

An Essential Guide to Couples Rehab



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If you are reading this guide you are probably concerned about substance abuse with regard to yourself or a loved one, and you are looking for answers. This guide was developed to give you those answers.

Moffitt Wellness Retreat

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1. Who is using drugs and alcohol in America?

If you are reading this, you are probably concerned about substance abuse with regards to yourself or a loved one, and you are looking for answers.

You are not alone. According to the Substance Abuse and Mental Health Services Administration's (SAMHSA's) National Survey on Drug Use and Health, 23.5 million persons aged 12 or older needed treatment for an illicit drug or alcohol abuse problem in 2009. Therefore, let's look at some more recent statistics pertaining to substance abuse:

Fact #1: Illicit drug use in the United States is increasing. In 2013 alone an estimated 24.6 million Americans, almost 10 percent of the population, had used an illicit drug in the past month.

Fact #2: Drug use is highest among people in their late teens and twenties. In 2013, 22.6 percent of 18- to 20-year-olds reported using an illicit drug in the past month.

Fact 3: Drug use is increasing among people in their fifties and early sixties. This increase is, in part, due to the aging of the baby boomers, whose rates of illicit drug use have historically been higher.

Fact 4: Binge and heavy drinking are more widespread among men than women. In 2013, 30.2 percent of men and 16.0 percent of women reported binge drinking in the past month.



Now that you have the facts, let's talk about what happens when a couple is addicted...

Research shows us that the problem of alcohol and drug dependence is widespread. Many people who suffer from alcohol or drug abuse are struggling to maintain normalcy in their lives. ***When both partners in a relationship use, the issue becomes so much more complex.***

So, how do you know if you both have a substance abuse problem? Ask yourselves the following questions to help determine if a couples rehab program can help you and your loved one:

- *Do you and your partner often argue when you are under the influence of a controlled substance? And, has it ever led to violence?*
- *Do you and your partner need to use drugs or alcohol in order to achieve intimacy?*
- *Do the activities you enjoy together as a couple usually involve the use of alcohol or drugs?*

If you answered yes to any of these questions, you and your partner would benefit from substance abuse treatment.

The challenge is that both of you must be willing to participate in order for your relationship to survive and your recovery to be truly successful.

When two people in a romantic partnership are both addicted to a controlled substance, it is impossible to have a healthy, happy union if both continue to use, or if only one seeks treatment.

However, if you both acknowledge that you need help, and decide to find a rehab program together; there is real hope for sobriety for each of you and the opportunity to salvage your relationship damaged by the effects of substance abuse and addiction.



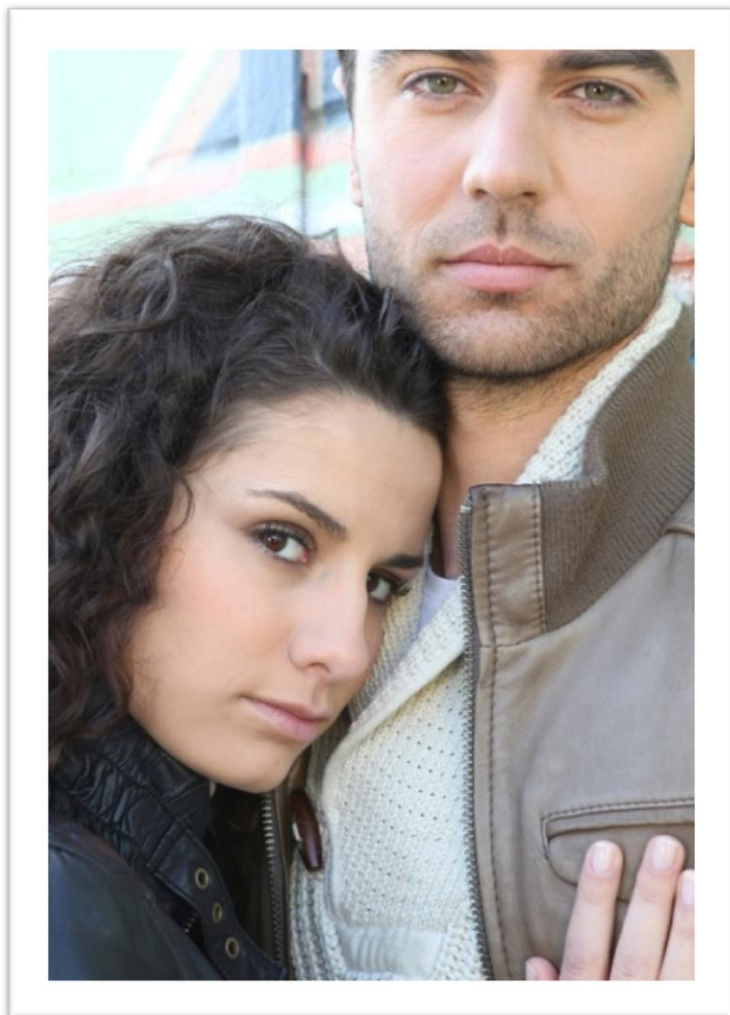
2. Why is it important to go to Rehab for Couples?

