

# Family Recovery Resources

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*Be a Loving Mirror*

# How The Be A Loving Mirror (BALM) Programs are Changing the Face of Family Recovery

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# Agenda

- Welcome and Introductions
- Family Recovery – A Two-Pronged Approach
- The BALM (Be A Loving Mirror) Method – What It Is and How It Works for Families
- Information, Transformation, Support – Why All Must Be Included for Optimal Results
- Treatment Centers, Other Professionals Licensing the BALM and Observing the Clients Shift
- The BALM Institute – How to Become a Family Recovery Life Coach and Help Families Blaze the Trail to Recovery In Their Homes



# Welcome

Welcome

# Family Recovery...

# Myths

- It's his/her problem
- Just put her in treatment and give me a break.
- She is hopeless
- He will never get sober
- The family should mind their own business and not get involved

# The Research

- Family leads the way
- Treatment – just a beginning
- If life, there is hope
- Family = Advocate

# Lies! Lies! Lies!

Denial =

Don't

Even

Know

I'm

Lying



# The Role of Denial

Denial is the linchpin of the addictive system.

# The Role of Awareness

- Family wakes up
- Stops believing the lies
- Shares facts
- The loved one wakes up

# BALM 7 C's

1. You didn't CAUSE your loved one's Addiction
2. You CAN'T CONTROL their Addiction
3. You CAN'T CURE their Addiction
4. **You CAN CONTRIBUTE to the Recovery**
5. You are CONNECTED to the loved one on a level much deeper than the Addiction
6. You CAN learn to COMMUNICATE effectively
7. You are ALWAYS at CHOICE!

# 2 possibilities for a family:

- Contributing to Addiction
- Contributing to Recovery

# How to Contribute to the Addiction

- Ignore what is going on
- Trust your using loved one to stop using when you tell them to
- Deny the serious nature of what your family is facing
- Stay crazy yourself
- Believe it is not yours to interfere
- Not take care of yourself
- Keep your mouth shut no matter what you are seeing

# How to Contribute to the Recovery

- Focus on YOUR own Recovery
- Get Support
- Get Professional Help for YOURSELF
- Change your Attitudes
- Change your Words
- Change Your Behaviors
- Be A Loving Mirror

# Family Recovery Attitudes

- Family has a crucial role to play
- Change happens in Stages
- Mindfulness is Key
- Family is the Loved One's BEST Change

# Family Recovery Words

- BALM
- Loving
- Share the facts
- Keep your tone even and conversational
- Let go of expectation



# Family Recovery Behaviors

- Self Care
- Loving
- Set Boundaries
- Get Support

# BALM Coach's Role

- Understand the importance of the family's role
- Study the Stages of Change
- Stay Calm Yourself
- Never Waver on the BALM two-prong approach to family recovery:
  - Self
  - Loved One
- Educate
- Coach
- Encourage

# Two-Pronged Approach

- Recovery for self
- Recovery for loved one

# What is BALM

- Be A Loving Mirror
- Inner Relationship Transformation
- Outer Relationship Transformation
- Breaks through denial
- Heart to Heart Communication
- Best Chance

# Why the BALM?

## The Be A Loving Mirror Concept

- The Family is a Loved One's Best chance
- Prevention is Early Intervention
- Focus on Self Combined with Effective Communication and Advocacy
- Partnership with a loved one's treatment Providers

# The Essence of *Be A Loving Mirror*

# Be

- Breathe through each moment
- Practice being Present in each moment
- Have a rock solid relationship of faith and trust with your HP, Source, the God of your understanding

# Loving

- Loving person
- Treat others with dignity and respect regardless of their behavior
- Don't take on others' responsibilities
- Allow those you love to experience the consequences of their behavior



# Mirror

- Authentic
- Just the facts
- Non-judgmental
- Calm
- Simple reflection without embellishment

# Why Be A Loving Mirror?

- Increased calm
- Rage and judgment reduced
- Share facts without sarcasm
- Heart to Heart Communication

