

## **Family Reunification - Course Outline**

*This 6 week class course will help clients to understand how their choices and chemical dependency affects the entire family structure, (ie. when an individual is incarcerated his/her family & children suffer from the separation).*

**Benefits:** *The client will be challenged to understand the personal struggles that families endure when chemical dependency leads to incarceration. The class will also help the client rebuild relationships with family members and children to mend the broken bonds of past decisions.*

### **Session 1:**

- Paradigm Shift - demonstrating how our cognitive behavior is influenced by how we view the world, explain what exactly a paradigm shift is.

### **Session 2:**

- Choices & Consequences - This class will explain how client has the power of choice, however each choice has an automatic consequence.

### **Session 3:**

- Proactive lessons - This class will use role playing to illustrate the points of how children are affected by their parents being incarcerated and give strategies to heal past hurts of children

### **Session 4:**

- Responsibility - This class will reinforce the accountability of the choice maker when it involves children. 9 (ie. the client will understand the roles of parents in the family structure)

### **Session 5:**

- Parenting strategies - Help the client to embrace family structure, teaching exercise that promotes the win/win technique.

### **Session 6:**

- Affirmation & Encouragement class - clients will be encouraged to write letters to their families and affirm each others strengths.