Professor: This week we have a question that asks for concrete ideas for the McCarthy family. Please be as detailed as possible when describing your six creative rituals, traditions, or activities for recovering families. Please be sure to include how these new rituals will be helpful to the recovery process. I look forward to reading some great ideas!

DQ#1: Suppose you are a therapist and have been working with the McCarthy family. In your work with the McCarthy family, you have helped the family identify some of its dysfunctional, addiction-centered family rituals. You are now approaching the end of treatment and want to help the family think about some recovery rituals that will help them to consolidate treatment gains and support their ongoing recovery. What are six creative family rituals that might be appropriate suggestions for this purpose and tell what function you think these rituals could serve for the family?

My response:

DQ#2: Which developmental stages will be most challenging for you to work with and why?

My response