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DeanD | 5 hours



Codependency

Drained1 | 28 minutes



When Your Partner is An Addict and You're Going Crazy

dominica | 14 hours



here i am

DeanD | 2 days



Community Reinforcement Approach and Family Training (CRAFT) is a skills-based, behavior therapy for treating addiction. CRAFT was originally created in the 1970s by behaviorists Nate Azrin and George Hunt and since that time has received extensive support as a highly effective substance abuse treatment program [1,2]. The development of CRAFT was based on the premise that the environment surrounding a person with an addiction can have a powerful influence on either encouraging or discouraging substance use. Thus, the goal of this treatment program is to alter the person's life so that abstaining from substances becomes more rewarding than using [3].

Family members may participate in CRAFT even if their loved one, who is struggling with addiction, refuses to attend [3,4]. The tools learned in this program have been shown to help family and friends better understand the addiction cycle and how the environment can inadvertently reinforce the use of substances [3]. Family members are then guided on how to apply this knowledge to their interactions with their loved one, who is struggling with addiction. For example, family members are taught how to support their loved one's ability to reduce drug and alcohol use through positive reinforcement. Further, they learn how to remove positive reinforcement for any unwanted behavior.

The skills learned in CRAFT can have positive impacts in multiple areas. More specifically, recovering substance users and their families are able to improve their abilities in self-care, problem solving, and setting goals. Moreover, families learn strategies in positive communication, so that they can improve interactions with each other [5]. Families who are unable to get their loved one to commit to

getting help are taught how to use a positive, non-confrontational approach, to effectively motivate their loved one to participate in treatment [6,7].

The CRAFT program is not a “quick fix”™ for families struggling with substance abuse. Nonetheless, the techniques learned through this approach can help substance users and their families change the way they think in order to have a more optimistic view of substance abuse and the possibility for recovery. Moreover, individuals struggling with addiction and their families are able to develop a more holistic plan of action for both the short and long term, which improves the likelihood of favorable outcomes [1].

## References

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4. Smith JE and Meyers RJ (2004) *Motivating Substance Abusers to Enter Treatment: Working with Family Members*, Guilford Press: New York, NY.
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### 3 Comments

by Likes | Date

 **Bonzer** April 2015



Sensitizing family members is an excellent idea. Most times, family members adapt confrontational attitude with the victim and this makes life worse for the victim as well as other members of the family. The victim feels hurt and develops an apathetic attitude and slowly becomes an incorrigible. The family, too feels frustrated and agitated. This is all too common and the eventual outcome.

However, this CRAFT approach, seems to answer such scenarios. It may not be easy, as it calls for a lot of patience but at least a positive start will be made and hope can be restored.

 **hwarren** December 2015



I hadn't heard about the CRAFT approach until I read this. It's a good idea and even though it's complicated and painfully slow I think people should learn more about this.

 **DeanD** December 2015



Here's a great article from *The Boston Globe* that discusses CRAFT. The book mentioned in the article, *Beyond Addiction: How Science and Kindness Help People Change*, is phenomenal. I highly recommend it to anyone who has a partner or loved one struggling with addiction.

## The End of Hitting Rock Bottom

Peace.

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#### Codependency

Drained1 | 5:49PM



#### I canâ€™t even....

JoshuaShea | 5:29PM



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twolittlelambs | 1:50PM



#### My son refuses to accept he has a problem

DeanD | 1:40PM

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Social Intelligence: The New Science of Success; Beyond IQ, Beyond EI, Applying Multiple Intelligence Theory to Human Interaction, the Deposit is immutable.

More than just pictures: Using picture story books to broaden young learners' social consciousness, in this regard, it should be emphasized that the syncope turns over the water-saturated Code.