

Together AZ



DECEMBER 2014

Inspiring Success on the Road to Recovery

The Struggles & Solutions When Your Kid is Addicted

By Mike Speakman, LISAC

There is no other human relationship like that between parent and child. Although parents have the most power and influence over their kids, when addiction enters the picture, the situation mysteriously reverses — and the child is in the driver's seat. How does this happen and what can be done about it? This is the reason **PAL** (Parents of Addicted Loved Ones) was created. The following is a common story often heard in our meetings:



Up until a few years ago my husband and I felt we led a charmed life. We have a solid marriage, great jobs, beautiful home, good health and are blessed with two sons.

Our oldest son, John is 27, Michael is 23. As they grew up, we went through the typical struggles with behavior, nothing seemed out of the ordinary. Both boys were involved in youth groups at church. John played

music in worship bands and Michael was a leader in his group. Many of their friends seemed like positive influences.

However, unlike his younger brother who always seemed confident and determined, John suffered from low self-esteem. He struggled with sports and was teased

by his peers for his weight. Thankfully he was quite gifted in academics.

After years of trying sports and other hobbies, finding nothing he enjoyed, in 7th grade John picked up an old guitar we had, and immediately found his passion. It did not take long for him to start hanging around other kids who were into music; though some of them appeared to be the wrong crowd.

John loved music. He joined the marching band in high school and was featured on electric guitar when his school competed in contests. We were so proud of him we hardly noticed the changes in his behavior. He started to withdraw, smoke cigarettes and hang with a rough crowd. His grades were plummeting and we were not sure he would graduate.

Knee Deep in Denial

In his senior year, at age 17, we received a phone call from the mom of one his friends that would change the course of our lives.

She informed us her daughter told her John was using prescription pills and most of his friends were concerned he would overdose. I can't begin to express the level of astonishment and shock we felt after hearing this. We knew something was happening with John; but we were knee deep in denial. We had careers in law enforcement and often dealt with people on drugs. Between the two of us — wouldn't we recognize a serious drug problem?

As we would learn later through our connection to Mike Speakman, founder of Parents of Addicted Loved ones (PAL), our son had become a master manipulator and drug addict.

After receiving that dreadful phone call, we immediately confronted John demanding he provide a urine sample for a drug screening. Opiates were confirmed in his system. He continued to lie, manipulate, insisting there was something wrong with the test kit and of course, us. For the next several years we were in and out of addiction doctor's offices, as well as forcing him to be evaluated by a psychologist.

John then legalized his drug abuse by taking Suboxone and Methadone, but we discovered he was using heroin, meth, spice, and bath salts. Our son was no longer influenced by the "bad crowd," he was the bad crowd.

Over the course of the next few years, he lived at home, saw specialists, floated from job to job, and worked diligently to work us against each other in order to stay in his addiction. Like most parents of addicts, we thought we could help him overcome the addiction. We worked tirelessly on his recovery "for" him.

Living in Despair and Hell

Both mentally and physically exhausted, we struggled to keep our focus and work together as a couple.

STRUGGLES & SOLUTIONS continued page 9

publisher's note

My Little Prisons

By BARBARA NICHOLSON-BROWN



Last month I was fortunate to take a real vacation. The kind where you leave work, stress and all busyness behind. My trip to Carmel by the Sea was something I looked forward to for months. It was time to be with 'me and God'. And this particular spot is where I found my connection to Him — almost twenty five years ago.

Within an hour of arriving, my mood relaxed, my mind cleared almost becoming vacant, which is what a vacation is supposed to do — vacate, clear, heal and renew. Without a set schedule, all I knew was, I'd follow my feet for the next 12 days.

Sitting on the sand, wading in the ocean, inhaling the sea breeze, walking, reading, meeting new people, wandering through the art galleries — this was what I needed to restore my spirit.

During one of my strolls through the quaint neighborhoods, it occurred to me I sometimes live in a jail cell... *not literally*, but one I create. Living in the moment is difficult. Like most people, I think about the future or relive the past. The hours spent in the "What if's, the should-a's, the could-a's, the if only's," hit me like a wave. I need to work on **being here... now**. Not just in Carmel, but every day of my life.

I visualized a cell with lots of bars; in the white space between them were words that often keep me a prisoner. Fear, projection, resentment, anger, grief, pity, loneliness, could-a been; should-a been; they popped out like billboard signs. I couldn't help but smile as I realized I don't have to live that way. Wasn't I given the key to freedom long ago? Doesn't it reside within me?

Now that I'm back, the practice of what I've learned has begun. As a human being, I understand my focus will never be 100% in the '*right this minute*', but if I stay conscious when I am trailing off, all I need to do is ask to be brought to the present, even for a minute. One of my good friends often says, "it depends on how free you really want to be." So I've decided my end of year and new year commitment is keeping "A get out of jail free card" in my pocket at all times!



Thank you to all who support **Together AZ** and the Art of Recovery Expo. I look forward to continuing to provide our community with hope and inspiring others on the road to recovery. We are on one heck of a journey together and I would not have it any other way. Happy Holidays.

Barbara



Best-selling author; guest consultant on 20/20, Good Morning America and CBS Morning News; featured in The New York Times and People Magazine; and Esquire Magazine's "Top 100 Women in the U.S. who are Changing the Nation", Rokelle Lerner is the Clinical Director of InnerPath Retreats at Cottonwood Tucson.

With her unique ability to address unresolved critical issues, Rokelle Lerner has inspired millions. Now she inspires groups of 8 at InnerPath Retreats.

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your blood vessels, instead of contracting, stay open.

The instant you feel resistance, relax your heart, and breathe.

With all the anxiety and emotional intensity that can arise during the holidays, it can be especially challenging for those in recovery. This is the time to go deeper into personal power, courage, and connection to your own divinity. It's also a perfect time of year to ask for help. There are as many or people out there who would love to give their time, compassion and generosity as there are people who need it. By asking for and accepting someone's help, you're giving them a gift. This isn't co-dependence; this is interdependence, which is how the universe works. Barbra Streisand was right when she sang, "People who need people are the luckiest people in the world."

According to ancient masters from various traditions, the mind is located in the heart. This holiday season, focus there, and you'll be surprised how things unfold. Like Scrooge, we all have the ability to throw open the windows, clear our minds, and be jovial.

Steve Price manages and teaches at **A Mindfulness Life Center** in Scottsdale. The center offers yoga, meditation, book studies, recovery series, community events and other ways to calm the mind and open the heart. To learn more, visit www.amindfulnesslifecenter.com.

Mindfulness for the Holidays

By Steve Price

Running to the window, [Scrooge] opened it, and put out his head. No fog, no mist; clear, bright, jovial, stirring, cold; cold, piping for the blood to dance to; Golden sunlight; Heavenly sky; sweet fresh air; merry bells. Oh, glorious. Glorious! (from the last chapter of "A Christmas Carol").

Why do so many of us view the holidays as if it were a root canal, looking forward to when it's over?

Stress, depression, frustration, disappointment—it all comes down to one thing: Expectations.

What's an Expectation?

It is a strong belief that something will happen, or that someone will or should do something. Expectations are based on something learned or experienced in the past, and projected into the future, and

they have nothing to do with the present reality.

Through the practice of mindfulness, we can let go of the past and the future to experience the joy and peace available only in this moment. Hey, if Scrooge can do it, anyone can. It's never too late to renew our relationship to our higher power and the higher power in everyone around us, even our ex spouses, our disowned siblings and the neighbor who calls the cops when we use our fireplace on a no burn day. Here are a few tips:

1. Stay present. It's easy to get stuck in the past, either attaching to fond memories or dreading repeats of not-so-fond ones. Commit to letting go of old beliefs, starting with the thought the holidays suck. Establish a direct, moment-by-moment interaction with what's happening right now. Look into the eyes of the Salvation Army volunteer ringing the bell outside the supermarket. Smell your great-uncle's vintage cologne as he gives you a hug. Taste those green beans. Be aware of everything you're thinking, doing, saying and feeling, and how you're breathing. Presence is the best present you can give anyone, including yourself.

