g. divorces.





The *Hope Family Guide* was designed and illustrated by **Karen Spiak**, a freelance designer, illustrator and writer. Originally from New York, Karen currently lives in the countryside of Northern Thailand with her cat, Cleo.

Send her a note at: contact@karenspiak.com