Substance abuse and addiction are vile and selfish. They do not allow for healthy, balanced personal relationships.

The physical and psychological need for the drug or alcohol takes priority over everything else, even your loved ones, which can result in the erosion of your most important relationships. If one person in the partnership wants to seek treatment on his/her own, but the other refuses, the one who goes to treatment may fair well at the facility, but has a greater challenge upon returning home.

It will simply be extremely difficult for a recovering addict to maintain sobriety when the partner is continuing to use. The one trying hard to succeed is likely to have his recovery jeopardized if temptation surrounds him in his dysfunctional environment.

3. What are the benefits of Couples Drug and/or Alcohol Rehabs?



When you and your partner commit to receiving treatment together, you have formed a new bond that is perhaps the healthiest one yet.

Up until now, you either met using, or started using after your relationship was formed, but either way, it has taken control of your lives. When you enter a couples rehab, you take that initial step toward sobriety together.

You will have to learn to relate to one another on a whole new level. It can be daunting, but the entire process is one your partner can relate to, probably better than anyone you currently know. Having someone else understand, in real time, what recovery looks and feels like is a source of support and reassurance that you are not alone.

4. Where do you find Rehab for Couples?

While couples rehab facilities are becoming more accepted, the concept of allowing two people in a partnership to enter a treatment program together and stay together is a newer one. [Moffitt Wellness Retreat](#) is a luxury rehab facility and prides itself on its ability to accommodate couples, and treat them as individuals as well as together by allowing the couple to remove themselves from their toxic environment, and nurturing them in our luxurious setting in Puerto Vallarta, Mexico.

Our licensed staff will help you uncover the roots of your substance abuse, and identify triggers that could lead to relapse so that you know how to avoid them or cope without using in the future.



5. What can you expect once you arrive to our luxury couples' treatment program?

Upon arrival, even though you will be staying together, you are assessed individually so as to understand where you are in your addiction, and devise the best treatment plan unique to you. Then we discuss the plan for how to work together as a couple. You can expect some or all of the following elements of recovery:

- *Detox*
- *Individual Therapy*
- *Group Counseling*
- *Couples' Drug/Alcohol Counseling*
- *Marriage Counseling/Couples Therapy*
- *Introduction to the 12 Step Program*
- *Nutrition Education*
- *Private Fitness Sessions*
- *Relapse Prevention Education*
- *Planning for After Care*

For more information on our programs please [request a complimentary consultation](#) or call us at 1-713-907-5632.

6. What happens for couples in recovery AFTER couples drug and/or alcohol rehab?

It is often said, “Recovery is a process, not an event”.

There are those who are sadly mistaken that just because they completed a formal treatment program, their problems are over. However, this is dangerous thinking. Serious substance abuse or addiction will require longer than a stay in rehab to consider it a success. Instead, major changes have to be made when you return home together in order to maintain sobriety. Your counselor will work with you while you are at our facility to create an aftercare program that includes couples’ therapy, addiction therapy, and a 12 Step Program.

Because you came into the program as a couple seeking help with addiction and attempting to keep your relationship intact, continuing with couples’ counseling is extremely important to the success of both your sobriety and your partnership. Removing drugs or alcohol from the relationship changes it drastically. Of course the goal all along was to get clean and sober together, but it is likely that once the haze of addiction has lifted, you will both need to learn how to relate to each other in a very different way.

It will take new communication skills, time and patience to adjust to this new way of life as a couple. Roles within the partnership need to be redefined; therefore, allow your counselor to help you identify coping strategies for the responsibilities or events that previously added stress and were your reasons to drink or use.

7. When the addicted couple also has children:

When a couple suffers from addiction and they have children, the problems associated with their addiction are even more complex. Now you are not dealing with one substance abuser seeking help, or two attempting recovery together; you are now dealing with the precious lives of the children who have suffered in one form or another in an addicted household.

