

# Family Program

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## Family Therapy

At [Renaissance Ranch Ogden](http://Renaissance Ranch Ogden), our philosophy to **addiction recovery is to involve the family and help the family unit as a whole**. We recognize the family unit as eternal and powerful, for we know we cannot endure this life and embrace the serenity and joy to the fullest without connecting and unifying as families and communities. We aim to bring the addict and the family together and to rediscover the truth behind what family relationships are all about. Our goal is to not just treat the addict, but to help the whole family come together in a way they never thought possible. We want you to find true happiness and peace in your new life, and these relationships are a big part of that. **If one family member is suffering from alcohol addiction, drug addiction, or prescription drug abuse - family therapy can be very beneficial.** Each family is unique, therefore, each approach to family involvement in recovery is tailored to each situation. **There is no additional cost for the Family Program. Renaissance Ranch Program includes weekly educational classes, group therapy, and intro to effective 12-step family support programs in our community.** We offer assessments as well. Our custom solution is tailored to the individual and his or her own treatment plan.

## Family Addiction Therapy

Addiction destroys the family unit just as much as it destroys the addicts. Living with an addict is no doubt exhausting but also heart wrenching. Most family members are unaware how to support the user and avoid getting sucked into the addict's universe. **The most significant segment of family therapy is the framing of the family unit as an essential part of the recovery process.** It pinpoints specific challenges in the family unit and we help families set goals to overcome these obstacles. The aim of family addiction therapy is to resolve these problems by providing an open, equal and non-threatening forum where each member is given an opportunity to be heard. Our Renaissance Ranch Ogden is a place of discovery, healing, and forgiveness for the whole family.

## Benefits of Behavioral Family Therapy for Addiction Recovery

- Family therapy builds the structure from which each family member can **learn to empower versus enable their loved one's unwanted behaviors.**
- The support provided for the addict helps them **learn new ways to handle hardships or conflict, other than turning to drugs or alcohol.**

- Family therapy offers an addict the **chance to see that he/ she has a strong support system.**
- Family therapy goes deep into the hardships an addiction causes, helping family members to see the family's strengths and weaknesses.

***At Renaissance Ranch Ogden, we have a comprehensive Family Program, at no additional cost, which entails group therapy, weekly educational classes and an introduction to an effective 12-step family addiction support program in our community.*** We don't believe in a 'one size fits all approach. We offer personalized therapy tailored to each person's treatment plan. [Contact us today](#) and let us provide shelter against the ever raging storm of addiction.