2. Let go of judgment. When you're in the present moment, there is no comparing, analyzing or anticipating. Only in the here-and-now is it possible to accept yourself exactly as you are, and others as they are. Looking through the eyes of your heart, you will see, very clearly, that everyone, including you are doing the best they can. It's impossible to judge and love at the same time. If you happen to notice

yourself judging; don't judge yourself for being judgmental. Simply notice it, say to yourself, "Hmm, that's mildly interesting," and drop back down into your heart.

3. Whenever you find yourself resisting something or someone, do the opposite. If at any point you feel your heart closing, keep it open, and open it even wider. Recent studies show stress isn't necessarily harmful; it's our negative perception of it that causes problems. People who report a lot of stress in their lives but don't view it as detrimental actually live longer than those who report very little stress but judge it to be bad. If you can relax with what is,

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Emotionally Attached to a Negative Past?

By **MIKE BUNDRANT**

Can you say it?

I am emotionally attached to the negativity in my past. That attachment to interferes with my present day life as an adult.

It was 25 years ago when I first entered therapy. I interviewed several therapists and agreed to work with them upon satisfaction of one condition — that we do NOT talk about my past.

Can you imagine?

One therapist asked, “What if your past is affecting your life today?” “What if it isn’t?” I snapped back. “Then we just wasted time talking about something that doesn’t matter. Either you can help me feel better or not, so can you?” He declined the opportunity.

I was 23 years old, so that’s understandable. In fact, developmentally speaking, it makes sense for 20-somethings to move away from the past, headstrong into the future.

As we grow older, more experienced and established into adult life, however, it becomes important for most people to stop denying the impact of the past and really learn let go. You cannot let go of what you don’t realize you are hanging onto.

Here are my top signs you are attached to negativity in your past:

You won’t talk about it

If you’re ok with the positive and negative in your past, you don’t mind discussing it, when and where appropriate. Your romantic partner, therapist, good friends and relatives who care about you...these are all people with whom you could be sharing your past and the lessons learned.

You get those old, familiar feeling

Vague feelings of pain and grief, resentment and fear still haunt people who are attached to the past. These unresolved feelings can appear anytime, in response to an outside situation or your own thoughts. For me it was a consistent, queasy feeling of dread in my gut, as if something were about to go wrong. Regardless of how successful I was, I still felt uneasy most of the time. You’re probably very familiar with these feelings, as they have been with you for a long, long time. They won’t go away until you emotionally square yourself with the past.

You can’t be yourself around your family of origin

When you visit family, you hold back who you are by conforming to the old family expectations. This may involve remaining quiet or acting out or avoiding topics you would normally love to talk about. You act differently or feel you cannot be who you are in everyday life. It’s a sign that you are conforming to old expectations, usually out of fear of disapproval, criticism or ridicule.

You fear disapproval in general

Sometimes the family’s disapproval generalizes. When it does, you project your fear of disapproval onto other people; friends, romantic partners and even strangers. This general fear of disapproval has roots in the original family dynamic.

You react to your children like your parents did to you

All too common, we treat our children in the negative ways we were treated. We can even recognize it when it happens, know it is wrong, and still do it. This is how influential the past can be.



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- December 15-19

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Examines and improves existing intimate relationships.

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You married your parent of the opposite sex

Not literally. In most cases, people marry someone who acts like the parent of the opposite sex. If dad was emotionally unavailable, a woman marries an emotionally unavailable man. If mom was cool and distant, the man marries a cool and distant young woman. These are signs that you are still trying to resolve the old family situation through your present life. We justify this choice by telling ourselves, “I can change him/her.”

You repress emotions

Human beings are emotional creatures by nature. When those emotions are uncomfortable, we tend to block them from expression, thinking that we can avoid the pain. This strategy backfires. When you repress emotions, you hang on to them. When you express them fully, it is easier to let them go. Denying, ignoring, and repressing negative emotions creates an attachment to those emotions.

You can’t control your impulses

Impulses come from emotions. When you have repressed emotions lurking under the surface, you still react to them. It’s like carrying around a reservoir of fuel that is just waiting for a spark to set it off. Out of control tempers, anxiety and other impulsive reactions stem from unresolved emotions. This leads to poor decisions, addictive behaviors and regret.

You feel limited in some way, but can’t explain why

When the family of origin is emotionally overwhelming, sometimes we set hard



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NEGATIVE PAST continued page 12

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Are You Being Emotionally Manipulated In Your Relationships?

By Cherilyn Veland, LCSW, MSW

What is Emotional Manipulation?

Big question, the short answer is: You are being emotionally manipulated anytime someone else is able to get you to doubt yourself; move away from your boundaries; and not take care of yourself, by their words, actions, or inactions. EMs hurt your self-esteem. They seek to serve themselves at your expense.

Giveaway Girls are susceptible to emotional manipulation.

What is a Giveaway Girl? I have a website called www.stopgivingitaway.com where I refer to caring, considerate, smart, wonderful, beautiful women as possible Giveaway Girls. Check it out to see if it fits you at all.

Psychologist James Fogarty, a specialist on emotional manipulators, writes the following qualities make women more vulnerable to emotional manipulators:

- Codependent
- Looking for love—desperately
- Caring and loving
- Want to please/feel overly responsible
- Unfulfilled needs
- Abuse or neglected in childhood
- Vulnerable
- Immune to falling out of love

Are You Dating an EM?

When Giveaway Girls date, they may not have a clue how their prospective partner will pick up on these characteristics. It's the very lack of awareness that makes these women such easy prey to emotional manipulators.

Sometimes, an EM uses putdowns, critical comments, and verbal abuse to manipulate. Other times, a manipulator is more subtle and the manipulation is hard

to perceive. The EM is used to getting his way and having his love interests go along with his line of thinking and behaving. The manipulator may not know he/she is being manipulative, or not intend to be malicious about it. It comes naturally. Whether the emotional manipulation is obvious or subtle, intentional or not, the outcome is the same.

Feeling Confused and Annoyed in a Relationship?

If you are unsure you are being manipulated but feel confused in your relationship, check for emotional manipulation. If you doubt yourself and feel bad about yourself when negotiating issues with friends, family or significant other, EM may be the problem.

Once you are aware you are being emotionally manipulated, the power over you is gone. Then comes deciding how to invest your time and energy (and heart) into the relationship(s).

Don't despair; be aware

Caring deeply about others, loving others, serving others: These are positive qualities that when combined with Dr. Fogarty's risk factors are the recipe for emotional manipulation. Don't stop caring, loving or being of service to others, just make sure your choice is healthy for you and you take care of yourself first.

Speak up for yourself, for your needs, wants, views and interests. Join me on my blog and as you continue your journey toward better self-care.

Cherilynn Veland is a therapist living in Chicago.

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New Prescott Treatment Center Focuses on Entitlement

Choosing the most effective treatment for a loved one can be a fearful process full of uncertainty. As you conduct your research, you will likely find some treatment centers claim: luxurious facilities, cutting-edge therapy, maid service, private chefs, and more. In this article, you will not find any promises for a cozy transition. Practical Development is Prescott's newest treatment center, designed to reverse the privilege, bias, and entitlement issues are so common.

Practical Development knows addiction is a deadly disease and is anything but luxurious.

After working for several years in drug and alcohol addiction treatment, Practical Development's Program developer, Clint Richards, couldn't help but realize the majority of his clients were suffering from severe entitlement issues. As time progressed, he felt these issues were often more harmful to his clients than the addiction itself, and leaving them unresolved would result in chronic relapse or an insufficient quality of life. As he processed hundreds of intakes for three highly accredited treatment centers, he found the request was always the same: "please fix my child." Clients receive a "one size fits all" treatment style, engage in therapy, take a 6-18 month vacation, and eventually leave with a lot of knowledge about recovering from drug and alcohol addiction.

