

# Interventions

Restoring Hope, Identity, and Purpose



ROB LOHMAN

Interventionist

# What People wanted and received from this webinar.....

- Better understanding of recovery
- Info to support family
- I have been in a rut lately, and wants to tune in for some positive energy
- Strength, some wisdom, and knowledge
- The skills to live a solid life in recovery and not be stuck in recovery
- How our sober living community can promote coaching and counseling
- Wisdom and strength
- Some skills to help others in recovery
- How families can support there son's and/ or daughter's before/ during/ ongoing recovery.
- Information regarding living a transformed life.
- Learning more about Recovery
- How to assist a friend in recovery
- Ideas about how to help addicts.
- what tools do you suggest for finding support in community?
- Knowledge as a therapist and of my husband who is currently not in the home and an addict
- More info on the connection
- To live an amazing life in recovery
- out of the box strategies to live a sober life
- Different perspective
- Increased awareness of the recovery world to help patients and agencies access SUD resources
- Ways to enhance my own recovery program
- Support for alcoholism/substance abuse and relationship problems
- help me help my son
- just more skills to build a healthy relationship with my son and try to get rid of resentment and sadness around his addictions
- Networking with like minded professionals in the recovery community.
- How to move forward with my desire to quit drinking
- More insight to continue to support my son in his sobriety.
- Understanding the importance of having a supportive community
- Insight to help clients with substance abuse challenges
- How as family we can help someone struggling. What tough love looks like and when to use it!

# Agenda

- What qualifies me to share with you today?!?
- What are Addiction and Recovery
- Strategic Tools for Living a Life Free from Substances
- Intervention Strategies to Change the Family System
- The Key Importance of Establishing a Strong Aftercare Program
- A Special Offer for YOU!



# Who Is Rob Lohman?

- Fort Wayne, IN to Fort Worth, TX and beyond
- Substance Abuser : 14 years old to 29
- Gambling Addiction : 15 to 47
- Bachelor of Arts in Biology – DePauw University
- MBA– University of Texas, Richardson
- Interventionist / Recovery Coach
- Global Podcaster
  - Beyond the Bars Radio
  - Addiction, Freedom & Faith
- Online Summits and Conferences
  - Navigating The World of Addiction 2016, 2017
  - The A.R.T. of Intervention Project 2020
  - Identity in Jesus Christ Summit 2020





You Are Not Alone:  
Choose  Hope

VIRTUAL SUMMIT  
JAN. 14 & 16 @ 1:30 PM EST  
JAN. 15 @ 3:00 PM EST

T.LY/YANAHOPE

MOMS ABUNDANT  
LIFE VIRTUAL  
SUMMIT

December 3rd 12pm EST



Unplugged  
ONLINE SUMMIT

21 Speakers share with you  
it takes to have a high  
performer mindset. Various  
practices, techniques  
and strategies  
embody to help you  
create the life you want

BEGINS JUNE



"Rob is a foremost authority on freedom from addiction. Read this book and pay attention!"  
-JEFF SPADAFORA  
Author of The Joy Model, Founder of The Way

# 101 Reasons to ~~Keep~~ QUIT Getting Drunk During the Holidays

PRACTICAL,  
PROVEN, &  
SIMPLE  
STRATEGIES!



A Journey Into  
Your Relationship  
with Alcohol

ROB LOHMAN

the bars  
BY SABBINA URSANER 11-23-2020 11 MINS READ

FREE  
Your Extra Free  
Bonus Gift (\$197 Value)  
www.AFreeGiftFromRob.com

"Do yourself a favor, work with my friend Rob today. He will help you heal and deal with all that stuff that holds you back."  
- James Malinchak - Big Money Speaker &  
Featured Guest on ABC's Secret Millionaire

# The Addiction INTERVENTION

Book

Ten Interactive  
Interviews  
with  
Professional  
Interventionists



11  
Breakthrough Strategies  
for Professionals and  
Families to Help Clients  
and Loved Ones Discover  
Freedom From Addiction

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IF YOU ARE **STUCK** IN A RUT TODAY,  
IT'S BECAUSE YOU GOT *comfortable* THERE.



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FROM THE  
**RUT**



A RUT ... IS LITTLE MORE THAN A COFFIN WITH THE ENDS  
KICKED OUT.

