



Fairbanks
Experts in addictions. Focused on recovery.

Behavioral Couples Therapy at Fairbanks

A Part of the Family Continuum of Care

At Fairbanks, we understand that when a person struggles with an alcohol or drug addiction, their family struggles with them. As part of the Fairbanks family continuum of care, Behavioral Couples Therapy (BCT) is offered to individuals seeking progress in recovery through relationships.

Fairbanks professionals have implemented BCT in order to fulfill the dual and unique needs of recovering individuals and their families for both recovery support and attainment of a more enriched relationship.

BCT aims to make disagreements less intense by helping partners understand, appreciate and celebrate their differences. BCT parallels this simple concept by focusing on coaching and mentoring partners to improve their communication, conflict resolution and problem-solving skills. This approach is integrated with respect for the relationship dynamic and with an emphasis on the progress in recovery for both partners.

The 12-week commitment to BCT involves four promises:

The Four Promises

- 1 The couple will not threaten to separate or divorce one another
- 2 The couple will not engage in angry touching
- 3 The couple will commit to weekly one-hour sessions
- 4 The couple will stay in the present or future-focused

- Couples are eligible regardless of marital status
- There is a fee of \$50 for each of the 12 one-hour BCT sessions
- Participants may pay for 6 sessions at a time, in advance, to receive a discount of \$45 per session (two payments of \$270)

For more information or to make an appointment, please call 317.572.9336 to speak with a family therapist.



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