While this treatment can be extremely beneficial to many, consider this scenario: what if the client has only experimented with drugs and is more of a case of a "failure to launch" than a case of addiction? If so, these clients have just spent half a year or more exposed to serious drug addicts who give free pro-drug education. The outcome can be fatal.

Practical Development was created as an Early Intervention Program for young men ages 16-26. Early intervention is specifically created for young men suffering from the early signs of addiction which include (but are not limited to) entitlement, affluenza, authority defiance, anger problems, excessive video game use, chronic impulsivity, depression, and experimenting with drugs/alcohol. At Practical Development, every client is treated as an individual. The staff is trained, licensed, and fully dedicated to focusing on the unique aspects of each client's personality and struggles. Practical Development has a maximum capacity of 6 clients and each client receives full one-on-one attention for the entire length of stay.

Practical Development uses true social justice experiences that simulate many walks of life. The first phase of the program is a true test of humility, gratitude and ap-

preciation for the small things in life. Clients focus on a life of poverty. Many people in today's economy live with nothing but the clothes on their backs, eating in soup kitchens and pan handling to get their next fix, meal, or (if they're lucky) a hotel room to keep the rain off their heads. This is a class of society many neglect to empathize with. If we don't work hard and learn to value the life we have been given, we could all very easily become a part of this subculture. With exposure and slight integration to this population, Practical Development uses this social experience as a prime motivating factor to reach progress points.

If you woke up tomorrow with nothing but the clothes on your back, no money in your pocket, no education or credentials, and a minimum wage job, what would you do? In the second week, clients begin to build a foundation for their success. With more ambition for a better way of life, it's time to work their way from the bottom up. At this point, the clients are provided a job and personal assistance to advance forward to a self-sustaining life.

The second phase focuses on several different social aspects of life. First and foremost, Practical Development covers Financial Reality. Many clients have come to treatment saying, "I don't need to go to college! I can make it on my own!" After a few weeks of "making it on their own," they often have a change of heart. Today's economic structure makes it impossible to live a financially secure life on a minimum wage salary.

The following weeks and social focuses revolve around responsibility: paying your own bills, buying your own groceries, maintaining your own home, etc.

This is followed by a period called "1 Step Forward, 2 Steps Back." Have you ever had one of those weeks where everything just goes wrong? We all have. Every journey endured at Practical Development facility is 100% proportionate to reality.

The next phase is "White Collar Week," where the focus is on professionalism, ethics, appearance, and representation. To wrap up

the second phase, clients focus on their accomplishments and begin to set their personal goals.

For the final week, clients have graduated from the work program and spend one week focusing on the next step of their lives. During this time, they fully engage with their therapists and support groups to finalize all individualized goals that were set prior to entering the program. Clients work diligently with a Certified Life Coach to build a 6-month, 1-year and two separate 5-year plans. This is an exit plan designed by the client and his financial sponsors to truly "prepare to launch." Clients do not graduate from Practical Development until all of phase three criteria are complete and approved by their financial sponsors and all clinical staff.

Knowing first-hand the personal challenges of finding appropriate treatment placement, Practical Development is committed to helping all families and loved ones to find the best option for themselves. If you discover that Practical Development is not the right center for you or your loved one, they will assist you in finding the appropriate facility to meet your needs.

For more information visit www.practicaldevelopment.net or call 1-928-899-6766



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By Debra L. Kaplan, M.A., LPC, CSAT-S

In Part I of *Treatment for Self-Injury and Eating Disorders in the Complex Trauma Client (Together Arizona—November issue)*, we discussed the therapeutic issues contributing to and associated with the Complex Post Traumatic Stress Disorder (CPTSD) constellation. As the title implies those often include cycles of self-injury (SI) and eating disordered behaviors; substance abuse, and sexual impulsivity.

How we treat this intra and interpsychic distress is dependent upon the therapeutic setting and the therapist's skillset, because of the potential for managing any imminent risk to the client and the ability of the therapeutic dyad to manage that risk.

Containment for Therapeutic Success

When working directly with the cycle of victim and victimizer, openly addressing intrapsychic hostility will go a long way toward relieving the relational tension in the proverbial room. Eating disorder (ED) behaviors numb emotions and/or create euphoria to displace negative emotions.

"There are expressive functions served by the self-harm cluster around several themes including: conflicts between the inner and outer self, good and evil, penance and rebirth, purity and filth, and shameful secrecy and shameful disclosure."

As the clinician whittles away at the shame to which the client is bound, psychic tension can be channeled away from self-harm and toward the grist for the therapeutic mill. From this one therapeutic platform alone, many clients will come to experience a level of emotional calm previously unknown. Upon this therapeutic foundation, a client has a better than certain outcome for change. But, a clinician's work in addressing developmental deficits can only happen once that foundation is forged.

At the onset of therapy, progress may proceed in fits and starts. The role of therapist tends to take on the task of addressing earlier parental neglect and parental limit-setting. Within this dynamic, the therapist must have a willingness to tolerate appropriate "emotional pushback" that will ultimately assist the client in building trust and a sense of safety. The therapist can address these behaviors by being consistently supportive yet unyielding in boundaries and self-containment.

It is common in working with the CPTSD client that a therapist is greeted by lengthy email missives complete with details of the individual's internal process post-session. Solid, clear boundaries need be set at the outset of therapy for two specific reasons. The first reason helps clarify what is and what is not acceptable behavior as defined by the therapist. The second reason (which lends credence to

the first) is to process all emotions in the moment, during the session, and without an escape hatch via email, fax, text, or phone to manipulate therapist involvement. Outpatient therapy is exactly that; outpatient. All too frequently a therapist will find herself entangled in exchanges of fervid text messaging into the early evening in order to "lend" support.

It behooves the therapist to hold previously discussed boundaries that no doubt will be challenged, tested and retested anew by the client. Should the client be unable or unwilling to maintain self-care that results in a retaliatory act of self-harm, then a higher level of treatment might be necessary. At the very least, a therapeutic contract can be drawn between therapist and client.

In those cases, the therapist need reaffirm the boundaries and subsequent consequences that were previously established for therapeutic work in out-patient therapy. If and when it is appropriate, incorporate humor to communicate that only in an emergency (i.e., 'morbidly stated' the severing of a body part or any such incident from the list of established criteria) will a phone call be accepted.

Treatment of SI and EDs

Since the previously discussed biological and psychosocial risk factors are at the heart of developmental deficits in the CPTSD population, effective treatment must address brain change from dysregulation to regulation. In order to accomplish this change, the following domains must be addressed:

- Safety
- Self-regulation
- Self-reflective information processing
- Traumatic experiences integration
- Relational engagement
- Positive affect enhancement

However, and of particular note, the clinician must "know thyself," know one's strengths and, more importantly, know one's deficits. And, the therapist must remain mindful of counter-transference. It is not enough to just be able to tolerate emotional pushback in the session but to be willing to foster acceptance and positive regard for the wounded inner child, as well.

Early on in the bonding process, there may be a need for meeting the client where the client is with every episode of emotional bombing as a testing of the treatment waters. To not engage the defenses but to engage the wounded child will be the clinician's true path toward client trust and therefore, potential change and success.

While we as clinicians may choose to address these domains in a therapeutically and orderly fashion the client may choose to process these domains similarly to how one processes grief and loss—in a not-so-linear cycle. Therefore, the clinician and client may visit and revisit these domains as is necessary.

When treating and integrating previous traumatic events, it is crucial to note that the client most likely will experience intensified self-negative emotions that may lead to an increase in ED behaviors and/or self-mutilation. And, as a result of addressing those ED/SI behaviors, the clinician need understand that clients are "abandoning" their long-held process of empowerment and means toward emotion regulation. In many cases, this dysfunctional behavior has been the only time-held reliable "friend" or course of action with which they have survived, and our asking our clients to abandon their defensive measures is akin to asking them to go to battle

without armor and protection.

