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Twitter Chat Script

"How to Help, Considering Intervention in Addiction"

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AH: Welcome to today's #AHchat!

Our topic is "How To Help, Considering Intervention for Addiction".

We would like to start by welcoming our special guest, Dr. Jerry Law, who will be tweeting as @jerry_isa. Dr. Law is joining us to share his expertise on this topic.

AH: Please tell us a little about yourself and your current role.

Dr. Law: I am a veteran of 25 years in the corporate world, and have strong leadership and organizational skills that lend themselves naturally to the intervention process. I am a Board Certified Professional Christian Counselor, a Board Certified Intervention Professional and a Master Certified Drug Alcohol and Addictions Counselor. I bring a first-hand understanding about how critical it is to break the cycle of addiction in the professional world as well as within the family. I facilitate Interventions for Eating Disorders, Chemical Dependency and Process Addictions.

AH: Thank you for sharing Dr. Law! Your role seems very exciting and valuable.

AH: Can you please explain what an intervention is?

Dr. Law: Simply stated, an intervention is a well planned, structured, highly personalized process where family, friends, or co-workers come together with one goal in mind: To help the addicted loved one agree to enter a recommended treatment program so that he or she can begin the process of recovery.

This process [breaks through the denial of someone](#) who is struggling with an addiction to drugs or alcohol, an eating disorder or other compulsive behavioral problems. The process is accomplished in an environment that maintains the self-

respect of the suffering individual. While avoiding old patterns of resentment, shame, or blame.

AH: How does one know if it is the right time for an intervention?

Dr. Law: Many people who abuse drugs and alcohol have lost the ability to determine if their behavior is normal or acceptable, which causes them to minimize their addiction completely. Individuals suffering from eating disorders, sexual compulsivity, gambling disorders and other dangerous behaviors follow the same pattern of deceit and denial. Once the disorder has reach the point that rational, reasonable, logical appeals do not work, it may be time for a formal intervention. Such an intervention gives the individual an opportunity to hear just how much they mean to those around them, and how their addiction and related behaviors are affecting family and friends. This group approach can be extremely effective in persuading someone to enter a recovery program.

AH: What is the first step to getting your loved one help with an intervention?

Dr. Law: First, Interventions must be designed to [meet the unique needs of individuals](#) who are addicted to alcohol or drugs. As well as for those ensnared by compulsive gambling, an eating disorder, or people bound by many other dangerous behaviors. In addition, training of each participant, facilitated by a professional Interventionist, is crucial to avoiding the type of confrontational event described earlier. Two of the most important components in an Intervention are the preparation and the selection of the team that will participate.

AH: Who can a loved one contact to get more information on interventions?

Dr. Law: Clients are encouraged talk to staff at treatment centers about their experiences with the Interventionist, ask the Interventionist for references and about his or her credentials, as well as participation in organizations such as the Association of Intervention Specialists (www.associationofinterventionistspecialists.org) or The Network Of Independent Interventionists (www.independentinterventionists.com). Talk with others who have used the services of the Interventionist you are interested in. Ask many questions and talk to many people.

AH: What encouragement might you offer to the loved ones of someone struggling with addiction today?

Dr. Law: Family members of individuals suffering from addictions or compulsive behaviors are typically tired, angry, frustrated, unsure, confused and afraid. It is hard to admit that the loved one's broken promises and abuse has taken a toll on the family, making them all victims of the harmful and destructive cycle of addiction. One by one, they have been hurt and used in attempts to offer their addicted loved one "just one more chance." A Family Intervention brings family members together

with the strength, love, care and concern necessary to break the cycle of denial. It allows you to help your loved one even if he or she does not want help. Family members and friends who are important to the addicted individual unite to give their loved one an opportunity to hear just how much they mean to those around them. As well as how their addiction is affecting each member of the group. The group setting, coupled with the fact that the individual is not expecting the intervention (and therefore has no highly effective set of objections) can be extremely effective in persuading the addict to enter a recovery program. There is hope and recovery does happen!

AH: Thank you Dr. Law for sharing this great information and insight about interventions and addiction!

If you or a loved one has been suffering with an addictive disorder, we hope this information brings you hope. Seeking out treatment is critical for hope, healing, and recovery. For more information about Dr. Law, visit <http://www.interventionaz.com/our-staff.html>

AH: If you are in need of resources for substance abuse, visit our website at www.addictionhope.com