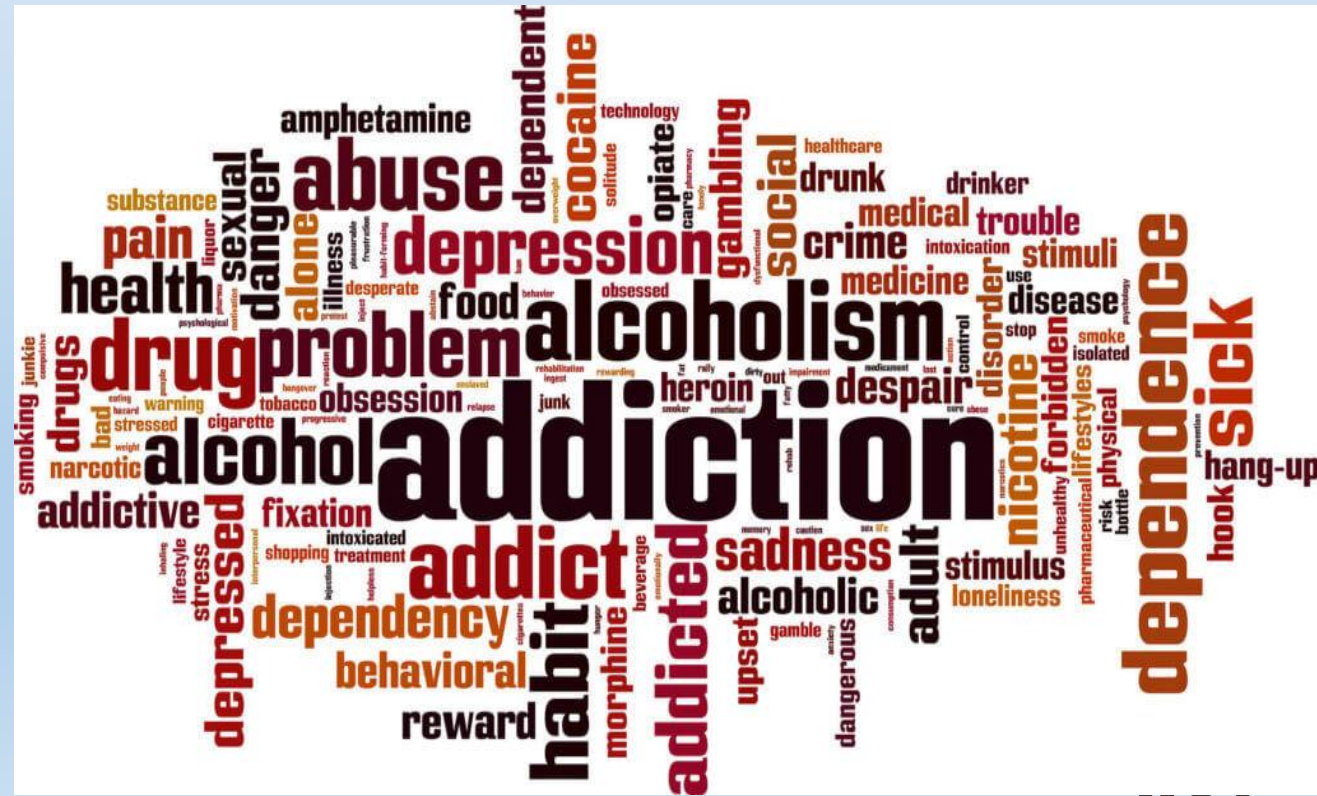
JAMES HUNTER

WISEFAMOUSQUOTES.COM



# What is Addiction?

- **American Psychiatric Association: Addiction** is a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence. People with **addiction** (severe substance use disorder) have an intense focus on using a certain substance(s), such as alcohol or drugs, to the point that it takes over their life.





# Addiction is a Spiritual Battle

A tug-of-war battle between:  
addiction and recovery...  
unforgiveness and forgiveness...  
flesh and spirit...  
fear and faith.....  
despair and hope...  
Addiction is messy.  
Recovery can also be messy.

# Some Key Elements of Addiction from a Christian Perspective?

- **Sin and Separation from God:**

- Addiction is often understood as a consequence of sin, which is any action, thought, or behavior that goes against God's will. It results in a separation from God, who is the source of true joy and fulfillment.

- **Bondage and Idolatry:**

- Addiction is likened to bondage or slavery, where the individual becomes a servant to their addictive behaviors. It can also be seen as a form of idolatry, where the substance or behavior takes the place of God in a person's life.

- **Brokenness and the Human Condition:**

- The Christian perspective acknowledges the brokenness of humanity due to the Fall (the original sin of Adam and Eve). This brokenness can manifest in various ways, including addiction, which is a symptom of the deeper issue of a fallen nature.

- **Need for Redemption and Healing:**

- Christians believe that Jesus Christ offers redemption and healing from all forms of sin, including addiction. Through faith in Christ and spiritual transformation, individuals can find freedom from the bondage of addiction and restoration to a right relationship with God.

- **Spiritual Warfare:**

- Addiction is sometimes viewed in the context of spiritual warfare, where there is a battle between the forces of good (God) and evil (Satan). Prayer and spiritual discipline are seen as vital tools in overcoming the temptations and strongholds of addiction.



Romans 6:16: "Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness?"

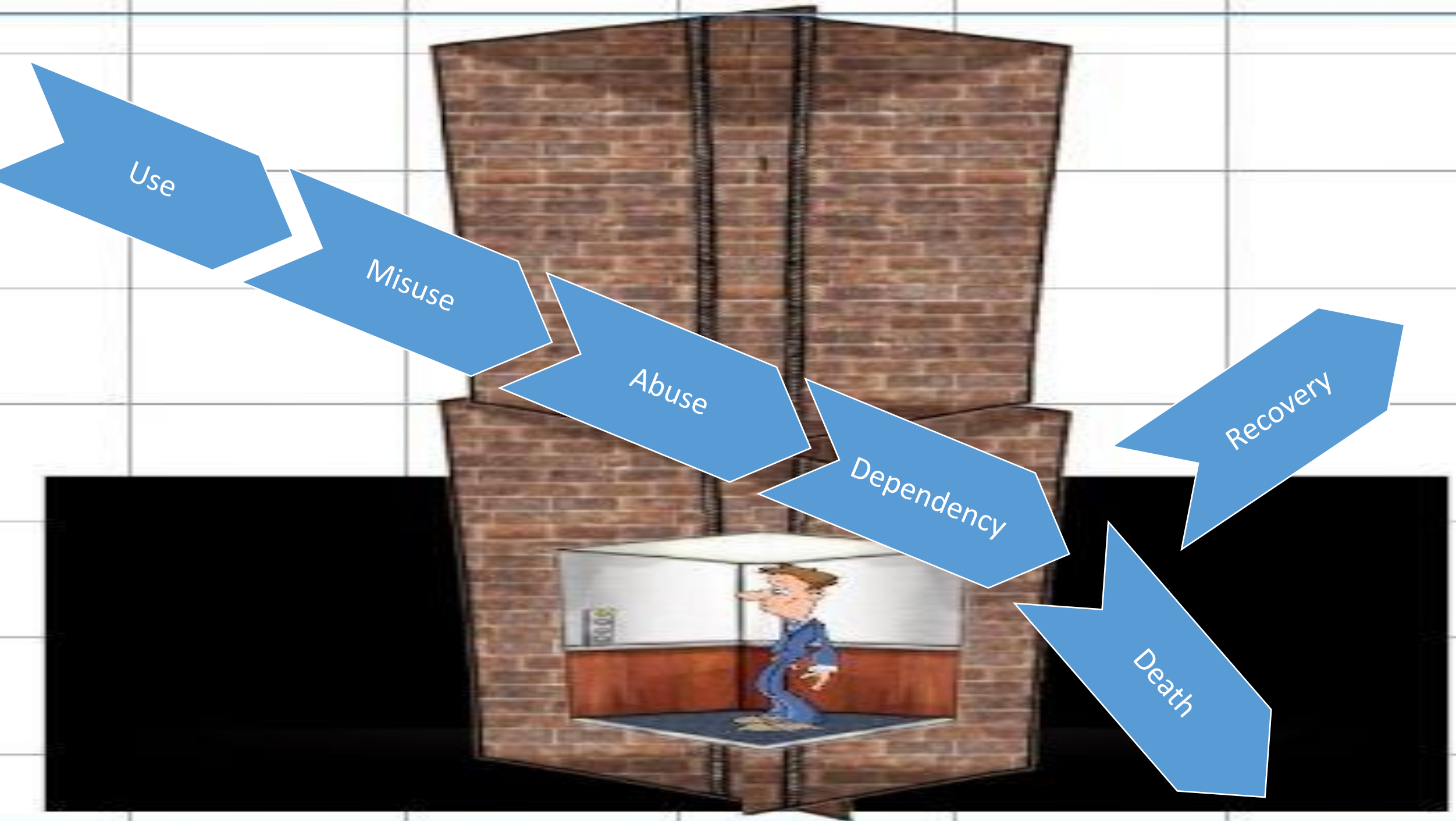
1 Corinthians 10:13: "No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it."