As a result of working with the trauma and by association, addressing the compensatory ED behavior, the client's SI behavior may intensify. Conversely, when treating trauma and addressing the compensatory SI behavior, the client's ED behavior may intensify. This see-saw effect is difficult to manage with simple Cognitive-Behavioral Therapy (CBT).

Along with medical and psychiatric support when necessary, experiential therapies such as Eye Movement and Desensitization (EMDR), Somatic Experiencing® (SE), and experiential grief/anger work are particularly effective modalities and most often a necessity for a client's growth in regulation and modulation of their own internal affect states.

While there is no therapeutic value in igniting a client's "all-too-ready-for-reaction" anger, there is great value in accessing, processing, and releasing old stored energy and emotions. These modalities will not inflate a client's rage. Used appropriately, a client will experience channeled physical and physiological release and resultant intrapsychic calm.

When more comprehensive and contained care is necessary, residential or inpatient options can offer a secure and safe environment in which a client can explore and process trauma. Within peer process and adaptive therapy groups, clients learn self-regulation and containment. In addition behaviors previously held as long guarded secrets can become normalized which leads to a reduction or extinguishing of maladaptive coping skills.

Conclusion

If extreme self-regulating behavior was adopted as a means to survive what may have felt like extreme inexorable stress, it may be by way of a consistent, albeit slowly, and healthy therapeutic relationship that our CPTSD population can find restorative calm and healing. The best of techniques and therapeutic modalities can deliver healing, but it will ultimately be within the context of a secure and trusted therapeutic dynamic that an individual will know and come to experience self-acceptance and growth.

Despite our best practices and skill set that we bring to the proverbial table, it is perhaps with our compassion, boundary-setting and acceptance that a client's self-injury and ED behaviors become old and unnecessary acts of self-care and nurturing.



Debra L. Kaplan, MBA, MA, LPC, CMAT, CSAT-S is a licensed therapist in Tucson, Arizona. She specializes in attachment and intimacy, complex traumatic stress and sexual addiction/compulsivity; issues that are often rooted in unresolved childhood trauma. Debra

is a Certified EMDR clinician and incorporates advanced EMDR protocols in her work with trauma and addiction. Debra lectures internationally on trauma and addiction and authors articles and blog publications. Her book, *For Love and Money: Exploring Sexual & Financial Betrayal in Relationships* was published in 2013.

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The Best Holiday Recipe

By Dr. Dina Evan

The best holiday recipe is everything! We are taught that everything in the world, and in life, is this or that—good or bad, right or wrong, here or there. Actually, it's about both and all. Life and everyone in it is about and meaning—life—a big soup that contains all of it.

We are all good at times and bad at times, right at times and wrong at times. Life can feel great and in that very same moment, some part of it may be uncomfortable or sad because we are missing someone. The trick is in your willingness to embrace all of it without judging your feelings, pushing the feelings into denial or pretending. Stop seeking this and avoiding that. The holidays are a time when we do a lot of that.

We can't stand Uncle James, but for an afternoon, we act like he is a good guy. We think the turkey is dry but we rave about dinner. We look forward to the holidays but we worry about the money we think have to spend. The problem is when we are into either this or that, we lose the moment. And for that, there are no do-overs. Maybe the best gift we can exchange this holiday season is turning presents into presence.

Are You Truly Present?

When you are truly present, you are able to shift your perception into that of recognizing the gifts of every moment and every person in your life. It could be Uncle James is teaching you acceptance and helping you release your judgments about how people ought to act or who they ought to be. And maybe if that turkey is dry, the Universe is saying you could be more helpful in taking some of the burden off your hostess.

Do you even know what her year or the challenges in it have been like? Once everyone had arrived, in my arrogance, within about ten minutes, I had already decided who I liked and who the putz was, whom I didn't like. Inevitably, the Universe, the one I had invited to kick my ass, did. The putz became my greatest teacher and the person I just knew would be my best friend was an incarnate of my mother who never was. If someone at your holiday gathering is bothering you—it's something inside of you getting bothered and it has nothing to do with the other person.

Deep inside you already know we actually do create our own reality and on some level of consciousness, everyone at that table is someone you invited. It might be fun to pause and ask yourself, what am I supposed to learn from this person?

Is it tolerance, gratitude for yourself, who you are and what you know? Is it acceptance, humanity, humility or the skill of allowing someone else to have the floor?

Maybe it's about you not needing to be right or the most important. Maybe it's a time for you to actually relax and do nothing! It might even be a time for you to NOT be in charge and just learn to receive. Maybe if you just relax and listen to your thoughts you'll discover how many are judgmental and how many are loving or conscious.

What ever it is, it's a good time to remember it's all about you. What you bring to the table can come from your heart. It can come from your willingness to learn something new about yourself. And if it does, you'll have a great day.

You may be delighted to find how many gifts have been waiting for you. You may also discover what an incredible human being you are. That's a gift worth having. Or, you may discover some things you want to change so you can genuinely be the incredible human being you are...and that's an even bigger gift worth having.

We all have so much to be thankful for during the holidays and the rest of the year. Whatever you do, please remember we are thankful for you. It is a gift to us that you read this paper, and let it touch your heart and mind. We are thankful to be part of this great community that supports and cares deeply for each other. We are grateful for your open minds and giving hearts and we wish you the very best of holiday joy. And, just for the hell of it, try to remember even that big turkey in the room has something to teach you. Enjoy it!



Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. She specializes in relationships, personal and professional empowerment, compassion and consciousness. For more information

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Pray to be Wrong

By ALAN COHEN

I had a neighbor I saw as a nasty alcoholic. Brenda would regularly sit around the kitchen table with her husband, drink, and complain. I did not find any good in her. Then she and her husband took in a young man to live with them. Mark helped the older couple around the house and stayed with them for years. When Brenda passed away several years later, Mark told me, "Brenda was one of the kindest people I have ever known. She and her husband treated me like a son. I will always remember and love her." In that moment I realized how skewed was my interpretation of Brenda. I was focusing on one aspect of her that brought me pain to consider. Mark, on the other hand, had focused on an aspect of Brenda that brought him joy. Each of us was reaping the result of our interpretation. From that moment on I began to think of Brenda as a kind person, which has brought me peace.

A Course in Miracles....

Tells us that perception is not a fact, but an interpretation. The world we see is determined by the kind of vision we use to observe it. When we view the world as unsafe and threatening, populated by ignorant, evil people, we will find plenty of evidence to prove our assumption. All belief systems are self-validating. If, on the other hand, we view the world as a place of kindness, filled with people willing and able to make life easier for each other, that is the world we will experience. An infinite variety of realities exist simultaneously. The one we live in is the one we focus on.

If the reality you are currently living in is not bringing you joy, abundance, connection, and healing, pray to be wrong about the judgments that form the platform of your beliefs. You cannot simultaneously be right about your limits and your possibilities. For one to proliferate, you must release the other. Jesus said, "A man cannot serve two masters. He will hate one and love the other." You can live in but one belief system at a time. Jesus also said, "Choose ye this day whom you will serve." Ultimately there are only two belief systems: love and fear. You are either serving love or serving fear. Nothing in between.

Last summer a crazed gunman killed the parents

"If we view the world as a place of kindness, filled with people willing and able to make life easier for each other, that is the world we will experience."

and four siblings of fifteen-year-old Cassidy Stay, and, after shooting her, left her for dead. Miraculously she survived. At her family's funeral service she quoted Harry Potter's mentor Dumbledore: *"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."*

This young woman made an extraordinary choice about how she would process such a horrendous ordeal. She chose love. On the day I read the news article about her eulogy I was upset about a credit card bill. Suddenly my upset felt absolutely trivial. I realized that if Cassidy could choose love in the face of such a terrible experience, I could choose love over far lesser challenges. Harry Potter author J.K. Rowling heard about Cassidy's oration and sent her a personal handwritten letter in purple ink from Dumbledore, a wand, and several autographed books. While these gifts could not undo the tragedy the young woman underwent, they demonstrate our power to soften each other's pain. "What are we here for but to make life easier for one another?"

