

# Family Therapy

How Healing the Family System Helps Support a Lasting Recovery



## What is Family Therapy?

**Family Therapy** is a structured, evidence-based form of psychotherapy that treats addiction as a family disease, not an individual one. By examining relationships, communication patterns, and enabling behaviors within the family system, it helps everyone involved identify how they contribute to the cycle. When the whole family heals together, the environment that has sustained addiction begins to change.

## How It Works: The Five Phases of Family Therapy

- 1) Assess the Family System**  
Identify communication patterns, roles, and behaviors enabling addiction.
- 2) Build Shared Understanding**  
Help family members understand addiction as a disease affecting everyone.
- 3) Improve Communication**  
Develop honest, direct communication that replaces conflict and avoidance.
- 4) Establish Healthy Boundaries**  
Replace enabling behaviors with boundaries that support recovery, not relapse.
- 5) Align as a Recovery Support System**  
Rebuild family roles and behaviors to sustain sobriety long-term.

## Goals of Family Therapy

- Identify enabling patterns that fuel the addiction
- Improve communication and conflict resolution
- Reduce codependency and unhealthy relationship dynamics
- Build a home environment that supports real recovery
- Restore trust damaged by chronic relapse behaviors

## Therapeutic Benefits

- Reduced enabling behaviors that contribute to the cycle of relapse
- Improved emotional connection and communication
- Clearer, healthier boundaries for all family members
- Greater understanding of addiction as a shared family experience
- Stronger foundation for sustained, lasting sobriety

## **Family Therapy is Highly Effective For Treating the Following Conditions:**

- Substance Use Disorder
- Behavioral Disorders
- PTSD
- Personality Disorders
- Depression and Anxiety
- Eating Disorders

## Family Therapy at Burning Tree Ranch

For most treatment programs, family therapy consists of a single weekend visit or a few educational sessions. Families hear concepts about enabling and communication, then return home to the same patterns within days. For chronic relapsers, a weekend of information rarely changes years of deeply ingrained family dynamics.

Our **long-term, progress-based** model integrates family's own recovery throughout the full continuum of treatment. As clients demonstrate real behavioral change over months, families work alongside them, practicing new boundaries and communication patterns repeatedly until those patterns hold.



*"Families come to us exhausted from years of managing someone else's recovery. We help them see how they can contribute differently, so that their relationship with their loved one supports change instead of undermining it."*

 **Angie Buja, MA, LPC-S**  
Family Program Director, Burning Tree Ranch



## Family Therapy in a Dual-Diagnosis Treatment Setting

Family therapy is especially effective when combined with other evidence-based therapies in a dual-diagnosis treatment approach. For chronic relapsers, co-occurring mental health conditions frequently shape the family system in ways that individual therapy alone cannot fully address.

At Burning Tree Ranch, we integrate family therapy with CBT, individual therapy, and other clinical modalities to create an individualized dual-diagnosis treatment plan that leads clients and families toward lasting, sustainable sobriety.

### Dual Diagnosis Defined:

The presence of **both a substance use disorder and a mental health condition** occurring together. Effective treatment for dual-diagnosis addictions must address both aspects simultaneously.



### Have Other Treatment Programs Missed the Deeper Issues?

Burning Tree Ranch is the Nation's only authentic long-term treatment program for chronic relapse. Call us at (866) 287-2877 or visit us online at [www.BurningTree.com](http://www.BurningTree.com).

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