James 5:16: "Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."

# 2020 Pandemic Increases!









My  
Addiction  
Story!

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## Double Life



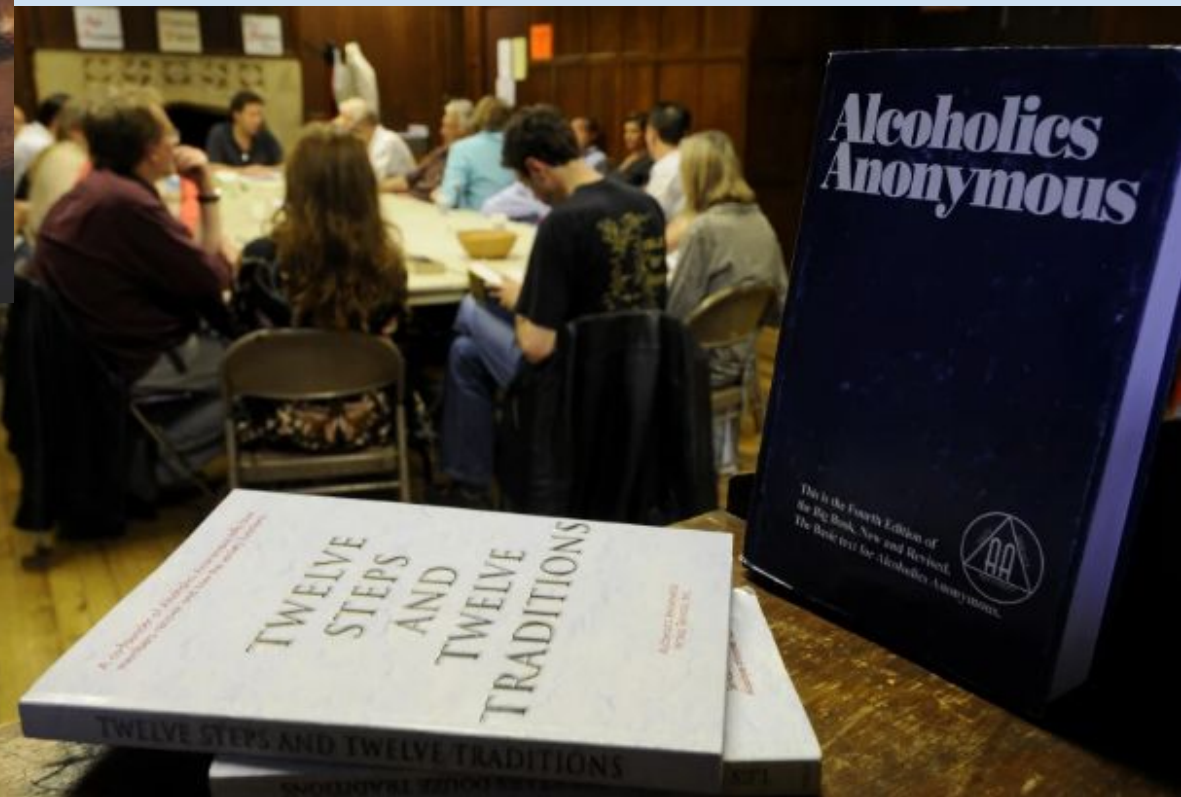


















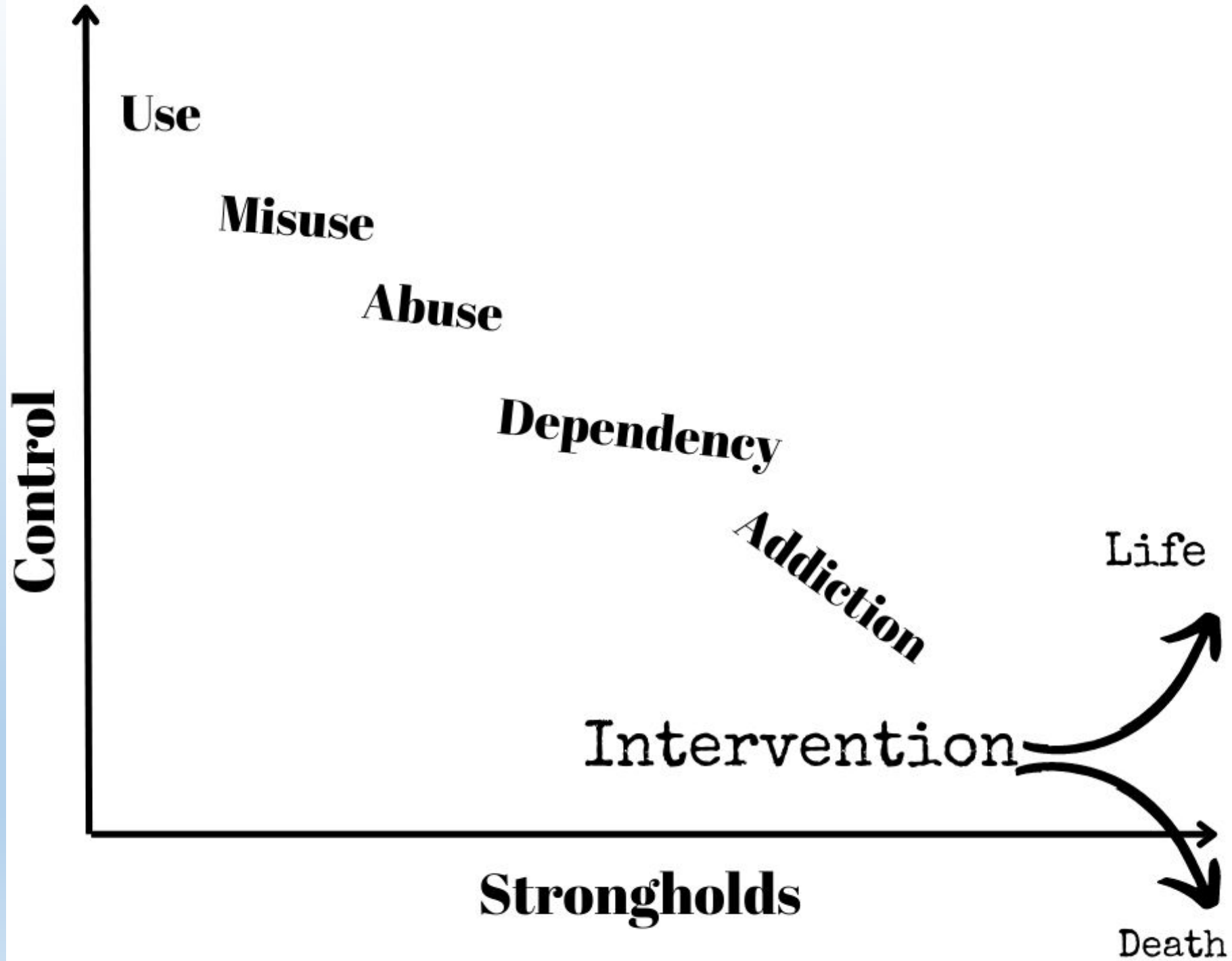




# INTERVENTI



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## DISCOVER FREEDOM FROM ADDICTION

Is addiction impacting your family system?

Are you at a loss trying to figure out **how** to help your loved one?

Are you wondering **when** your loved one is going to “hit bottom”?

**If you said “YES”, then this book is for YOU!**

“Because Rob has bravely faced the difficulties of addiction himself, he is uniquely qualified to help others navigate those same stormy seas. If you genuinely want help, talk with Rob. He’ll give you the skills you need to see your way through the storms.”

-Jeff Carney, Franklin Covey Company, Director of Corrections

“Hey Rob, I wanted you to know that I thought about you, and again, I am just so grateful. Best Mother’s Day gift ever is having my son back. He praised God in church like never before! You are such a blessing. Thank you.”

-Kathy H, Client

“I’ve had the benefit of getting to know Rob Lohman – he’s the real deal and has a huge heart to help others.”

-Nick Unsworth, Life on Fire

“Working with Rob not only saved my life, but restored a passion and purpose for my future.”

-Jackie O’, Client

Rob interviewed the below Interventionists who share their personal recovery story, professional expertise, and their passion for helping others.



Rob Lohman is the Founder of LIFTED From The Rut. Divinely FREED from alcoholism and drug addiction in 2001, Rob has helped thousands of individuals discover FREEDOM from addiction.

For more information, visit:

[www.LiftedFromTheRut.com](http://www.LiftedFromTheRut.com)

[www.RobLohmanSpeaks.com](http://www.RobLohmanSpeaks.com).

The Addiction INTERVENTION Book



