

A woman and a child are walking in shallow ocean water at sunset. The woman is on the left, wearing a white tank top, and the child is on the right, wearing a purple shirt and patterned shorts. The water is splashing around their legs. The background is a bright, hazy sky over the ocean.

# Family Therapy Program

Find addiction treatment help  
today at Beaches Recovery!

866.605.0532

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Addiction can damage many aspects of your life. Your physical health, relationships, finances, and employment status can all be impacted by substance abuse. If your relationships with loved ones have become strained as a result of substance abuse, there is hope.

Beaches Recovery provides a comprehensive approach to overcoming chemical dependency, alcoholism, and co-occurring disorders. Many clients come to Beaches Recovery with damaged relationships and family discord. To that end, we have therapists on our team who are specially trained in family therapy and other addiction therapy services to restore relationships and improve family functioning.

Contact Beaches Recovery at [866.605.0532](tel:866.605.0532), or [contact us online](#) to learn more about our family therapy program and how we can help you or a loved one begin the road to recovery.



## What Is Family Therapy?

Family therapy is a type of psychotherapy that can help family members resolve conflicts, rebuild trust, and improve communication under the guidance of a therapist.

This type of therapy can involve:

- Parents and Children
- Romantic Partners
- Siblings
- Grandparents

Family therapy sessions might not always include the individual who is struggling with addiction. These sessions can instead take place while the individual is in an addiction treatment program, and their family members can spend time learning about addiction and how to best support their loved one.

The goal of family therapy is stronger, healthier relationships that can withstand conflict and challenges even after the program has ended. This program both helps those who struggle with addiction find strength for sobriety and helps their family members heal from the effects of addiction. At Beaches Recovery, family therapy is just

one tool we use to help our clients avoid relapse and build tools for lasting recovery.

*"Beautiful facility, amazing staff and even better doctor! I have suggested this facility to family and friends, everyone has been impressed. The quality of care is unmatched. Truly personalized treatment." - John*

## Why We Offer Family Therapy at Beaches

Overcoming addiction is challenging. Often, those who are struggling with substance abuse find that their use of drugs or alcohol has not just impacted themselves, but those around them too. They might hide behaviors from loved ones, become defensive about their choices, and make financial decisions that hurt their families.

However, it's important to remember that these behaviors are a result of the disease of addiction. If your loved one has entered a treatment program for addiction, this is a sign that they want to change.

Individuals receiving treatment should take advantage of all resources available to them. Family members can be an incredible support system, but they can also enable addictive patterns or have a hard time understanding the roots and impact of addiction.



Some of the ways that family members can enable addiction include:

- Covering for the loved one to hide their substance abuse from friends or employers
- Ignoring harmful behaviors
- Blaming other people for their loved one's decisions and behaviors
- Taking care of their responsibilities when they are intoxicated

Addiction is a family disease; we know our clients' past behaviors have truly affected their families. To help in treating addiction and rebuilding damaged relationships, family therapy can be an integral element to any recovery program.



**Click on the image to see the video.**

## What to Expect in Family Therapy

Family therapy sessions should be a safe space where everyone involved can discuss conflicts. At Beaches Recovery, experienced therapists who are trained in family therapy help family members effectively communicate and learn how to support each other and stop enabling unhealthy behaviors.

A family therapist will ask questions that might help family members understand how their behaviors affect others. They will learn how to change their behaviors to support each other and will learn healthy ways to work through conflict in the future.

The therapist might also recommend that family members go to individual therapy while participating in a family therapy program. Individual therapy can help these family members work through any past trauma that is keeping them from healing. Addiction and abuse at the hands of family members can both be sources of trauma that make growth challenging.

*"This place truly saved my life. After going to a few other rehabs my parents did not believe it could work. After all the calls I made, I finally got to beaches recovery who actually cared enough to take the time to talk with my family. When I got to the center, it was clean and they got me feeling better quick. I ended up staying for 120 days and then going to sober living. Thank you everyone, I'm so grateful for this place" - Michael*

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## Benefits of Family Therapy

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Family therapy offers a number of unique benefits. Whether the individual who is struggling with addiction is present for sessions or not, family members can learn about how to support them and how to heal from the damage that addiction has caused.