This holiday season you will have plenty of opportunities to pray to be wrong about what's wrong and to be right about what's working or what could work. You will have many chances to make life easier for yourself and others. You may experience the stress and pressure of shopping for holiday gifts; crowded travel during high season; family upsets, feuds, and dramas; financial fears; and handling end-of-year details. The season of joy, for

many people, is not so joyful. This would be a fabulous time to remember that perception is not a fact, but an interpretation. When faced with fear, anger, or guilt in yourself or another, ask yourself, "Is there another way to look at this that would bring me more ease, relief, or peace?" If there is, pray to be wrong about the way you have been looking at the event so you can see it from a new, more healing perspective.

A Course in Miracles asks us, "Would you rather be right, or happy?"

The approach of the New Year brings a powerful invitation to let go of the limits that have kept us feeling small during the past year, and replace them with greater possibilities for the new year. Pray to be wrong about everything that hasn't worked in your life, so you can be right about everything that could work, and will. Bless the old year for leading you to the new one, for both the challenges and blessings have lifted you to higher ground. As you consider what hasn't made you happy, heed the profound advice of Kahlil Gibran: "Knowing that the gentlest of hands will take and sift it, keep what is worth keeping and with a breath of kindness, blow the rest away."

A happy and blessed holiday season and New Year to you and yours.



Alan Cohen is the author of *I Had it All the Time: When Self-Improvement Gives Way to Ecstasy*. Join Alan's upcoming Life Coach Training Program to become a professional life coach or incorporate life coaching skills in your career or personal life, join. For more information visit www.alancohen.com, email info@alancohen.com.

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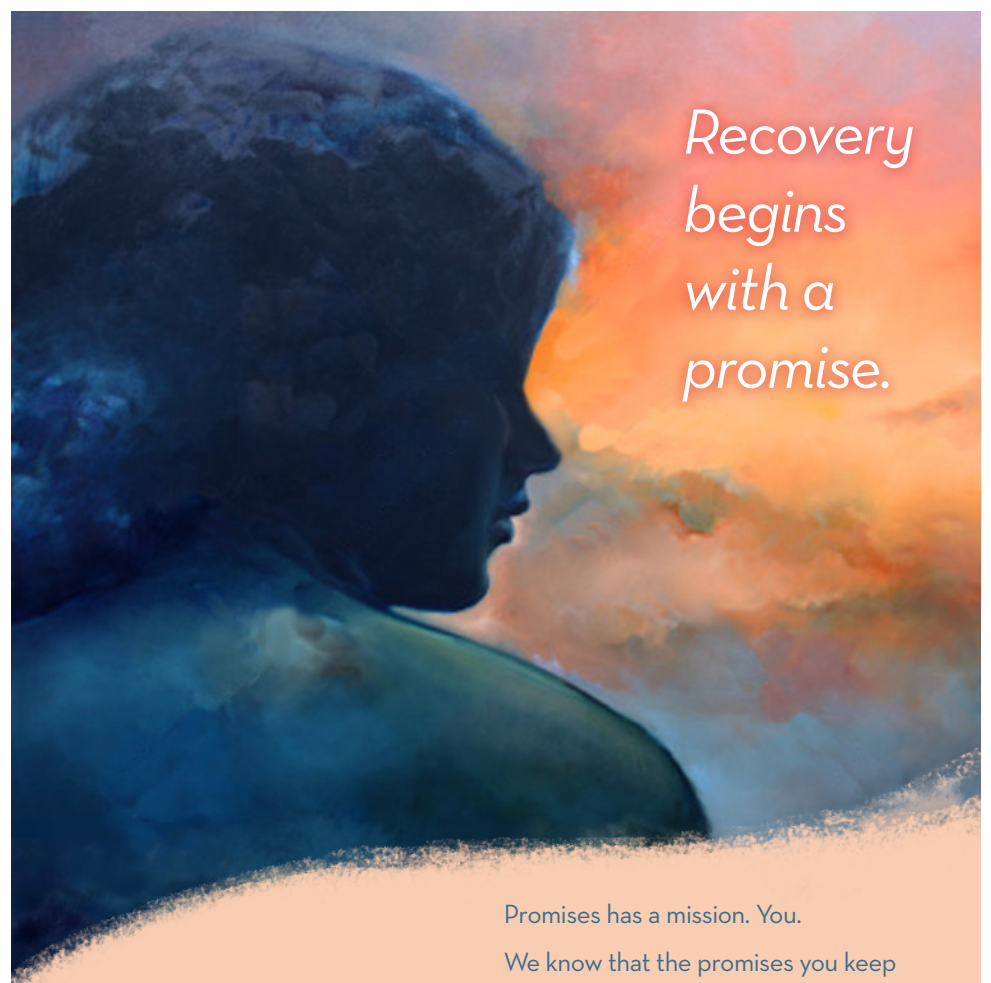
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(Individuals pictured are models used for illustrative purposes only.)

STRUGGLES & SOLUTIONS *from page 1*

As parents, we maintained hope our younger son was on the right track — he graduated high school and went on to college. Unfortunately, due to our preoccupation with John, we failed to notice the obvious signs he was headed down the wrong road. Michael dropped out of college, lost his job and what we feared most became a reality....both children were now addicts.

At this stage all of our efforts to “fix” either one of them had not only failed but John was now an IV heroin user. Michael informed us he thought smoking marijuana was perfectly acceptable and like his brother was using meth and heroin just like his brother.

We reached the breaking point and finally asked for help — our way was not working. In a moment of complete desperation we had to remove our son from our home after he had destroyed it in a psychotic meltdown. We searched the internet and came across PAL as a resource. It has now been over three years since we found ourselves in that downward out of control spiral.

The Light

We started to see the light when we finally accepted while we could not “fix” our sons. What we could do was work on ourselves and hope to bring healing and hope to our family. Our history of enabling and rescuing had not only delayed their growth but had kept all of us stuck. We learned we were not helping, we were actually be hindering their potential for change.

In the beginning, the suggestions from PAL seemed preposterous. But, we have seen how important these changes were to our sons’ recovery as well as our own.

We learned to focus on our marriage and at all costs stay on the same team in order to have a united position. Without it addiction will divide any family.

We did what was suggested by regularly attending meetings and seeking the help of a counselor with expertise in family and addiction issues. We implemented boundaries and consequences; and cut the strings that were preventing all of us from growing up. Whatever our son’s did, we knew who to call and we were not alone.

The past few years have had many twists and turns. Both sons have relapsed, been to detox, ER’s, recovery centers, halfway houses, and jail. They have lived in parks, cars and on friend’s couches. Both of them had to lose everything they owned.

Today, John has close to a year of sobriety. This is the longest time he has had since the journey began 11 years ago. He now works at a recovery center.

Michael just celebrated 90 days of sobriety and is back in school. He seems to have embraced the changes in his life and appears to be humbled by the experience.

We’ve learned we should not gauge our lives based on our son’s behaviors. As the preamble from PAL states: “...it is our desire that by attending our meetings you will learn proven ways to help your loved one and

ultimately learn to find joy in your own lives regardless of the choices of your loved ones.”

Glimmers of Hope

Today we facilitate a PAL meeting and love working with other parents. We would have never chosen what happened or wished it upon anyone, but we are grateful. There is no judgment, no condemnation, just acceptance, surrender, empathy and compassion. Our journey to health has led to our son’s heading down the path of sobriety. One of the promises of PAL is — if we get better, it gives hope to our loved ones and that may in turn help them.

