Chemical Dependency/ A Family Affair
Theoretical Approaches to Family Treatment

DULFANO

• **Views family as a system**
  - Marriage
  - Children

• **Views family as social group:** functioning affects how individuals grow and develop (remember Adler?)

• **How alcohol abuse affects the system**
  - Roles assumed: parents, children
  - Role distortions
  - Cessation of drinking

• **Therapeutic approach focuses on**
  - Cessation of drinking
  - Patterns that trap family members in roles
  - Encourages individual growth that is not based on dysfunction created by alcoholism

KAUFMAN

Combined structural systems and behavioral and psychodynamic approach

• **Functional Family System**
  - Alcoholic drinks because of neurotic problems external to the family
  - Minimum visible conflict
  - Therapeutic approach: education

• **The Neurotic Enmeshed Family System**
  - Drinking has disrupted normal family functioning
  - Sexual dysfunction
  - Alcohol related illnesses
  - Communication ineffective
  - Family conflict
  - Role shifts
  - Therapeutic approach:
    - Education
    - Family therapy
    - Access outside resources
    - AA/NA

• **The Disintegrated Family System**
o More advanced enmeshment
o Advanced deterioration
o Therapeutic interventions:
  ▪ Begins with the alcoholic after sobriety:
  ▪ Family therapy
  ▪ Assess outside resources
  ▪ Extended family
  ▪ AA/NA

• The Absent Family System
  o Complete separation from the family
  o Therapeutic intervention: Must be directed toward developing new social
    networks and social systems. Reconciliation unlikely.

THERAPEUTIC MODELS OF FAMILY TREATMENT

• The Disease Model
  o Looks at alcoholism as family disease
  o Non-addicted defined as codependent
  o Therapeutic intervention:
    1. family members usually treated separately
    2. treatment involves education/Al-Anon/Adult Children of
       Alcoholics

• The Behavioral Model
  o Abusive drinking maintained by reinforcement contingencies (within and
    outside the family)
  o Focus on interactions and reinforcements of each family members’
    behavior
  o Therapeutic intervention
    1. Replace positive reinforcements gained when drinking with
       reinforces that occur in response to sober behavior.
    2. focus on non-drinking partner’s ineffective coping skills
    3. may include concurrent alcohol treatment with marital therapy
    4. focuses on specific behaviors and determines objectives

• The Family Systems Model
  o Emphasizes family organization and the need for homeostasis
  o Focuses on dysfunction of all family members around the abuse
  o Therapeutic intervention
    ▪ Focuses on interactions of family unit
    ▪ How family members contribute to drinking problem
    ▪ Goals: redefining family roles
      Modifying alliances
      Changing communication patterns
• **Major concern:** The impact that alcoholism has on children and the factors that contribute to the transmission of alcohol problems from one generation to another.

**THE FAMILY AND DRUGS OTHER THAN ALCOHOL**

• Legality/incarceration  
• Seriousness apparent sooner  
• “Partner” use  
• Higher cost/greater financial hardship  
• Custody of children

There are the same family dysfunctions as with alcohol to include family secrets, minimization of the problem, enabling behavior, blaming and self-blame.