



INTERVENTION WEBINAR

What to Say and What Not to Say
After a Loved One Relapses

((●)) Starting Soon



Mike Loverde, MHS, CIP

President & Founder,
Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

What to Say and What Not to Say After a Loved One Relapses

Defining Relapse



- General Definitions of Relapse
 - Merriam-Webster's Definition
 - i.* The act or an instance of backsliding, worsening, or subsiding
 - ii.* A recurrence of symptoms of a disease after a period of improvement
 - iii.* To Slip or fall back into a former worse state
 - Common Interpretations in Addiction Recovery

Defining Relapse (cont'd)



- Relapse vs. Resumption
 - Difference Between a Relapse and a Resumption
 - Understanding Behavior Change and Abstinence

What Causes Relapse?



- The Role of Thoughts, Behaviors, and Patterns
- The Impact of Resentment, Victim Mentality, and Unresolved Emotions
- Evidence-Based Treatments for Preventing Relapse
 - 12-Step Facilitation
 - Cognitive Behavioral Therapy (CBT)
- Importance of Changing Perceptions and Addressing Underlying Issues

How to Recognize Early Signs of Relapse



- Behavioral Warning Signs Before Substance Use
- Role of Family Awareness and Recovery Programs
 - Al-Anon, Families Anonymous, Codependents Anonymous, ACOA
- Identifying Changes in Thinking and Behavior

What to Say and Not Say to Someone Who Relapses



- Encouraging Treatment and Recovery Program Participation
- The Limitations of What Words Can Achieve
- Setting Boundaries and Avoiding Enabling
- Family Recovery: Preparing for Potential Relapse Situations

How to Help Someone Who Has Recently Relapsed



- Detachment: Loving Without Enabling
 - Importance of Detachment for Families
 - Avoiding Actions That Encourage Relapse
- Family Relapse on Codependency and Enabling
 - Understanding the CRAFT Model of Addiction Recovery
 - Discouraging Negative Behaviors Through Healthy Boundaries

Supporting Addiction Recovery for the Long Term



- The Role of Family Recovery and Self-Help Groups
- Changing Focus From the Addict to Family Wellness
- Benefits of Intervention, Therapy, and Professional Guidance

How to Approach Family Recovery



- Addressing Family Dynamics and Roles
 - Codependency, Enabling, and Family System Dysfunction
- Utilizing Resources Like Family Recovery Coaching and S.A.F.E.® Programs
- The Importance of Letting Go of Control

Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
