



# **It Takes A Family: A Cooperative Approach to Lasting Sobriety**

*Debra Jay*

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# It Takes A Family: A Cooperative Approach to Lasting Sobriety

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**It Takes A Family: A Cooperative Approach to Lasting Sobriety** Debra Jay

**Counselor and interventionist Debra Jay shows alcoholics, other addicts, and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long-term sobriety**

Most books on recovery from addiction focus either on the addict or the family. While most alcoholics and addicts coming out of treatment have a recovery plan, families are often left to figure things out for themselves. In *It Takes a Family*, Debra Jay takes a fresh approach to the recovery process by making family members and friends part of the recovery team, beginning in the early stages of sobriety.

In straightforward, compassionate language, she outlines a structured model that shows family members both how to take personal responsibility and to build a circle of support to meet the obstacles common to the first year of recovery. Together, family members address the challenges of enabling, denial, and pain while developing their communication skills through practical, easy-to-follow strategies and exercises designed to create transparency and accountability. With this invaluable guide, family members work together as they reinvent their relationships without the all-consuming dysfunction of active addiction.

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