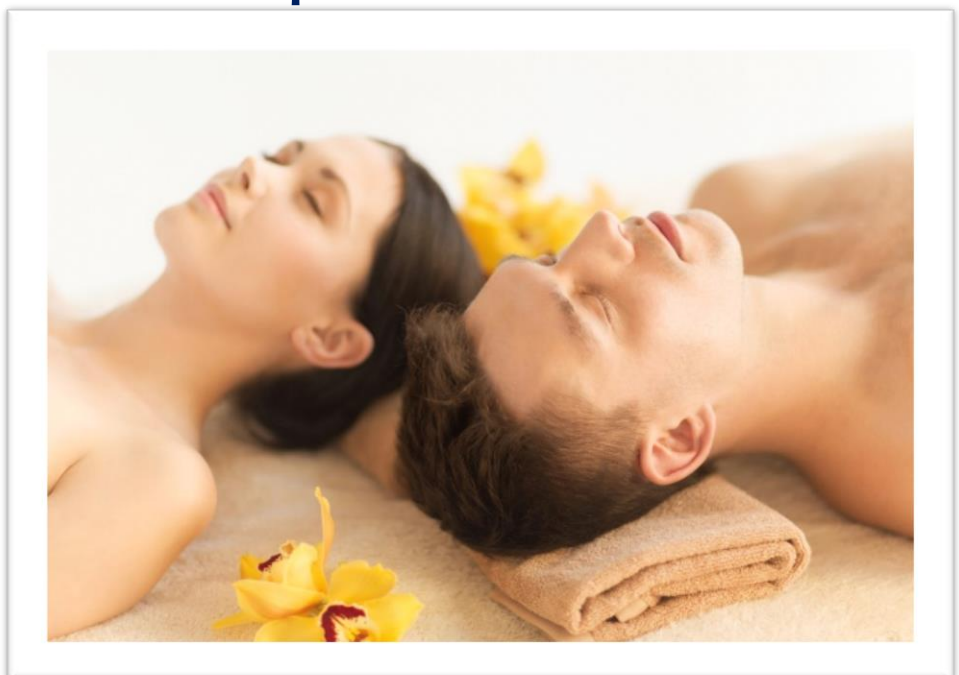


How are children affected by parents who are addicts?

- *These children experience a home life of constant uncertainty and instability – never knowing what mood their parents will be in, how they will react.*
- *Children also are sometimes forced to take on adult responsibilities. Their parents may be out trying to “score” the next fix, or are “checked out” in the home leaving the kids with such duties as preparing their own meals, caring for siblings, getting themselves to school, or cleaning up the house.*
- *The children are emotionally damaged. They often get blamed by the parents, and take on the guilt. They can be filled with shame or anxiety. They can suffer depression, fear and mistrust of authority figures, inability to recognize and feel genuine love, and lack of self-esteem to name a few.*
- *Left unnoticed, or untreated, children of addicted parents have a higher potential for becoming victims of verbal or physical abuse, higher chance for physical and health problems stemming from neglect, and are at a much greater risk for alcoholism or drug abuse themselves.*

8. What can be done to help?

The first and most important solution to aiding the children of drug addicted parents, is for the parents to receive treatment to get clean and sober together, and show their children that they are committed to recovery and improving their home environment.



Once the couple returns home from treatment, they must stay focused on their sobriety and make the changes necessary to stay strong on their road to recovery. Together they can continue couples counseling, and follow a 12 Step Program, for example. There are many different resources on which they can rely for guidance along the way.

They may even consider Recovering Couples Anonymous, established specifically for couples trying to maintain their sobriety together, or Parents Anonymous for group support, education, skills and strategies for becoming better parents.

9. What now?

Addicted couples have challenges ahead of them. But when they realize that enrolling in couples rehab is their best call to action, they are on their way to creating a better life for themselves and each other. They need to recognize that there are solutions and support to help them in treatment and recovery.

MOFFITT WELLNESS RETREAT IS AN IDEAL CENTER FOR COUPLES TO DISCONNECT FROM THEIR DYSFUNCTIONAL ENVIRONMENTS, DETOX, FOCUS ON ADDICTION RECOVERY, AND REPAIR THEIR RELATIONSHIP.

FOR MORE INFORMATION ON OUR LUXURY RETREAT, PLEASE [VISIT US ONLINE](#) OR CALL US AT 1.713-907-5632.



10. Author

Roy Moffitt is the Founder and Life Coach at Moffitt Wellness Retreat, a luxury addiction treatment center in beautiful Puerto Vallarta, Mexico.

Based on his own experience, he converted his Puerto Vallarta vacation home, Casa Patricia, into a powerful wellness haven, (proof of the power of total transformation).

He was given a second chance, restoring his health, marriage, relationships and happiness and wanted to help others do the same.



Roy's calling is to dedicate his experience and resources to helping others accomplish what he has. He wants to help those that are troubled by addiction and want to find the way to a productive, healthy, and content life.

He frequently says: "It's as simple as this, do what I did and you too will get the same positive results!"

If you or a loved one is struggling with addiction or in need of a life-changing experience, please contact Roy personally at 1.713.907.5632 (U.S. phone) or visit [Moffitt Wellness Retreat](http://www.MoffittWellnessRetreat.com) online.