Rob Lohman

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## Below are what a few families have said about their experiences working with my team and myself:

“Rob, we cannot thank you enough for not only saving our daughter, but saving our family. We just had our first Christmas together without drama, drunkenness, and the chaos of addiction. It was pleasant! We are hopeful for our future as a family. Thank you.” - Mike

“In one of the darkest times in my life, when I was completely resistant to any type of help, Rob was able to show me how things could be better for me. Rob was able to understand where I was and what I needed to hear and know at that time. That was in October of 2017. I am still sober today and would not be where I am without the help that Rob provided. One last thing... I am engaged to be married!” -Robert McCaslin

“Without your help and your intervention skills, my nephew would probably be dead. He is now thriving in his career as a high school basketball coach. His 3 sons now live with him. He is a different man...in a good way. I am so thankful how you helped him with his journey. Thank you Rob for all you do.” -Kelly



# What is an Intervention?

- **Linda D:** An intervention is a professionally directed, education process resulting in a face-to-face meeting of family members, friends and/or employer with the person in trouble with alcohol or drugs. People who struggle with addiction are often in denial about their situation and unwilling to seek treatment.
- **David Marion:** Intervention is where loved ones come together, because somebody close to them is struggling with destructive behaviors, addictive behaviors, and they don't know what to do.



# What is an Intervention?

- **Rob Lohman:** Disrupting the current family system to bring about positive change. Wanting both sides to “buy” into investing in themselves to live a more fulfilling life free from co-dependent behaviors moving towards more interdependence.