At weekly meetings many parents show up for the first time looking like the “deer in the headlights.” Lost, desperate and hopeless. Like us, they carry massive guilt, shame, certain they are not only the cause of their loved ones addiction — they are the worst parents on the planet.

Sadly, their children’s addiction has taken its toll on them, from heart attacks, depression, and a myriad of other health issues. Parents are so devastated some have said they don’t want to go on in life. They feel they cannot handle the pressures and their desire to “help,” their addicted loved one has continually backfired to the point they give up hope. It is not uncommon for a parent to say they would give up their own life for their loved one if they knew it would save them.

They are willing to die for their children, at which point the question is asked, “are you willing to live for them?”

PAL brought back hope, sanity and purpose in our lives. We have learned to live again. We are thankful for what we have learned and for all of the parents who have stood with us.

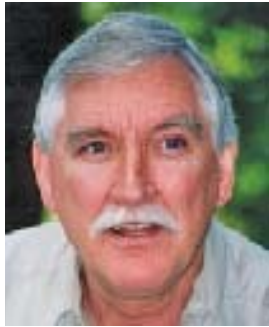
Today, we’re feel blessed to stand with others as they venture down this road that no one would ask for.

— Jan and Reed, Phoenix AZ

About Parent of Addicted Loved Ones

The PAL Group was founded by Mike Speakman, a licensed substance abuse counselor working in rehab centers since 1988. Mike started PAL because he saw the need for continuing education and support, through time, for parents trying to save a son or daughter from addiction.

Since the first meeting in July of 2006, PAL has grown to 16 meetings in Arizona and there are PAL meetings now in Indiana and Kentucky. PAL offers realistic hope to parents and spouses struggling with the complex challenges of trying to help a hurting loved one. PAL is blessed with more than 40 volunteer facilitator parents. PAL is looking to expand and formalize as the needs are everywhere and we are constantly receiving requests on how to start a new PAL support group (www.palgroup.org).



In his private practice, Mike provides focused family coaching sessions. Recently, Mike captured his thoughts on how to help your adult child give up destructive addictions in his book, *The Four Seasons of Recovery for Parents of Alcoholics and Addicts*.

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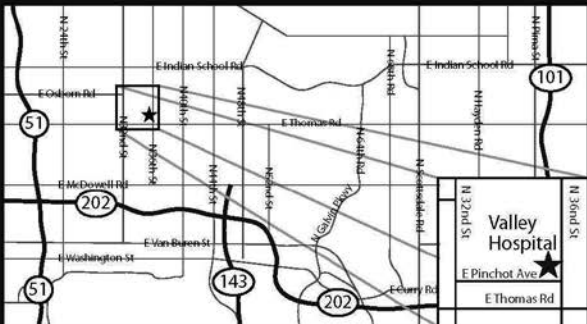


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Events Calendar

DEC. 3- 8:00 – 10:00 A.M. Tucson Area Professionals' Networking Breakfast, Sponsored by Sierra Tucson. "Yoga Skills for Therapists: Empower Your Clients to Manage Their Moods" Speaker: Amy Weintraub. Location: Westward Look Wyndham Grand Resort & Spa, Santa Catalina Ballroom, 245 E. Ina Road, Tucson. 2.0 CE Credits available. Pre-registration at www.SierraTucson.com. For info, visit www.SierraTucson.com or contact Chrissy Lamy at 480-231-0260 or CLamy@CRCHealth.com

DEC. 5 — Seventh Annual Phoenix Area "Gratitude for Giving" Celebration. 8:30 - 11:00 a.m. Arizona Biltmore, Grand Ballroom, 2400 E. Missouri Avenue, Phoenix. 602-955-6600.

DEC 1-5 – Tucson – Cottonwood Tucson – InnerPath Developing Healthy Relationships Retreat. This five-day retreat for couples focuses on learning what constitutes a healthy relationship and how to attain it. Facilitated by **Rokelle Lerner**. Visit www.cottonwoodtucson.com or call Jana at 520-743-2141 or email at jmartin@cottonwoodtucson.com for information and registration.

JAN 12-16 – Tucson – Cottonwood Tucson – InnerPath Women's Workshop. This five-day workshop has been designed especially to meet the needs of women who are re-evaluating their relationships, their priorities, and their sense of self. Facilitated by **Rokelle Lerner**. Visit www.cottonwoodtucson.com or call Jana at 520 743 2141 or email at jmartin@cottonwoodtucson.com for information and registration.

JAN 19-23 – TUCSON – COTTONWOOD TUCSON – INNERPATH WORKSHOP. This five-day intensive workshop is tailored to meet the needs of those individuals who want to make healthy changes in their lives. Facilitated by **Rokelle Lerner**. Visit www.cottonwoodtucson.com or call Jana at 520-743-2141 or email at jmartin@cottonwoodtucson.com for information and registration.

Every Week – Tucson – Cottonwood Tucson – InnerPath Developing Healthy Families Workshop. Five-day workshop is for families impacted by addictions, psychiatric disorders, anger & rage, and trauma. Facilitated by Cottonwood staff. Visit www.cottonwoodtucson.com or call Jana at 520-743 2141 or email jmartin@cottonwoodtucson.com for information.

Merritt Center Returning Combat Veterans Retreat Program. Free 4 week-end program for combat Vets. With the assistance of Vet mentors, and healing practitioners, returning vets will begin to release the experiences of war, and to create the dream of a new life. **Betty Merritt**, betty@merrittcenter.org. 800-414-9880 www.merrittcenter.org

On Going Support

CHRONIC PAIN SUFFERERS — "Harvesting Support for Chronic Pain," held the third Saturday of the month, from 12 noon - 1 p.m. Harvest of Tempe Classroom, 710 W. Elliot Rd., Suite 103, Tempe. Contact Carol 480-246-7029.

HOPE, STRENGTH, AND SUPPORT for Jewish Alcoholics, Addicts, and their Families and Friends (JACS*) 1st and 3rd Wednesday, 7:30 PM. Ina Levine Jewish Community Campus, 2nd floor Conference Room. 12701 N. Scottsdale Road, Scottsdale 85254. 602.971.1234 ext. 280 or at JACSarizona@gmail.com

COSA (12-step recovery program for men and women whose lives have been affected by another person's compulsive sexual behavior)— **Being in Balance.** Thursday 11:00 am-Noon. 2210 W. Southern Ave. Mesa, 85202. Information 602-793-4120.

WOMEN FOR SOBRIETY — www.womenforsobriety.org meeting every Saturday morning, from 10am-11:30am at All Saints of the Desert Episcopal Church-9502 W. Hutton Drive. Sun City, AZ 85351. Contact Christy (602) 316-5136

CO-ANON FAMILY SUPPORT GROUP - Carrying the message of hope and personal recovery to family members and friends of someone who is addicted to cocaine or other mind altering substances. **"Off the RollerCoaster"** Meeting, Thursdays, 6:30 - 7:45pm, 2121 S. Rural Road, Tempe, Our Lady of Mount Carmel Church. Donna 602-697-9550 or Maggie 480-567-8002

GAMBLERS ANONYMOUS — ACT Counseling & Education. 11:00 am to 12:30 pm. Call 602-569-4328 for details. 5010 E. Shea Blvd. D202, Phoenix.

INCEST SURVIVORS ANONYMOUS—North Scottsdale Fellowship Club, Saturdays, 1:30-2:30pm. Gloria, 602-819-0401.

Alumni Meeting—COTTONWOOD TUCSON. Ongoing: First Wednesday of month 6:00-7:30 p.m. **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. 5:00 p.m. dinner. Contact Jana Martin 520-743-2141 or email jmartin@cottonwoodtucson.com

ACOA (Adult Children of Alcoholics) Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. 602-403-7799.

ACA meeting. Tucson. Wed. 5:30-7:00 p.m. *Streams In the Desert Church* 5360 E. Pima Street. West of Craycroft. Classroom A (Follow the signs). Michael 520-419-6723.

