

The place of the family in recovery

Any problem suffered by one member of a family will inevitably effect the rest of the family and the unit as a whole. Thus it is vital to allow the space for a family, and each individual member, to reflect without judgement on the impact of any difficulty on them, and to understand the best way to respond.

Where addiction is present the family will almost always benefit from therapeutic support and education as the addiction is invariably fostered in a family setting so that those who love most become part of the sickness they feel unable to stop. Teaching each family member, and the family as a whole about the part/s they play in this dysfunctional and destructive dynamic is an important asset to a thorough recovery. You don't have to have a problem to benefit from the answers!

Where a traumatic event has happened, then again the family will usually adjust to contain and hold the impact of that trauma. Thus there is often 'collateral damage' held in the family body once the person who was directly impacted has found the appropriate support. Treating the whole family allows a fuller recovery process to take root.

Families are the original social network for all of us and our experience of family sets us up for relationship in life. Exploring your own experience of family life, and the roles you have played within it, can provide valuable insight and resources to those wanting better understanding and more agency in their relationships and in life.

If you have problems within your family then give us a call, we can help

Call 020 7323 4970

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