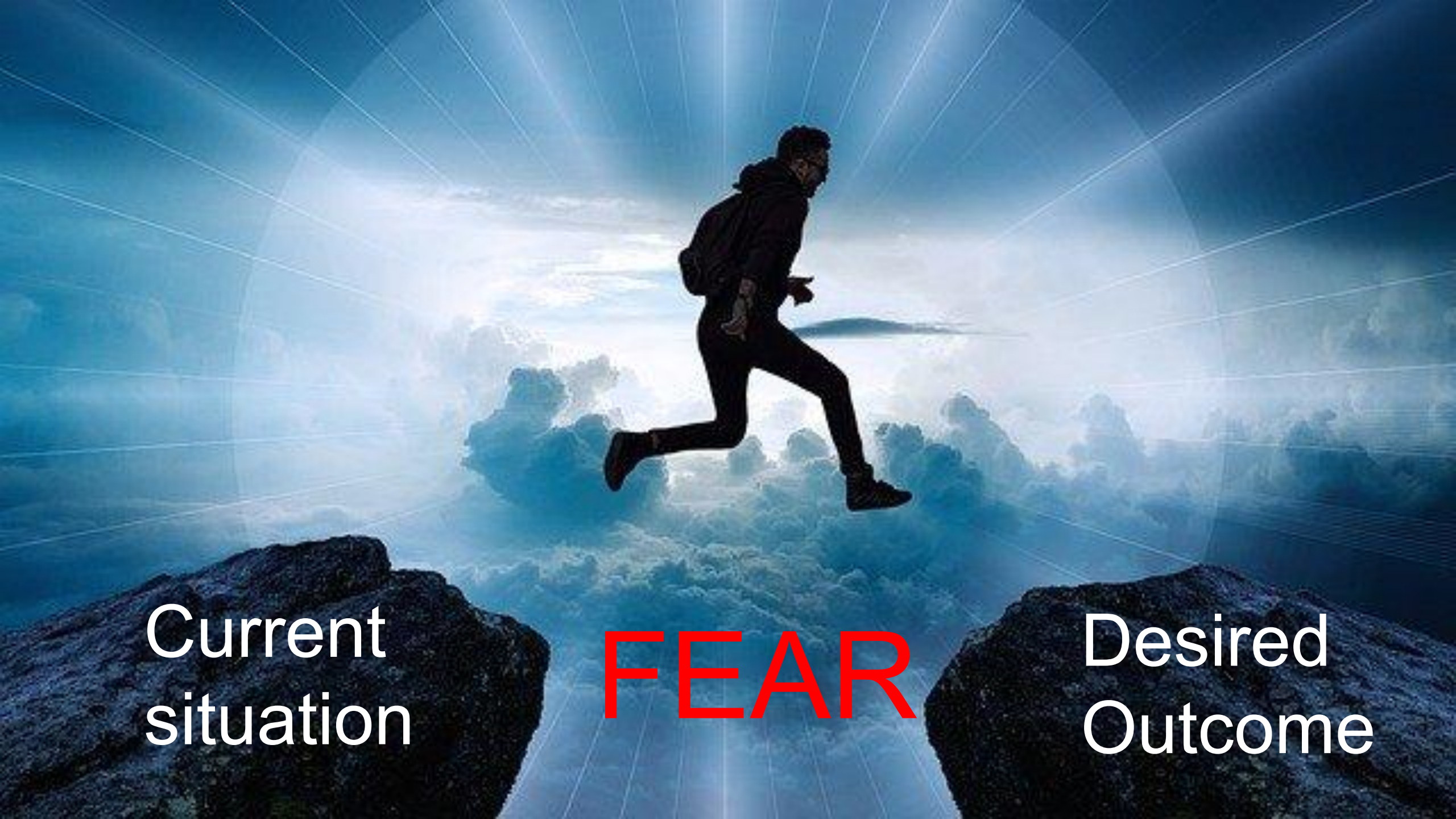
A deep display of true love

Bringing the Bottom “UP” to your loved one



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**RUT**



A person in silhouette, wearing a backpack, is captured mid-jump over a gap between two dark, jagged rock formations. Below the rocks is a vast, white, cloud-filled sky. The entire scene is framed by a blue, grid-like pattern that converges towards the center, creating a sense of depth and perspective. The word 'FEAR' is written in large red letters across the bottom center, and the words 'Current situation' and 'Desired Outcome' are written in white on the left and right sides respectively.

Current  
situation

**FEAR**

Desired  
Outcome



Nothing Changes if NOTHING Changes



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Where will your family be if the situation continues?

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Interventions will help to build a stronger foundation.....





# What are some Intervention Methods?

- **The Johnson Model** – Sometimes known as the Surprise Model, since the loved one is unaware an intervention is coming their way. This type of intervention involves family and friends confronting the addicted person about their behavior. Loved ones are educated on the risks of their enabling behaviors, desired outcome of the intervention, exploration of their needs, and a plan to conduct the intervention beforehand.
- **Systemic or Invitational Model:** Just like it sounds....this approach is when the loved one is invited into the process to be educated and determine an agreed upon approach to break free from behaviors and substances. The family system all moves forward together.
- **The ARISE Model** – Using a compassionate Invitational Intervention<sup>®</sup>, it is a gradually-escalating process of respectful, gentle family meetings, that leads your loved one into appropriate treatment and recovery. Your Person of Concern is invited to join the process right from the beginning with no surprises, no secrets, no coercion, and absolute respect and love. This is directed towards getting the addicted loved one into treatment with the least possible effort through a loving, compassionate and non-blaming First Call and First Meeting.

# What are some Intervention Methods?

- Community Reinforcement and Family Training (**CRAFT**) : teaches family and friends effective strategies for helping their loved one to change and for feeling better themselves. **CRAFT** works to affect the loved one's behavior by changing the way the family interacts with him or her.
- Family, Individual, Business
- Food Addiction, Gambling, Gaming, Sex, Substances, Fitness, Work.....



# The L.I.F.T.E.D. Intervention Process

Listen

Identify

Faith

Transformation

Education

Deliver

# The L.I.F.T.E.D. Intervention Process

Listen

Identify

Faith

Phase 1 – Laying the  
foundation



# The L.I.F.T.E.D. Intervention Process

Listen:  
Discovery Call

Ready to build a stronger foundation?





# OBJECTIONS

- But if I do \_\_\_\_\_, he will do \_\_\_\_\_.
- She will hate us if we \_\_\_\_\_.
- What if he won't talk to me again?
- It's not really that bad. When \_\_\_\_\_ happens, then we will \_\_\_\_\_.
- We will talk to her when she gets a \_\_\_\_\_!



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# The L.I.F.T.E.D. Intervention Process

Interviews

# The L.I.F.T.E.D. Intervention Process

- Has she ever threatened to harm herself?
- What kind of drugs are they using? How are they using it?
- Has he ever been in treatment before?
- Have you asked him to go to treatment before?
- Are there children involved? How old?
- Does your loved one have a mental illness?
- What is her current state of health?
- Are they currently in any legal trouble?
- What is his current employment status? How long has he been there?
- Who is your loved one close to?
- Are there any food, sex, gambling struggles?



The image features two silhouetted figures on a dark, rocky cliff against a deep blue night sky filled with stars. One figure is positioned higher on the cliff, leaning forward to assist the other figure who is lower down. The word "TOGETHER" is written in a white, serif, all-caps font, tilted diagonally across the upper right portion of the image. In the bottom right corner, there is a logo that reads "LIFTED FROM THE RUT" in a bold, sans-serif font, with a red cross symbol integrated into the word "LIFTED".

TOGETHER

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RUT

# The L.I.F.T.E.D. Intervention Process

Having faith in the intervention process might be challenging to embrace, as the chaos of addiction has probably caused much pain and heartache within the family. Just knowing that others have gone before them and come out the other side healthier, stronger, and free from the snares of addiction should hopefully bring some peace to trusting the process.



