



UNPARALLELED SUPPORT FOR FAMILIES AND FRIENDS

Families and support systems play a critical role in their loved ones' treatment and recovery process. At Eating Recovery Center and Pathlight Mood & Anxiety Center, we empower caregivers to better support their loved ones through continued involvement, education and support: using Emotion-Focused Family Therapy (EFFT).

PRINCIPLES OF EFFT INCLUDE:



Emotion Coaching: Teaching caregivers how to support their loved one to identify and express their thoughts and emotions. EFFT additionally teaches caregivers how to manage their own emotions, which can help strengthen and support their relationship with their loved one.



Behavior Coaching: Teaching caregivers how to support their loved one with interrupting behaviors/symptoms. The caregiver is taught how to work through obstacles and fears that may surface as they support their loved one in recovery.



Relationship Repair: Teaching caregivers how to facilitate healing, processing and recovering from past pain to support their loved one's recovery. We also support caregivers in exploring what hinders effective support, such as fear and self-blame.

We deliver family-based skills, tools and resources through:

1

Weekly family therapy sessions

2

Virtual Family & Friends Education Series

3

Family support groups

INCORPORATING FAMILIES INTO CARE PLANS INCLUDES:

- Education regarding the complexity of mental health conditions and treatment
- Practice and guidance in how to encourage open and honest communication
- Individualized strategies for protecting progress after treatment
- Strategies for applying skills learned in therapy in the "real world"
- Clarity on family goals and how to create a structure to achieve them

Our treatment team works to continuously support, educate and guide families in strengthening the patient's path to recovery and increasing families' connections with their loved ones.

Please contact us to make a referral or schedule a free assessment with a master's-level clinician.

1-877-825-8584 • PathlightBH.com | EatingRecovery.com

California • Colorado • Illinois • Maryland • Ohio • Texas • Washington • Wisconsin