

Do We Really Need An Intervention?

Top Calgary Counsellor Reveals Critical Intervention Insights



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Dear friend,

People don't typically read special reports on interventions for the fun of it.

If you're reading this, chances are you are considering a professional intervention for a loved one because:

- Your previous attempts to address the situation have been unsuccessful
- You're concerned about someone's safety
- You're no longer able to deal with the chaos
- You know there's a way out but don't know where to start

Within this special report we will give you clarity and by the time you are finished you'll be able to answer:

- Is an intervention really the best choice right now?
- What's the difference between *hard interventions* and *soft interventions*?
- How are professional interventions conducted?
- Who should I trust to perform my intervention?

We know this can be a dark time, but know this...

Many families have worked with professional intervention teams and successfully put their lives back together.

Armed with the right information, you can start your way on that positive journey too.

My name is Suzie Le Brocq, I'm a certified intervention specialist and my greatest passion in life is helping families just like yours rebuild their lives.

Let me show you how.

One step at a time...

Does my loved one have to hit his “rock bottom” before we consider an intervention?



No! The key to a professional intervention is to prevent the devastating individual and family consequences that are likely to occur if the loved one is given time to hit “rock bottom”.

If things are out of control now they aren't likely to get any better unless a major positive change occurs.

Do we really need an intervention?

This is the first and most important thing to decide. The only way to answer this question is to ask yourself:

- Has discussing the problem failed?
- Is your loved one in denial of their addiction?
- Do you have concerns about someone's safety?
- Do you feel like giving up?
- Have you lost hope that life can be any different?
- Are you struggling to bring your family together to deal with this matter?
- Is it time to get professional help?

If you answered “yes” to any of the questions; then connecting with a professional is a good idea. They will explore your SITUATION and advise you as to whether a family intervention is in fact necessary at this time.

What exactly is a Family Intervention?

A 'Family Intervention' means 'A process by which the harmful affects of a loved one's addiction are interrupted and your loved one is helped into treatment.'

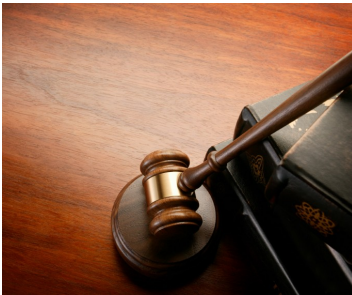
A Family Intervention uses the power of love & concern to break through denial

There are two types of Intervention you need to be aware of:

Hard Interventions

This first type of intervention is unplanned and devastating. We call these 'hard' interventions.

- These are often one; or a mix one and the following:
 - Arrests (including incarcerations)
 - Accidents
 - Relationship difficulties (family arguments, separation, divorce)
 - Financial losses
 - Job loss
 - Impairment and health problems



These hard interventions are also known as 'consequences' and addicts may experience many of these types of consequences before seeking help.

You might know from your own experiences that these consequences are destructive not only to the addict, but also to the family and friends.

Soft Interventions

The second type of intervention is the professionally planned and facilitated; or we call 'soft' interventions. They provide a methodical approach which:

- Are positive and intentional (rather than a consequence)
- Provide professional guidance from start to finish
- Benefit from intentional proven steps of successful interventions
- Are less destructive to the addict and the family
- Reduce any painful and devastating consequences
- Provide education about the disease and recovery
- Give greater understanding and support to all parties involved
- Provide the opportunity for earlier treatment --- enhancing the likelihood of successful recovery, which is what everyone wants

The advantages of a professionally planned and facilitated Soft Intervention far outweigh the heavy hand of a Hard Intervention.

Why would I choose a professional Intervention Team?

The decision to proceed with a family intervention is a big step and one that should be conducted by professionals who have received specialized training in the fields of

substance abuse and intervention. From start to finish, your professional intervention team provides:

- Valuable expertise
- Emotional support
- Clarity of purpose

This means your intervention team will be there to guide your family through the entire process of a successful intervention; and ultimately help you put your life back together again.

What credentials and experience should I consider when engaging an interventionist?

To increase the chances of a successful intervention try to work with a **Certified Systemic Family Intervention Specialist or other Certified / Licensed Intervention Specialist**. These are highly trained, licensed professional counselors who have the knowledge, experience and wisdom to understand your situation with total confidence.

This is critically important because a professional interventionist handles all details of the intervention from:

- Planning
- Scheduling
- Educating and preparing the family
- Facilitating the event
- Coordinating appropriate treatment
- Providing an escort as required

Why and how does the family have to be involved?

In two words, the answer is because of “enabling” and “co-dependency”.

When addiction causes a problem, we (the family) are in pain too. When the problem is solved we’re relieved & our pain is reduced. Our feelings of relief are a form of pleasure.

Once we go through the enabling cycle a few times, we've conditioned ourselves to expect a reduction of pain & increased pleasure as a result of our enabling behaviors. Since we feel better we mistakenly believe enabling works, however; since the addiction has not been treated more problems surface.

What is enabling & co-dependency?

Most people who suffer from addiction have an enabling system – comprised of people who unwittingly help the disease to progress. It is a way of showing love & concern – but fear is the primary motivator and it's definitely not effective in creating real positive change.

A co-dependent person is one who has let another person's behavior affect them & who becomes obsessed with controlling that behavior. These family behavior patterns must be "intervened" upon as well, if treatment is going to be successful.



What preparation is required for an intervention?

It normally takes 2-3 weeks to adequately prepare for an Intervention.

The family members involved in the intervention need to be available for a phone conference and will typically be required the day before the intervention. This allows your Intervention Team to prepare everyone, and plan exactly how the intervention will take place.

This is about a 4-5 hour planning session.

Throughout this process the Intervention Team is gathering information, coordinating with treatment providers, making travel arrangements, etc. The actual intervention can take anywhere from one to four hours or more depending upon the response of the addict.

What happens if the intervention is “successful”?

The addicted loved one agrees to go into treatment. They are escorted immediately to the treatment facility, either by a family member or an interventionist. A professional Intervention Team will provide valuable support throughout the process, before, during and after treatment.

What happens if the intervention is “not successful”?

The “bottom line” is enacted where the family uses whatever leverage they have over the addict’s behavior.

This is identified and discussed during the planning stages of the intervention. In some cases, it may take the addict several days to accept the help being offered.

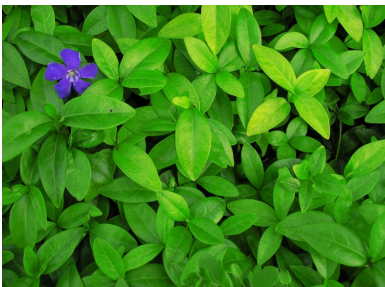
The Intervention Team will remain involved and available to assist throughout the process.

How much does an intervention cost?

Every intervention is different and so there is no one set price. The cost will be determined by a variety of factors such as location, required preparation time, materials, treatment location, escort required, etc.

The best way to understand the costs and process is to speak with your Intervention Specialist.

How does an intervention coordinate with receiving treatment?



Professional Interventionists work with a variety of Treatment Facilities World Wide. During the planning process, the Intervention Team will assess the client’s addiction history and current status and make treatment recommendations. They also work with

family to coordinate an appropriate treatment setting and assist in providing a smooth transition.

How do we get started?

Whether you decide to work with us or not, we strongly advise you to seek **only the services of experienced certified / licensed professionals** during this delicate time in your family's. There aren't many of us around but we are out there ... and our reason for living is to help families just like yours.

We hope this report helps you stack the odds in your favor and achieving real positive change for your family.

Sincerely,

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