

“To become focused only on a single actor is to lose sight of the play.”

(Edwards, G 1987)

Research demonstrates that involving the family in treatment will increase the probability of clients entering and remaining in treatment, and may significantly ease the stress related psychological and physical disorders experienced by family members. (Orford 1994; Copello & Orford 2002)

This video demonstrates a brief five-step intervention program. The intervention is based on the stress-coping-health model that has been used and tested with relatives of drug users in primary care settings.

The program features the following steps with a mother concerned about her son’s drug use.

Step 1 – Identifying stresses

Step 2 – Providing information: exploring goals

Step 3 – Counsel about coping

Step 4 – Identifying social supports

Step 5 – Identifying specialist help

A range of key counselling skills, such as *listening skills*, *empathy*, and *questioning*, *summarizing* and *reflecting feelings* are illustrated.

Time: 27 minutes

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THERAPEUTIC

JOURNEYS

COUNSELLING

FAMILY

MEMBERS

THERAPEUTIC JOURNEYS

Counselling Family Members

Alcohol & Drug Counselling Skills



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