Faith



# The L.I.F.T.E.D. Intervention Process

The Power of Prayer

The Power of Worship Music

The Power of the Holy Spirit

The Power of Belief

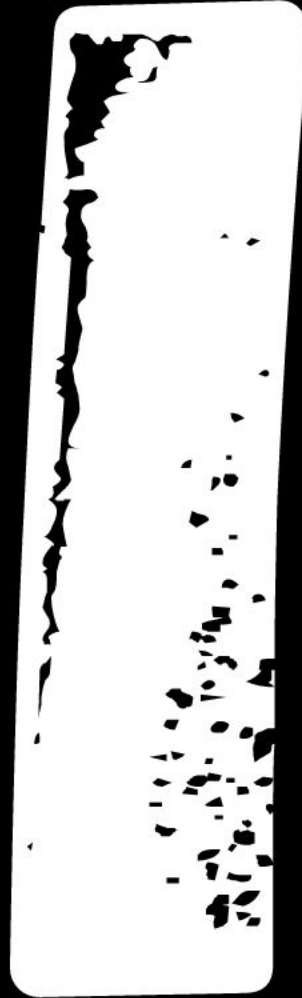


Faith

I love tuning in to the Holy Spirit that prompts me to send prayers and songs to clients... so appreciated by them.

# I STILL BELIEVE

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# The L.I.F.T.E.D. Intervention Process

## Phase 2 - Into action

Transformation

Education

Deliver

The steps in Phase 2 are all connected and overlap throughout the intervention process.

- This is where hope can start to enter the picture.
- This is not just about breaking free from substances, but seeing how yourself and your loved one can move into living a transformed life that can change generations.
- This is not about behavior modification but about life transformation



# The L.I.F.T.E.D. Intervention Process

Transformation

**This is where you can hopefully stop believing the following lies that are possibly preventing freedom from addiction in the family:**

- Well, all of the men in our family have died early from alcoholism, so there is no hope for my son, nor my grandsons.
- I just cannot see any hope. Addiction runs in our blood.
- Prison is the only way people in our family have a chance to get sober, only to return to drugs shortly after they are released.
- She is a highly functioning, successful businesswoman making millions of dollars with a powerful team of attorneys. Her mom, dad, brother, and sister are all the same way. DUIs, divorces, overdoses....but they will never stop using.



Determine the  
right path!



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# Recovery Avenues: What is Appropriate?

Residential Treatment Center (RTC)

Partial Hospitalization Program (PHP)

Intensive Outpatient Program (IOP)

Outpatient (OP)

Sober Living

Counseling

Coaching

Sober Companions

Individual Specialized Recovery Programs



# The L.I.F.T.E.D. Intervention Process

Education





# The L.I.F.T.E.D. Intervention Process

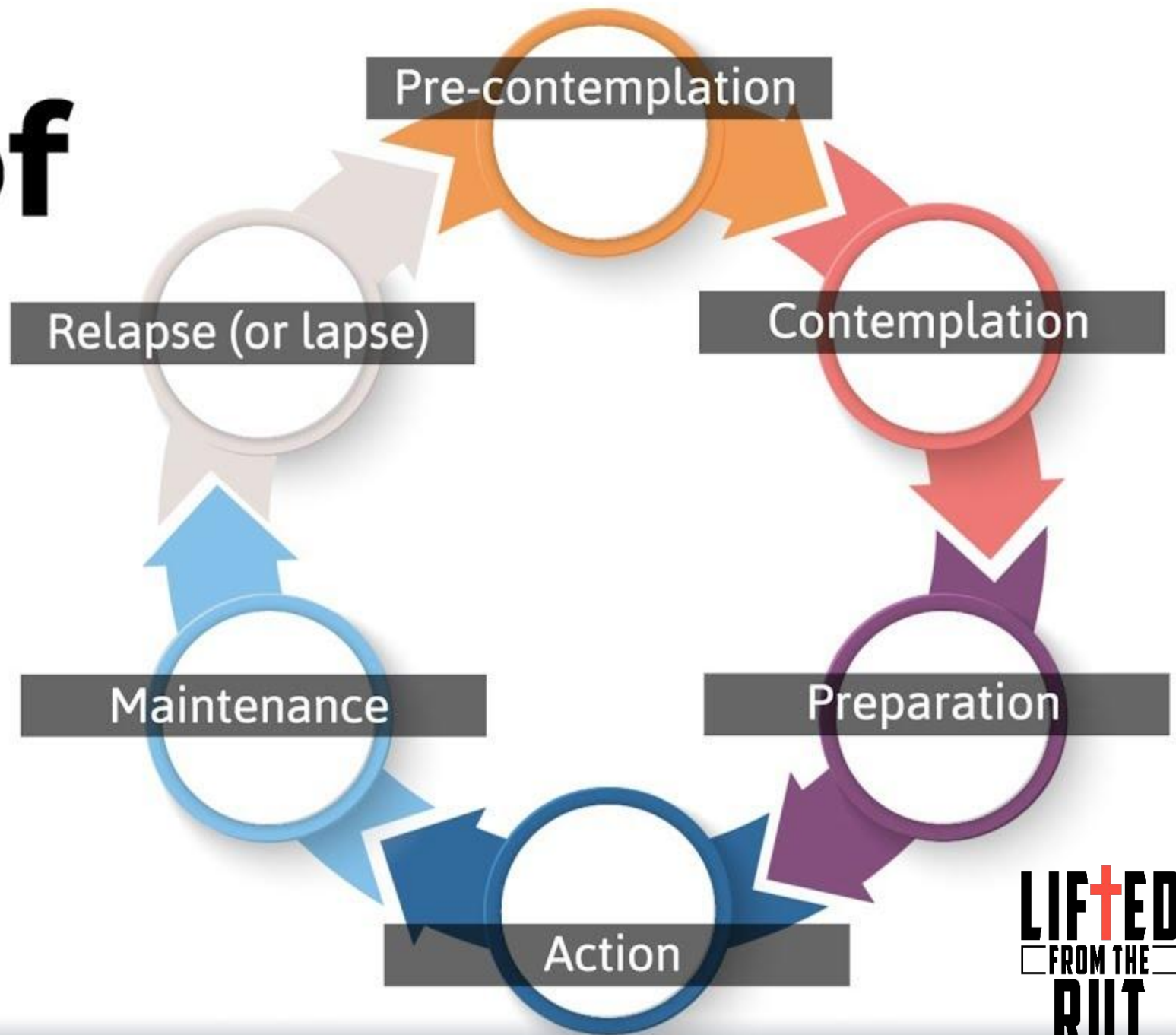
Yes

No

Not  
Yet

Education

# Stages of change





# PRECONTEMPLATION

- "IT ISN'T THAT WE CAN'T SEE THE SOLUTION. IT IS THAT WE CAN'T SEE THE PROBLEM"
- Show up in therapy because of pressures from others... spouses, employers, parents, and legal issues... Resist change.
- They place responsibility for their problems on factors such as genetic makeup, addiction, family, society, destiny, the police, etc.
- They feel the situation is HOPELESS.