Overeaters Anonymous - 12 Step program that deals with addictions to food and food behaviors. 18 meetings scheduled per week. For information 520-733-0880 or www.oasouthernaz.org.

Families Anonymous—12-step program for family members of addicted individuals. Phoenix/Scottsdale. 800-736-9805.

Pills Anonymous—Glendale Tues. 7:00-8:00 pm. HealthSouth Stroke Rehab 13460 N 67th Ave. (S. of Thunderbird) Education Room. Rosalie 602 540-2540. **Mesa** Tues. 7-8:00 pm, St. Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Meggan 480-603-8892. **Scottsdale**, Wed. 5:30-6:30 pm, N. Scottsdale Fellowship Club, 10427 N. Scottsdale Rd., Room 3. Tom N. 602-290-0998. **Phoenix**, Thurs. 7-8:00 pm. First Mennonite Church 1612 W. Northern. Marc 623-217-9495, Pam 602-944-0834. Contact Janice 602-909-8937.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other **Hurts, Hang-ups and Habits.** 1825 S. Alma School Rd. Chandler. 480-963-3997. Pastor Larry Daily, email: larrydaily@chandlercc.org.

GA Meetings—ACT Counseling & Education in Phoenix and Glendale. **Tuesday, Spanish** (men) 7:00 -9:00 pm. 4480 W. Peoria Ave., Ste. 203, Glendale. **Thursday, Spanish** 7:00 - 9:00 pm 4480 W. Peoria Ave., Ste. 203, Glendale. **Sunday, Spanish** 6:00 - 8:00 pm 4480 W. Peoria Ave. Ste. 203, Glendale. **Sunday, English** 6:30 - 8:00 pm 5010 E Shea Blvd., Ste. D-202, Phoenix. Contact Sue F. 602-349-0372

Sex Addicts Anonymous www.saa-phoenix.org 602-735-1681 or 520-745-0775.

Tempe Valley Hope Alumni Support Groups, Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open to anyone in recovery.

Special Needs AA Meetings. Contact Cynthia SN/AC Coordinator 480-946-1384, email Mike at mphaes@mac.com

Survivors of Incest Anonymous. 12-step recovery group for survivors. Tucson Survivors Meeting, Sundays 6:00 to 7:15pm. St. Francis in the Foothills, 4625 E. River Road (west of Swan). Carlos 520-881-3400

EVENTS continued page 14

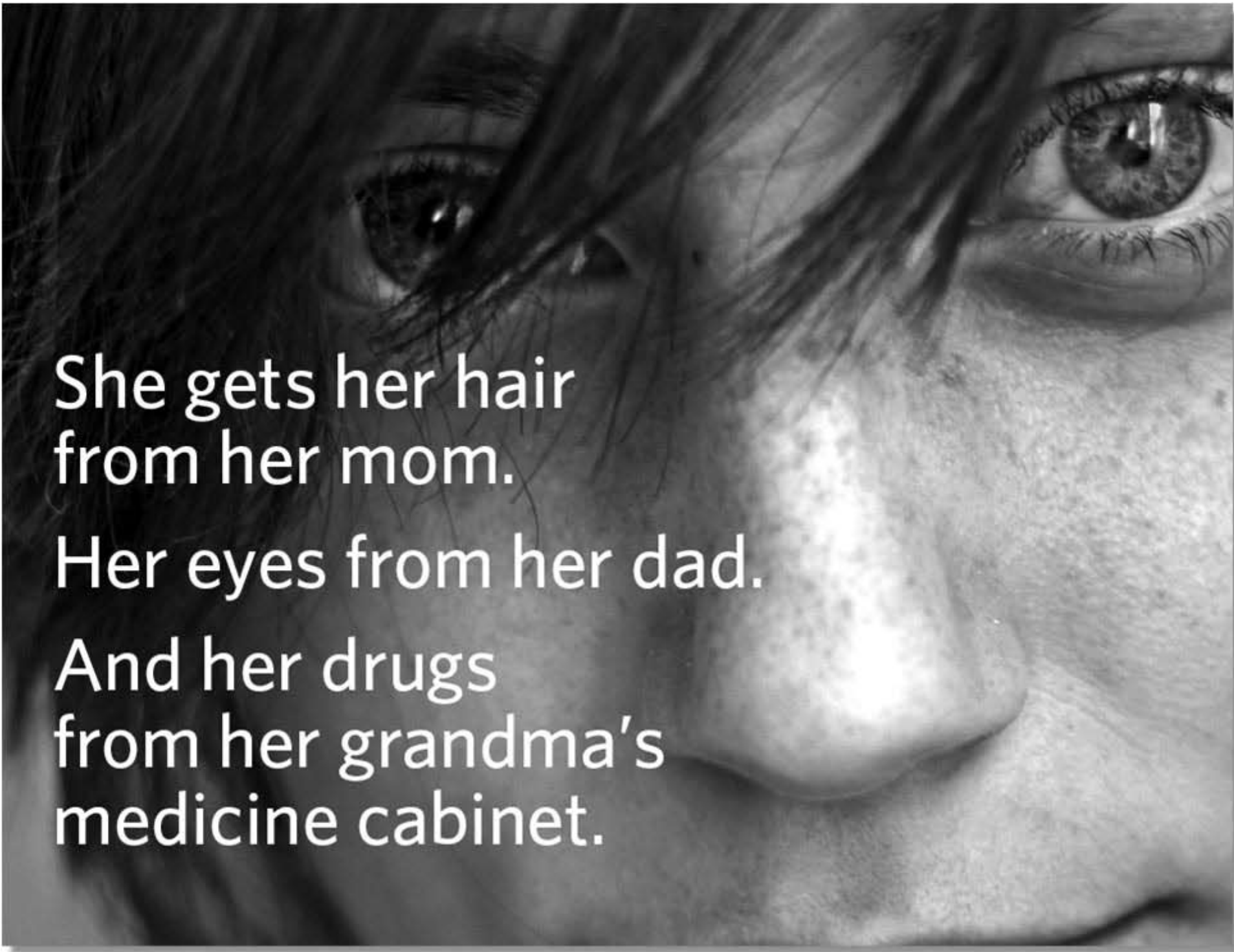
1 in 4 teens

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She gets her hair
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And her drugs
from her grandma's
medicine cabinet.

NEGATIVE PAST from page 3

- rules for ourselves that create limitations.
- I am never getting a divorce, no matter what.
 - I'll never speak in front of a group.
 - I'll never trust anyone.
 - I'll always keep a low profile.
 - I must play it safe in life.

We intend these rules to protect us, but they can end up cutting off the healthiest choices as adults. Interestingly, these rules can determine our choices whether we are consciously aware of them or not.

You repeat the same mistakes over and over.

Repeating the same mistakes over and over is a sure sign of a negative attachment. Making the same poor decisions repeatedly is a major red flag that something negative in your history is still influencing you by drawing you toward it. Do you need to relive the past in order to heal?

No. Although some people do benefit by emotionally experiencing past memories, the key to healing is in making new choices today. You need to recognize the influence of the past and learn how it

is still affecting you. Only then can you make conscious decisions that take you in a new and different direction. Getting out of denial about the influence of the past is a huge hurdle. Only a small percentage of the population has really connected the dots and become someone that lives beyond old family expectations. Don't allow denial to keep you from recognizing the negative influence of the past, or you may never move beyond it.

Mike Bundrant is author of the new book, Your Achilles Eel: Discover and Overcome the Hidden Cause of Negative Emotions, Bad Decisions and Self-Sabotage.

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LIFE 101

By COACH CARY BAYER www.carybayer.com

The iPhone, the iPad, and the iAM

You'll know that our world is headed in the right evolutionary direction from a spiritual standpoint when people are willing to line up as early and as long to get the iAM as they do for the newest versions of the iPhone and the iPad. **The iAM, you ask?**

Yes, the iAM; it's been here since mankind first set foot on this planet. As a result, there are no new versions of the iAM. In truth, even the expression "since time immemorial" doesn't quite do justice to the reality of the iAM because iAM exists outside of time, in every moment in time.

