

Jo Ann Towle, M.A., Director and founder of the **Family Intervention Institute**, has been successfully facilitating both family and workplace interventions since 1985. Based in the San Francisco Bay Area, she conducts interventions, family workshops and professional trainings throughout the United States. She practices a model of family intervention that is inclusive, non-conspiratorial, and respectful — unlike confrontational models. She is a coach, teacher, and facilitator, empowering families to take a stand against the destructive influences of addiction, and leading the way toward health and family recovery. It is her goal to participate in making intervention a commonplace response to addiction



She has worked in a variety of treatment settings, from outpatient to residential and inpatient, as both Interventionist and Director of Admissions. In those capacities, she conducted thousands of assessments for both addicted individuals and their families, assisting with intervention and treatment planning. She received her Masters Degree in Consulting Psychology at John F. Kennedy University, intervention training at Parkside Medical Services and is a founding member of the Association of Intervention Specialists.

To learn more about who we are at the **Family Intervention Institute**, and the specialized services we provide, please go to our website: www.FamilyInterventionInstitute.com.

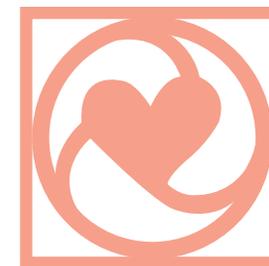
The **FAMILY INTERVENTION INSTITUTE** provides:

Assessments
Consultation
Intervention
Family Workshops
Professional Training



FAMILY INTERVENTION INSTITUTE
1390 N. McDowell Blvd., Ste. G-105
Petaluma, California 94954

Family Intervention Institute



*“Intervention is action
from the heart.”*

800/655-3735

707/795-9797

fax 707/795-1565

www.FamilyInterventionInstitute.com

Why Intervention?

It can be difficult to talk to someone about their alcohol/drug use or other addictive behavior. Attempts to help or bring about change often result in frustrating non-productive confrontations.

Intervention is different from confrontation. It is effective because it is a planned, proactive group process facilitated by a professional interventionist. Intervention recognizes addiction as a disease that affects and involves entire families, including the "workplace family." It is a disease of denial that often results in unhealthy ways of coping and attempting to manage the "problem." It is not uncommon to ignore the addictive behavior, believe the promises, and pretend things will somehow get better. The intervention process helps family members, friends, and employers move out of denial and take action toward a solution and recovery.

Why Now?

- ◆ **Addiction is a progressive disease. The problems won't go away but will only get worse.**
- ◆ **Addiction can be fatal.**
- ◆ **Addiction can destroy family and other relationships.**
- ◆ **"Hitting bottom" is not necessary for recovery to begin.**
- ◆ **Taking the first action step is the beginning of recovery for all involved.**

"Jo Ann has my deepest gratitude and respect and I will forever be indebted to her for what she did for our family."

Bill Q.

"I appreciate the calm, knowledgeable, professional way Jo Ann Towle guided us."

Peter H.

What Steps Are Needed?

1. A Phone Consultation

- ◆ Learn how we can help
- ◆ Schedule an assessment

2. The Assessment Session

- ◆ Gather history
- ◆ Educate about the process
- ◆ Give direction on the next steps

3. The Intervention Process

- ◆ Schedule the family meeting(s)
- ◆ Choose and invite the participants
- ◆ Discuss family roles and how addiction affects everyone
- ◆ Identify what needs to change
- ◆ Learn what's necessary for individual and family recovery
- ◆ Determine treatment options

4. Follow-up Sessions

- ◆ Help the family through transition/early recovery
- ◆ Review individual and family progress

5. Follow-up with clients through treatment

"Our family will never be the same...our son entered AA, our daughter went into treatment, and our grandchild was born to parents now free of drugs! Thank you for the work you do!"

Carol E.

What to Expect:

- ◆ **A respectful, straightforward and honest process.**
- ◆ **A gentle process designed to reduce stress and anxiety for the participants.**
- ◆ **Improved communication among family members.**
- ◆ **A changed family system empowered with new norms, roles, rules, and boundaries.**
- ◆ **A process resulting in the addicted individual(s) having less resistance, less shame, in an environment that promotes self-constructive vs. self-destructive choices.**

"Jo Ann Towle and her associates at the Family Intervention Institute bring great skill and compassion to families living with the crisis of addiction. They move families from stuck to unstuck, from closed to open, and from a destructive path to one of healthy growth."

Stephanie Brown, Ph.D.,

Director, The Addictions Institute

"Combining gentleness, straightforwardness and firm boundaries, Jo Ann Towle is instrumental in totally transforming lives. Her ability to motivate people caught in the cycle of addiction is a skill she possesses to the fullest."

John Bradshaw, best-selling author and pioneer in the field of recovery

"Jo Ann Towle is one of the top proponents and practitioners of the systemic intervention model in the United States. If my family were in need of an intervention, I would choose her to facilitate it."

Wayne Raiter, L.C.S.W.,

President of Executive Care and former Clinical Director of The Johnson Institute