

DANZIG Counseling Services – Professional Intervention Services

For Maine Interventions, New England Interventions, and Northeast Interventions, DANZIG Counseling Services will be there to help you and your family.

What is an intervention? An intervention is a loving process where family and friends confront the alcohol/drug user in a non-threatening way about their self-destructive behavior with the ultimate goal of having that person accept help for their problem by entering a treatment center.

Why it is necessary to have an intervention?

In short, because nothing else has worked. Begging, threatening, reasoning and deal making by family and friends rarely produce change in someone engaged in self-destructive behaviors. In fact, oftentimes loved ones have been unwittingly enabling the user by working against each other. On the other hand, an intervention facilitated by a professional interventionist in a controlled way that includes people who are meaningful to the user, can be highly effective in helping both the user and their family and friends begin to heal and to change.

How does an intervention work? An intervention unifies the family and gets everyone working together. It uses the power of love and concern to break through the user's denial so that they will accept help. The keys to having a successful intervention are planning, preparation and technique. The intervention process involves having family and friends gather to discuss the details with the interventionist. They jointly decide what form the intervention will take, identify who should be included in the intervention, decide upon the best education and treatment plans, develop an intervention plan and schedule, and then execute the plans.

Not sure if you are ready for an intervention?

If you aren't sure about doing an intervention just yet, but would like to work with our addiction professionals on an ongoing basis, we would be happy to set up an outpatient counseling and/or consultation system with you either in our office, by telephone, or via the internet with Skype.

For more information about the intervention process or any of our other counseling and consultation services, please contact us at 207-893-0000 or www.danzigcounseling.com