



## **SPECIALIZED GROUPS: COUPLES PARTICIPATING IN RECOVERY GROUP**

### **TARGET POPULATION**

- Relationships where one partner is in recovery from substance and/or behavioural addiction.
- Couples who have been married one year or living together for two years.

### **GOALS**

- To maintain abstinence and encourage individual recovery.
- To stabilize the relationship.

### **ACTIVITIES**

- To encourage abstinence and re-build trust in the relationship couples will utilize a variety of behavioural contracts such as the Antabuse Contract, the Sobriety Trust Agreement, and weekly drug screens.
- Couples will participate in homework assignments designed to restore goodwill and positive feeling in the relationship, including a weekly shared fun activity, daily compliments and other caring behaviours.
- Through role plays couples will be shown communication skills by the group facilitators, and then invited to practice these skills in the group and at home. The skills include: listening, direct expression of feelings, making positive specific requests, negotiating and compromising, and developing written agreements.
- Couples are encouraged to attend 3-5 pre-group sessions followed by ten group marital therapy sessions. All couples will be offered a year of monthly follow-up sessions.

### **OUTCOME**

- Increased abstinence and decreased substance and/or behavioural addiction related issues.
- Increased stabilization / satisfaction in the relationship.