



Recovery Family Mentor: Families Supporting A Member With Addiction

Dr. Richard Froilán-Dávila, Dr. Michal Mendel Galer

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Based on the training course developed by Dr. Richard Froilán-Dávila, and Dr. Michal Mendel Galer, this book will teach you:

- Common roles played by family members that contribute to the problems of addiction.
- How family members can contribute to the success of a loved one's struggle with addiction.
- What recovery is,- and is not.
- How our perception of recovery can affect outcomes.
- Definition of a Recovery.
- The role of a Recovery Family Mentor
- Pitfalls to avoid in your role as a Recovery Family Mentor
- How to set realistic goals for success as a Recovery Family Mentor
- Understanding family systems and family dysfunction
- How to break the patterns of family dysfunction
- Family "sculpturing" and the role of family therapy
- Crisis intervention,- how it works, and when it is appropriate
- The power of language and labels
- Family wellness,- how to live your life, not your story

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