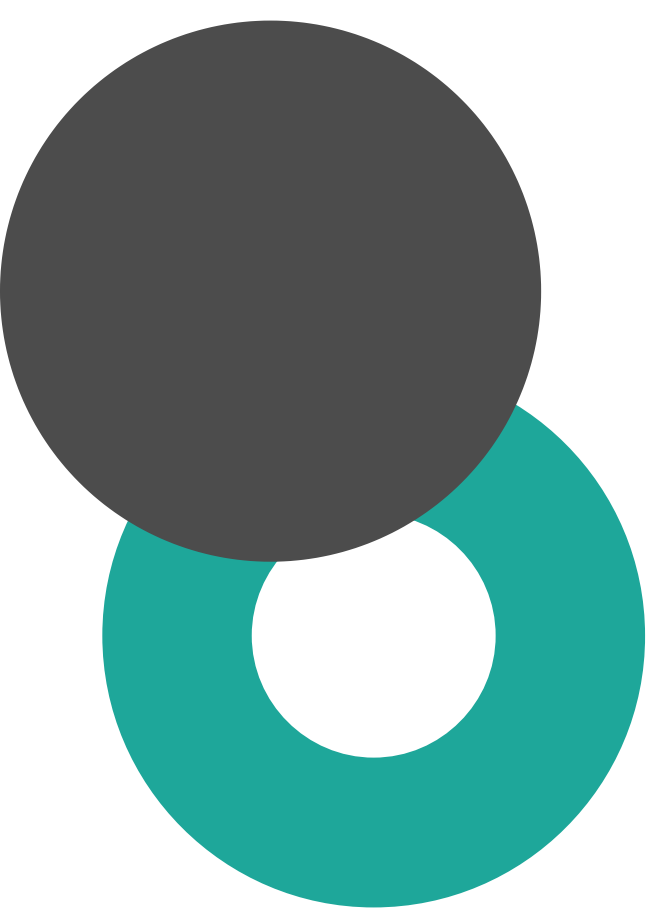



# Community Education Series



The Recovery Village and Advanced Recovery Systems





**Presentation Topic:**  
Family Case Management:  
Healing Families from Addiction

**Speaker:**  
Kevin Petersen, MA, LMFT



# About the Speaker:

## Kevin Petersen

MA, LMFT



- Kevin Petersen, MA, LMFT was born and raised in Palo Alto, CA. Kevin graduated from Palo Alto High School and enrolled at The University of Southern California in 1982. After living in the south of Spain and working on a farm as a tractor driver in 1983, he came back to USC and graduated in 1994 with a degree in Social Sciences and moved to Denver, CO in 1995. Kevin had a successful career in sales and marketing and then in 2008 he enrolled in the Masters of Marriage and Family Therapy program at Regis University and was part of the first class that graduated from that program in 2011. He then spent three and a half years working at Arapahoe Douglas Mental Health Network as an in-home therapist, case manager, crisis evaluator and outpatient therapist for Child and Family Services, he also worked part time for The Bridge House, ADMHN's Acute Treatment Unit, as a Mental Health Technician and Counselor. Kevin opened his private practice, Petersen Family Counseling, in 2014 and specializes in working with families and individuals struggling with addictions, codependency, and parenting. Kevin learned his LMFT in March of 2017. Kevin published "Chronic Hope: Parenting the Addicted Child" in October 2019.
- Kevin began his journey of recovery in May 1991 and has been sober ever since. He lives in Denver with his wife, Amy, and three Boston Terriers, Otis, Bert and Blanche.
- Kevin Petersen, MA, LMFT, is a dedicated, caring, and understanding professional who works with families in crisis. Kevin was born and raised in Palo Alto, CA and earned a bachelors from USC in 1994, and enjoyed a prosperous career in Sales and Marketing before he decided to return to school in 2008. Kevin Petersen, LMFT, is a dedicated, caring, and understanding professional who works with families in crisis. Kevin was born and raised in Palo Alto, CA and earned a bachelors from USC in 1994, and enjoyed a prosperous career in Sales and Marketing before he decided to return to school in 2008. Kevin has earned a Masters degree in Marriage and Family Therapy and has a Certificate in Child and Adolescent Counseling both from Regis University. He started his career working as a therapist for Arapahoe Douglas Mental Health Network in Child and Family Services in 2011. Kevin opened his private practice, Petersen Family Counseling, in 2014 and specializes in working with families and individuals struggling with addictions, codependency, and parenting.

**When You Feel You've Tried Everything..**  
**It's time for family case management.**

# What is Family Case Management?

A step-by-step process to help families assess the impact of addiction on the family system and take steps toward healing.

# Family Case Management

1

**Before treatment:**  
Triage the home

2

**During treatment:**  
Lead the family  
toward healing

3

**After treatment:**  
Reunify the family  
system

# Step 1: Before Treatment



Understand that previous actions have been ineffective



Recognize that healing requires an integrated, holistic approach



Work together with the family and set specific goals

# Remember Two Things:



- You are not responsible for your loved one's addiction, but you are responsible for how you react to it.
- Recovery requires a continuum of care: from detox to out-patient treatment to post-treatment support.



# Step 2: During Treatment



Weekly meetings to discuss feelings and ask questions



Seek family support groups and resources



Understand and assess family dynamics



# Most Importantly:

- You cannot expect the addict to do something you are not willing to do yourself.
- Therefore, it's important to heal the family during treatment by using assorted resources.

# Step 3: After Treatment



Discuss reintegration plan for all family members



Outline family member expectations



Seek a family therapist who specializes in codependency and addiction therapy



# Remember:

Addiction affects the family system, so the entire family must heal.

# Recovery is a Journey.



- Use consistency, accountability and transparency for all family members.
- Continue with individual and family therapy, 12-Step meetings and faith-based community support groups.

# Consistency, Accountability, Transparency

1

## **Consistency**

- Creates success through repetition
- Conquers our old way of life

2

## **Accountability**

- Develops a sense of connection and community to help heal and keep egos in check
- Creates vulnerability with a sponsor, mentor or a therapist

3

## **Transparency**

- Having everything on the table with nothing hidden in the closet

# Resources

1

## **12-Step Meetings:**

- CODA
- Al-Anon
- Celebrate Recovery

2

## **Books:**

- *Codependent No More*
- *Unspoken Legacy*
- *Facing Codependence*

3

## **Videos:**

- "Pleasure Unwoven"  
documentary

4

## **Faith-based support groups**



# Thank You!

Kevin Petersen, MA, LMFT  
kpetersen@petersenfamylcounseling.com  
(720) 541-6289

[www.petersenfamylcounseling.com](http://www.petersenfamylcounseling.com)  
Chronic Hope: Parenting the Addicted Child



**THANK YOU**