# CONTEMPLATION

- "I WANT TO STOP FEELING SO STUCK"
- "YOU KNOW YOUR DESTINATION, AND EVEN HOW TO GET THERE, BUT YOU ARE NOT READY TO GO YET"
- "Some day I will change"



# PREPARATION

- Planning to take action...yet not have not yet resolved their AMBIVALENCE.
- Still need a little convincing.

# ACTION

- 4) ACTION STAGE Stage where people overtly modify their behavior and their surroundings. Make the move for which they have been preparing. Requires the greatest commitment of time and energy. CHANGE IS MORE VISIBLE TO OTHERS.

# MAINTENANCE

- Change never ends with action. Without a strong commitment to maintenance, there will surely be relapse, usually to precontemplation or contemplation stage.





# Healthy Boundaries

**What resources do you like for  
healthy boundaries?  
Put it in the chat.**





Current  
situation

FEAR  
D

Desired  
Outcome





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# The L.I.F.T.E.D. Intervention Process



Deliver

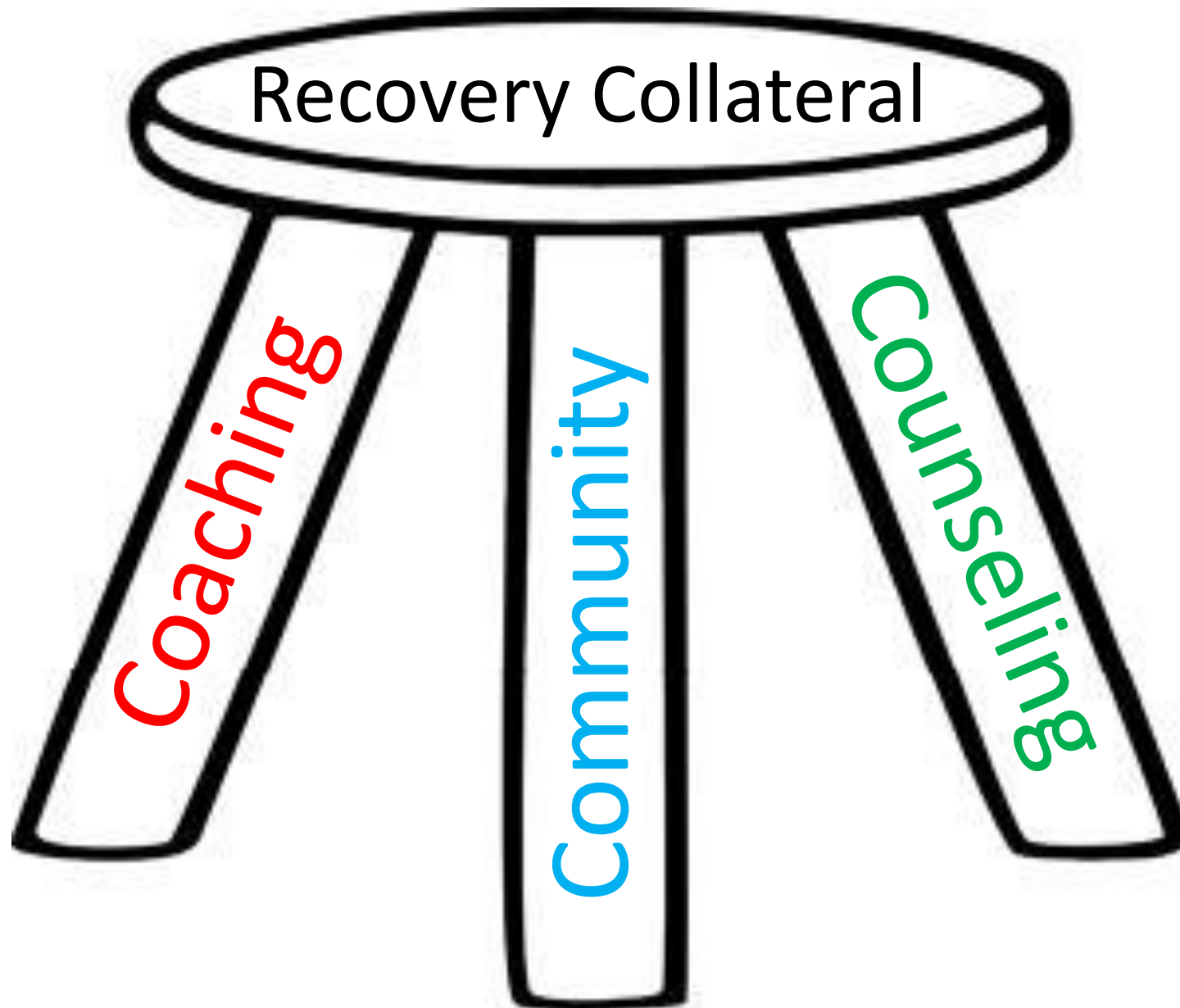