# Why is this important?

- So your loved one loses excuse to blame you
- Chance to illuminate loved one's blind side
- Your yelling harms you – physically, emotionally, spiritually
- ‘Your only obligation to another adult is to Be A Loving Person.’ Dawn C.
- Increase the peace in the world

# How A Family Member's BALM Work Affects The Family?

- Practicing BALM changes the dynamic of the family
- Food for thought for loved one
- Your potential transformation
- Calming
- Improves communication

# What Else Happens When Family Members BALM

- Mini-interventions on an as-needed basis
- Non judgmental message
- More likely to be received
- Venting in a compassionate, authentic, effective way.
- Peace returns to the family

# Freedom

When family members  
(and professionals) drop  
judgment and anger,  
they accomplish so  
much!

# Relationships change

- toxic to calming
- believe their eyes and ears, not the lies
- Clarity returns
- Family members accept reality
- Share facts and move on to next topic
- Others upset that cover is blown, not blaming the family member

# Is this a guarantee of sobriety?

- No.
- It is a great opportunity family members give their loved one to wake up
- Family members find peace regardless of their loved one's decision as a result of the family member's changed attitude and approach
- BALMer's a loving space open for their loved ones to making healthier choices in the future and in some cases the loving approach shortens the time it takes for the loved one to 'get' recovery.



# What If It Doesn't Get Or Keep My Loved One Sober?

- No guarantees it will.
- Your job (as a family member) it is to open a door of encouragement and possibility for them.
- Just as you are always at choice, so is your loved one
- God's time not our time
- Continue to get support and build your life
- Let go and LIVE
- Work with your coach on additional possibilities in addition to your BALM practice – Don't give up! As long as there is life, there is hope!

# Sounds Nice

BUT How does it work?

## How We Help Treatment Centers Help Families

- One year program
- Provides ongoing information, transformation, and support to help families become partners and advocates
- Some families choose to add private one-on-one coaching to this process as well.

# The Program's Three Aspects:

- **INFORMATION**
- **TRANSFORMATION**
- **SUPPORT**



# INFORMATION

The BALM Institute - Beverly Buncher, Director -  
<http://familyrecoveryresources.com>

# 12 Principles

1. The Family's Role
2. The Stages of Change
3. A New Way of Looking at the Letting Go Concept
4. Family is Loved One's Best Chance
5. Self Care
6. How to Be Truly Loving
7. Setting Boundaries
8. Getting Support
9. Relationship with Spirituality
10. Relationship with Yourself
11. Relationship with Others
12. BALM (Be A Loving Mirror)

# The Daily BALM

- Weekly Live Calls and an archive of over 100 hours of recordings including:
  - 12 Lessons – one on each principle
  - Expert Interviews
  - Discussions
  - Recovering persons
  - Recovering Family members



# TRANSFORMATION



# 7 Steps to Be A Loving Mirror

1. Peace
2. Observation
3. Emotional Awareness
4. Document the facts
5. Script a BALM Conversation
6. BALM Conversation
7. Set boundary, if necessary.

# 7 Steps to BALM Class

- 8 weeks – 1 step per week plus summary lesson
- 90 minutes
- Intimate
- Interactive
- Check-in – Center – Lesson – demo - q and a – partner work – feedback – check out
- Buddy work between classes
- Can be taken again and again



# SUPPORT

The BALM Institute - Beverly Buncher, Director -  
<http://familyrecoveryresources.com>

# Weekly Support Group Calls

- Brief Coaching
- Support
- Has a format and a structure
- Coach led
- A supportive conversation
- Breaks the isolation
- Encourages participation
- All year long – can come and go and come every week

# Ancillary materials

- Fast Track to Recovery Workbook
- All course handouts, workbooks, articles
- Note-taking templates
- 7 Steps to BALM Guidebook
- Step by step guide
- Workbook and guide for course

