



Muse Addiction Treatment Center Provides Education to Help Families Best Support a Loved One After Rehab

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Los Angeles, CA - It can be very hard for families and friends to know what to expect when a loved one completes treatment for addiction and returns to their community. To reduce fears and uncertainty about this experience, Muse Addiction Treatment Center has published educational material covering post-treatment issues.

The information includes the signs of both successful recovery and impending relapse. In addition, it gives tips on healthy ways to stay involved with a loved one's recovery. However, most of its focus is on family and friends themselves, advising them on how to support their own emotional health while dealing with their loved one in recovery.

Muse offers a comprehensive treatment of drug and alcohol addiction at their Los Angeles facility. According to their website, "We fully understand the implications of addiction. Bridges are burned, friends are lost, and morals are compromised. Muse is a hub dedicated to providing a center for therapeutic discovery, healing,

and the recovery of core values.?

Once clients complete detox and rehab, they face ongoing challenges and the constant threat of relapsing into their old dependence. The Muse booklet enlists the help of family and friends to provide support and improve their loved one's chances of remaining sober.

The booklet tells friends and family members how to know if the recovering addict is making progress after treatment and how to recognize that they are in danger of relapse. It encourages them to stay involved in the addict's aftercare and tells what to do if the addict stumbles and begins using again.

It's an encouraging document that offers the same compassion and concern to family and friends that Muse is known for showing its clients. Readers are advised to maintain "the Three C's of dealing with a loved one that struggles with addiction": you didn't cause the addiction, you can't control the addiction, and you can't cure the addiction.

Tips for helping a loved one in recovery include: educating oneself on the disease of addiction, trying not to accuse or judge, avoiding name-calling, and recognizing that this is a difficult time for everyone involved. Friends and family members are encouraged to provide a sober environment that reduces triggers for using and to understand that life will change during this process.

According to Muse, people in recovery, as well as those around them, should not wish for their old life back. Instead, they recommend embracing the creation of a new life together where it is easier to not use alcohol or drugs.

Muse's educational booklet also recommends tips for self-care. They urge families to remember to take care of themselves. Living with someone struggling with an addiction is exhausting and loved ones also need time to recover. They also recommend avoiding self-blame because no one can control another person's decisions, or force them to change.

For some, it feels counterintuitive to take a step back, but Muse recommends that being a caretaker is not good for the support person or the one struggling with addiction. It's important to understand that there is only so much a person can do to change another person.

Friends and families should also reach out for help when they need it. Talking to a professional or going to support groups like Al-Anon and Nar-Anon can be immensely helpful.

Anyone seeking addiction treatment, whether for themselves or a loved one, can speak to a treatment specialist at any time by calling (800) 426-1818. To learn more visit www.musetreatment.com.

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For more information about Muse Treatment, contact the company here:
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Muse Treatment

Muse Treatment is the #1 addiction treatment center in Los Angeles, California for alcohol, prescription and drug rehab as well as detox.

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