**TOGETHER**

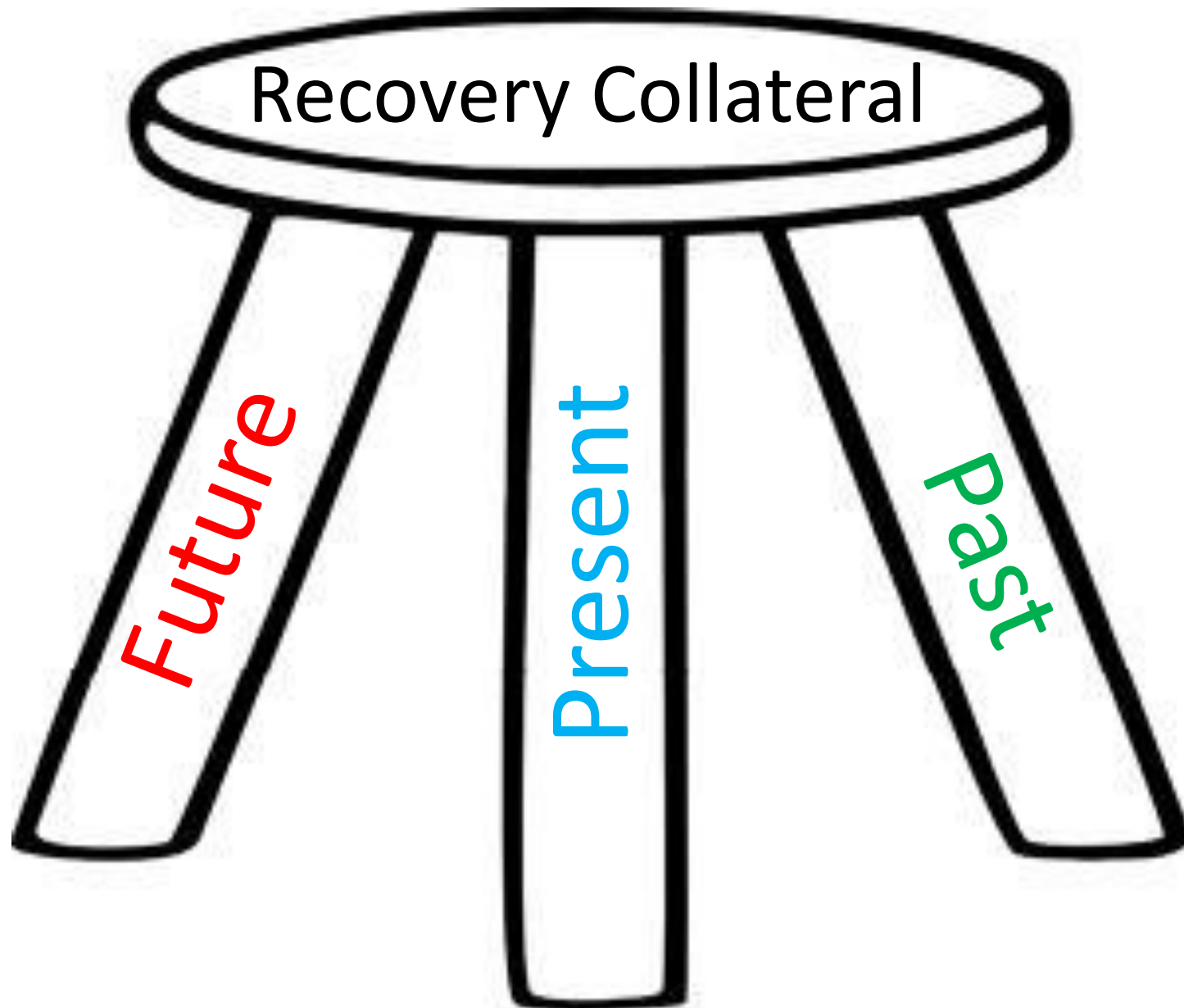




What's the plan??? >>> AFTERCARE!









# Reaching Out For Help





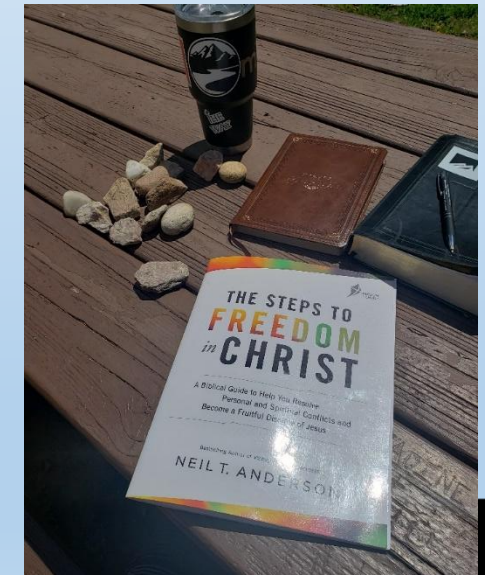
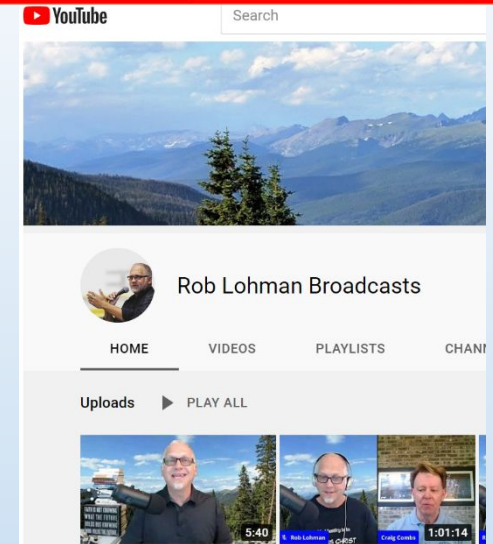
# RECOVER [ WITH ] ROB

Restoring Hope, Identity & Purpose



# LIFTED FROM THE RUT

GET  
LIFTED **TV**





# The L.I.F.T.E.D. Intervention Process

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Identify

Faith

Transformation

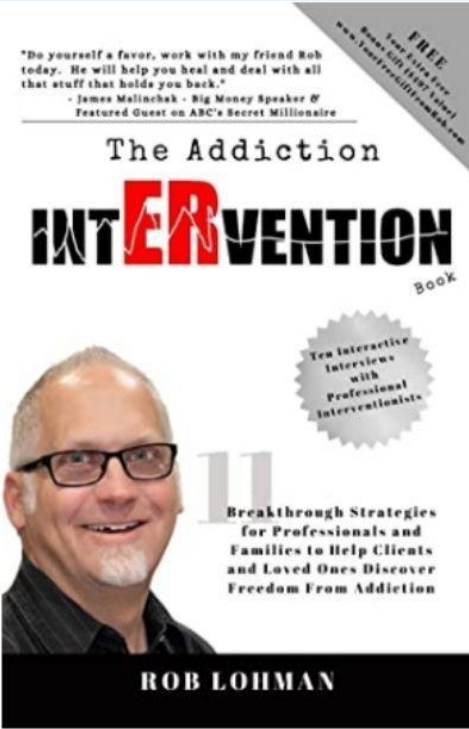
Education

Deliver

**#1 BESTSELLER ON AMAZON**

**CATEGORIES**

- Alcoholism
- Gambling
- Physicians
- Drug Dependency
- Twelve Step Programs
- Men's Christian Living
- Inspirational Personal Testimonies
- Personal Transformation & Spirituality



**Thank You for Coming Gift:**

**Grad FREE Copy of my  
Best-Selling book!**

**AddictionInterventionBook.com**

Thank you for attending!

Rob Lohman

Lifted From The Rut

Interventionist, Recovery Coach, Global Podcaster

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970-331-4469