# Treatment Centers Report...

- Families who start the BALM often want more and more
- Correlation between family participation in the BALM and the client's progress
- Families report listening to hours of recordings per week
- The convenience of listening in the car, at home, while cooking, makes it easier to attend and learn

# We offer Treatment Centers

- Year long licenses
- Hard copies of all manuals and e-texts
- A curriculum matrix that allows them to easily guide families to specific lessons and topics
- Tracking on a weekly, monthly, or quarterly basis.
- The opportunity to offer a comprehensive Family Recovery Education program that gives families a year of information, transformation and support in the treatment center's name

- See detailed proposal of what is offered to treatment centers in the attachments to the presentation



# The BALM Institute

- A place for people to become Family Recovery Professionals:
- Trains Family Recovery Life Coaches dedicated to improving the lives of families and struggling loved ones
- A place for addiction professionals to earn CEU's and learn new skills to take back to their treatment centers

# BALM Coaches:

- Understand the importance of the family's role
- Study the Stages of Change
- Stay Calm Yourself
- Never Waver on the dual process of family recovery:
  - Self
  - Loved One
- Have the skills and tools to help families master both aspects of family
- Educate
- Coach
- Encourage

# How BALM Coaches Do This

- BALM Comprehensive
- 7 Steps to BALM
- Coaching Individuals
- Coaching Families

# BALM Family Recovery Life Coach Training

1. Foundations
2. Fundamentals of Life Coaching
3. Mentor Coaching
4. Advanced BALM Family Recovery Life Coaching
5. Experiential Training
6. Prosperous Family Recovery Life Coach Training

# For more information

## On coach training

- Deborah Drake – Admissions Coordinator
- [admissions@familyrecoveryresources.com](mailto:admissions@familyrecoveryresources.com)
- 425-802-5521 or 888-998-2256 (BALM)

## On Mentor Coaching or Family Recovery Life Coaching

- Bev Buncher – Director
- [bbuncher@familyrecoveryresources.com](mailto:bbuncher@familyrecoveryresources.com)
- 786 859 4050 or 888-998-2256 (BALM)

## On Treatment Center Licensing

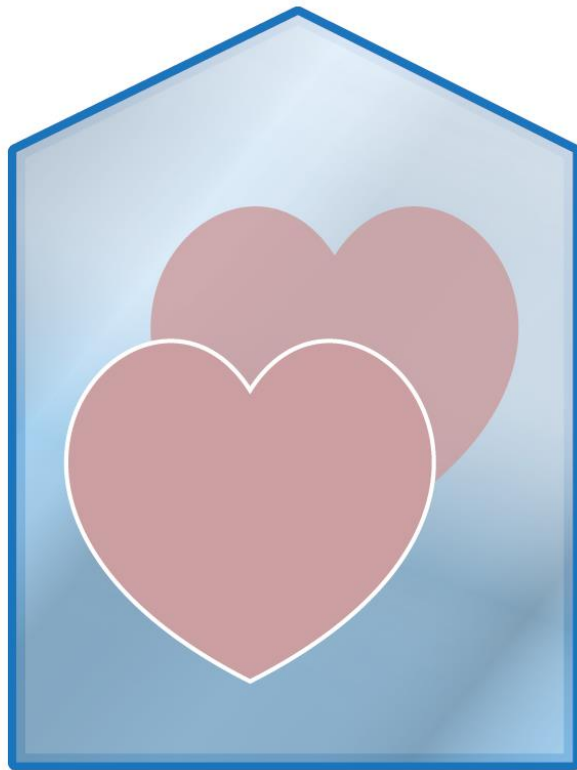
- Alan Buncher – Outreach Director
- [alan@familyrecoveryresources.com](mailto:alan@familyrecoveryresources.com)
- 954-695-0044 or 888-998-2256 (BALM)

# Attachments include:

- BALM Recordings and Handouts
- Sample Treatment Center License Proposal
- BALM Program Brochure
- BALM Coach Training Brochure
- 2 handouts used in the 7 Steps to BALM Course

# Q and A

Thank you for letting us serve you!



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