Other benefits of family therapy include:

- Family therapy helps those involved understand the nature of addiction
- Teaches family members to love and help without enabling addiction
- Creates a support system to hold clients accountable after treatment ends
- Improves communication between family members

## Addiction Education and Family Therapy

Unfortunately, one of the major problems that clients in substance abuse treatment programs deal with is family members who don't understand addiction. Many individuals still mistakenly believe that addiction to drugs or alcohol is a willpower issue or a moral weakness, despite overwhelming evidence proving otherwise.

One of the reasons that family therapy can be such a big help during treatment is that it informs and educates family members about the true nature and impact of addiction. Participants will have a better understanding of what their loved ones are going through, what factors led them to addiction, and the challenges that are ahead in the battle for lasting sobriety.

## Support Loved Ones Without Enabling

Many family members want to love and support those who struggle with addiction, but those good intentions can sometimes manifest themselves as enabling behavior. One of the key focuses of family therapy is

how individuals can express their love and support without enabling their loved ones. This might include learning how to set emotional or financial boundaries, which may feel unloving but can actually result in stronger individuals who work harder to stay sober.

### Hold Clients Accountable After Treatment Ends

Whether clients choose inpatient therapy, outpatient therapy, or sober living programs, there will eventually come a time when they need to stand on their own. This is an integral and defining moment in recovery, and often a strong support system is what can be the difference between relapse and long-term sobriety.

Through family therapy, family members can learn how best to support their loved ones struggling with addiction. In addition, those in treatment can learn how best to ask for help and how to specifically request the kind of accountability or help they need to stay on track.

### Improved Communication Between Family Members

Addiction leaves many problems in its wake, and just one of those can be broken or damaged relationships. Substance abuse can cause family members to fight, fear for their safety or the safety of others, and generally wreak havoc. To restore relationships and open the lines of communication, family therapy can help.

By attending therapy, family members will have the opportunity to share their emotions and frustrations with their loved ones that can help family members let go of anger and

resentments which can solidify relationships and ensure that family connections are solid enough to last through the ups and downs of recovery.

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### Avoid Relapse Through Family Therapy

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Does family therapy help individuals in recovery avoid relapse? According to the Substance Abuse and Mental Health Services Administration, addiction treatment that includes family therapy is more effective than treatment that does not involve family members.

Family therapy can be incredibly beneficial in helping individuals in recovery avoid relapse. This therapy can:

- **Increase medication adherence:** Some medications can reduce withdrawal symptoms and curb cravings
- **Reduce rehospitalizations:** A strong support system can help individuals stay on the path to sobriety
- **Reduce psychiatric symptoms:** For many, anxiety and depression go hand-in-hand with substance abuse
- **Relieve stress:** Returning to everyday life after rehab can be stressful, but having family support can be invaluable

Family therapy, however, is just one part of a holistic treatment plan. Those in recovery from drug and alcohol abuse should also prioritize group and individual therapy, where they can work through their personal struggles and develop healthy coping skills for the future.

While family members can provide valuable support, the team at Beaches Recovery has experience and training in the field of addiction treatment and can offer the targeted help clients need to recover.

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## Contact Beaches Recovery Today to Learn More

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### **At Beaches Recovery, your new life can start now.**

We offer family therapy as just one part of our comprehensive addiction treatment programs. These include:

- Residential Treatment
- Partial Hospitalization Program
- Outpatient Treatment
- Men's Addiction Treatment Program
- Women's Addiction Treatment Program

If you are in need of detox services, our partner center, Tides Edge Detox Center, provides medical detox that can help you build a strong foundation for lasting recovery.

During the admissions process, our team will learn more about your unique needs and goals for treatment. We create personalized treatment plans for every individual in our care, which often include group therapy, individual therapy, and experiential therapies that involve art, music, and recreation.

At Beaches Recovery, family therapy is considered essential to the success of our clients and is strongly encouraged for all clients. To begin on the path toward lasting recovery and rehabilitation in Jacksonville, Florida, contact Beaches Recovery immediately at [866.605.0532](tel:866.605.0532).

**Call us today at 866.605.0532.**