

Can Am Intervention Family Consulting Services

What is Family Consulting? This service is like having a professional coach in your pocket, having the freedom to travel and live your life without panic and fear of what is going to happen next. Family consulting provides support to the family members of an individual who has a substance abuse disorder and or mental health issue. Families can learn to ways to cope mentally and emotionally and make the necessary changes to find the way out, of what can be, a self - defeating situation. A family coach will teach and facilitate learning practical skills plus give emotional support via phone. The family coach can be available multiple times; a day, weekly, or on an as-needed basis, as opposed to the traditional therapy model of having to meet in person once or twice a week. Family coaching can be self-directed by the family with supportive and comprehensive coaching. This is a service that is not intimidating and is ultimately respectful of all the family's needs. Some of the challenges for families include; Substance Abuse, Anger Outbursts, Depression, Mental Health Disorders, Eating Disorders, and Self-defeating Behaviors. These are a few of the problems that families struggle with when they reach a point where they CANNOT do it anymore and Can Am Intervention Services is here to help.

How does Family Consulting work? Family members may want to do a "family intervention" by themselves which is a difficult task because of the emotional attachment within a family system. Also, some family members are not ready emotionally and /or mentally to move forward with a family intervention. Family coaching can help families to set realistic goals and personal boundaries in the moment of a crisis situation. Also family coaching can help with making the changes to work towards dealing with an untreated person. Codependency can be a trap for families who fall into thinking that they are doing what is best for their loved ones but find out that they are causing more harm. Codependency will "rob the innocence" of your need to help and support you're loved while "it never is ending cycle of not being enough for an untreated substance abuser". Family Coaching can help the family members to react differently to their loved ones behaviors and learn the traits of codependents so your family can experience and promote healing within the family system.

Why Family Consulting q? As it has been said by many people, "there is no manual written for parents". Family Coaching helps to fill that gap to direct parents and family members to do something different than what they have been doing in the past. This will enable the family to change from the continuous negative or damaging cycle within a family system. In many cases if a resistant person is "holding the family hostage" (a figure of speaking), in terms of not knowing how to react and /or respond to the troubled family member "it may be the family that needs to do some personal work" in order for the resistant person to make changes. Family coaching can be the catalyst to move beyond repeating the same patterns with the untreated person and "expecting different results", it can create new results. The resistant person then begins to realize that they cannot get away with the same behaviors and this becomes the change that finally gives relief to the family.

Where is Family Consulting held? Family coaching can be done in the comfort of your own home. It can be as easy as a phone call to have your own "private coach" and is fully private and confidential. Family Coaching helps to advocate change in "breaking the cycle of denial" and making the changes needed in order for healing to happen for family members. Family coaching can be available in person or by text, via phone, or Skype and may include family groups or individual sessions without having to meet the coach in person and /or come into to an office. It does not matter where you live or if you're travelling. Even if you just need a "tune up", on being reminded of practical skills or the need to have reassurance that someone is there to listen. It can be private, affordable, and a tremendous comfort knowing that you are working towards a solution rather than living in the drama and crisis of a debilitating situation. It becomes a win--win for everyone involved.

Who can Attend Family Consulting? All family members may attend family coaching either individually or together as a group whether they are all in the home or live in different areas. The key to family coaching is being involved so that everyone can be on the same page in terms of creating an action plan and a treatment plan for your family. Family coaching is a non-intrusive way to take care of your family ideals and individual needs; it does not remove your beliefs

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and values but it empowers your families to live up to their own truth and find another way to acknowledge the problem and find solutions.