

Meredith Sonetz of Heartfelt Recovery to be Featured on CUTV News Radio

CHICAGO, ILLINOIS, USA, June 29, 2015 /EINPresswire.com/ -- When people engage in self-destructive behavior, rejecting any assistance friends and family may offer, an intervention, when done correctly, can be extremely effective in helping these individuals accept the help they truly need.

Meredith Sonetz is the founder of Heartfelt Recovery. As a facilitating professional, clinician, licensed professional counselor and certified interventionist, Meredith guides families in crisis to move forward with the more specific goal of providing immediate help and relief to their loved one struggling with addiction and behavioral health related illnesses.

"I give them the validation, platform and venue to say how much they care about their loved one and how much they are concerned about them," says Meredith. "I'm helping to empower these families to do something

different."

According to Meredith, an intervention is about moving the entire family system forward. Often times families get stuck in their loved one's disease because they want them to get better but they don't know how. Meredith will spend as much as six months including intervention and follow-up educating the family to help move everyone's lives forward, not just their addicted loved one.

"For so long the only voice that's been heard is your loved one's disease and it's been running the show," says Meredith. "This is your opportunity to be as honest and true as you possibly can. It's more about 'carefrontation,' not confrontation. It's not about accusing, blaming and shaming. This is about love, care and concern and the family finally having a voice."

Of course while her credentials are important, Meredith says the most critical thing is that she herself has been in recovery for 19 years.

"The things I'm suggesting to their loved ones are things that were suggested to me and I did. I believe in them. I believe in healing. I believe the disease of addiction is a disease and it can be treated and lives do get better," says Meredith. "The most important thing I try to instill in the loved ones and their families is hope. There is hope. I'm here to help them find the best fit for their family



and their loved one to get the help and the hope they need to live a healthy, happy life with stronger relationships.”

Meredith says she prefers to see an intervention as a family meeting. Even if their loved one doesn't accept treatment on the day of that meeting, the family is provided with a wealth of resources and tools to start changing their behavior. In addition to intervention services, Heartfelt Recovery also offers recovery coaching and clinical transport services in to individuals both entering or leaving treatment.

“I'm invested in their family. Every time the phone rings with a new family it's like reading a new book,” says Meredith. “The disease may be similar, but it's a new family I can offer hope to.”

CUTV News Radio will feature Meredith Sonetz in an interview with Jim Masters on

July 1st at 4pm EDT and with Doug Llewelyn on July 8th at 4pm EDT.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio/2015/07/01/cutv-news-radio-spotlights-meredith-sonetz-of-heartfelt-recovery>

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Meredith Sonetz

If you have a question for our guest, call (347) 996-3389.

For more information on Heartfelt Recovery, visit <http://www.heartfeltrecovery.com/>

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