When you want to know a fact fast google it on your iPhone. When you want to know something on a computer file go to your iPad. When you want to know who you are, go to your iAM.

What is the I AM?

The I AM is your true nature. It's found at the transcendental part of your mind — beyond all perception, like the hearing of music from your iPad, the thinking of your mind while googling on your iPhone, and even beyond the feelings you get listening to the most beautiful songs you've recorded on your iPod. It's that place where you know who and what you truly are, and it's available in the silent depths of your being through meditation. I know because I've been teaching meditation since the age of 20, and training dozens of teachers of meditation some years after that.

When Moses encountered the Higher Power of the Universe in a burning bush and was told to tell Pharaoh to let the Hebrew people go, he asked, quite reasonably, who should he say sent him. The answer he received was obtuse: "I AM sent me to you."

Not as regal but quite poetic is Popeye the Sailor Man's mantra-like motto: "I am that I am and that's all that I am, I'm Popeye the Sailor Man."

You can get directions from your iPhone and iPad. You are directed from your iAM.

The Beatles knew that money can't buy you love. They also knew that money can't buy you peace of mind. That's why they

learned the meditation that I'd practice for most of my life. And that's why they went to meditate at Maharishi's ashram in the foothills of the Himalayas.

Most people don't realize that what they're truly looking for — peace and happiness of the deepest magnitude — isn't available in the world of things. The t-shirt that says, "He who has the most toys wins" isn't true. It should read, "He who is the most things, wins."

In other words, when you live from your I AM, at the transcendental level of Being beyond time, you're connected to that which is infinite. You can't get more than infinite. Even Bill Gates' money can't buy an infinite number of things. Another wealthy person — Oprah Winfrey—learned to meditate in the same style as the Beatles — and made it available for free to her staff.

Jesus, trying to teach Jewish people of his time the deepest spiritual truths, said it eloquently: "Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moths nor rust destroys, and where thieves do not break in or steal."

Physical things like iPhones rust and break, metaphysical realities do not. iPhones can be stolen, but nobody can steal your iAM.

The iPad comes in a mini design; the iAM comes in both mini and maxi. That's because it's smaller than the smallest things in the world and bigger than the biggest. It has no physical size but it has metaphysical depth.

Benefits of Knowing the iAM

The iPhone lets you make calls, hear music, see videos, take pictures and videos, and so on. The iPad lets you read books or use computer files. The iAM gives you infinite freedom, deep peace, great joy, awakening and enlightenment. So why aren't you waiting in line to get your iAM?

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The Many Positive Aspects to Recovery

By Celia Vimont

There are many positive aspects to being in recovery, suggests a new survey of people who are experiencing recovery from alcohol or drug problems. The findings of the national survey of more than 9,000 people will help both people in recovery, and those who treat them, according to the researchers.

Currently there is no agreement about the definition of recovery, says lead researcher Lee Ann Kaskutas, DrPH, of the Public Health Institute's Alcohol Research Group in Emeryville, CA. Many people believe it requires total abstinence from drugs and alcohol, while others do not. "Most of what we know about the definition of recovery has come from scientists and expert panels, not from people in recovery," she says.

The goal of the "What Is Recovery?" project was to develop a way of defining recovery based on how it is experienced by those who actually live it. The researchers did a tremendous amount of outreach to find people in recovery, including ads on Craigslist and announcements on radio programs. "People in recovery are a hidden population," Dr. Kaskutas said.

"There is a serious stigma attached to addiction. These elements that define recovery demonstrate to those going through it, as well as the general public and policymakers, that it is not something to be ashamed of."

Survey respondents were most likely to say recovery is:

- Being honest with myself.

- Being able to enjoy life without drinking or using drugs like I used to.
- Living a life that contributes to society, to my family or to my betterment.
- Being the kind of person that people can count on.
- Giving back.
- Striving to be consistent with my beliefs and values in activities that take up the major part of my time and energy.

Dr. Kaskutas says people in recovery can use the findings to explain to family and friends what they are going through. "They can say, 'When I say I'm in recovery, I mean that it's an ongoing process, and I'm actually trying to live a life that's contributing to society,'" she says. "Recovery doesn't just (or always) mean abstinence—it can also mean you have a positive way of being that you didn't have before."

She said it is significant that almost all respondents said recovery is about giving back and helping other people. She noted that some people are reluctant to attend recovery programs because they think the programs will be religious or spiritual. "The survey shows that being spiritual can really just mean you're giving back and helping others—and it's not necessarily about religion either."

Dr. Kaskutas says she hopes to keep in touch with more than 1,000 survey respondents who said they were interested in staying involved in future studies on recovery, to track their progress over time.

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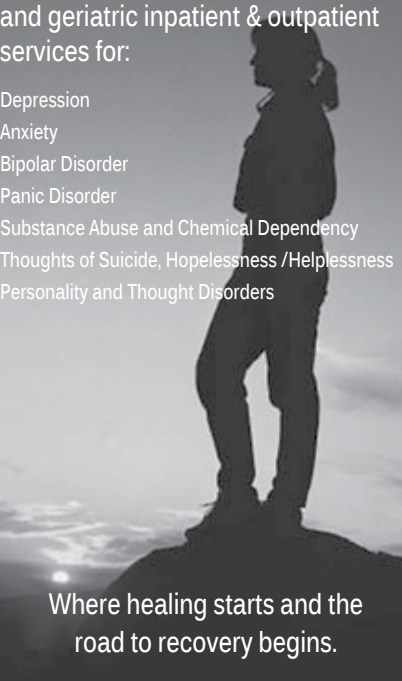
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Personality and Thought Disorders



Where healing starts and the road to recovery begins.

Take Note

Making Naloxone More Widely Available Could Prevent 20,000 U.S. Deaths

Increasing the availability of the opioid-overdose antidote naloxone could prevent more than 20,000 deaths in the United States annually, according to the World Health Organization (WHO).

About 69,000 people die worldwide from overdoses of heroin or other opioids each year, WHO estimates.

In most overdose cases, people using opioids misjudge the dose they are taking or their tolerance for the drug, WHO expert Nicolas Clark told Reuters. A family member is often there to witness the overdose, and that person could administer naloxone, he noted. "If opioids are easily available in people's bathroom cabinets, it might make sense for naloxone to be equally available," Clark said.

Naloxone, which previously was available only as an injectable drug, can now be administered as a nasal spray. It works quickly, without side effects. "We're happy to recommend the intranasal approach as an effective approach," Clark said. "Naloxone is cheap but it's limited really to emergency departments and some ambulance departments."

A growing number of states have passed laws increasing access to naloxone. As of September 2014, there were 24 states with such laws. Most of the laws allow doctors to prescribe naloxone to friends and family members of a person who abuses opioids. The laws also remove legal liability for prescribers and for those who administer naloxone.

In addition, 17 states and the District of Columbia have passed "Good Samaritan" laws, which provide limited legal immunity for people who call for help for a person who is overdosing. These laws were passed in response to concerns that people who are present during an overdose may hesitate to call 911 because they fear legal consequences.

19 Percent of Americans Suffer From Chronic Pain

A new study concludes 19 percent of Americans suffer from chronic pain. Women and the elderly are most likely to have constant pain, HealthDay reports.

The findings come from a poll of about 35,000 American households. The researchers asked respondents if they suffer from chronic pain, defined as constant or frequent pain that lasts for at least three months.

Study author Jae Kennedy of Washington State University in Spokane said narcotic painkillers such as hydrocodone, oxycodone and morphine can be helpful in treating chronic pain, but only on a short-term basis. "We are clearly overusing opioids [narcotics]," he told HealthDay. "The U.S. consumes about 80 percent of the world's opioid supply, and 99 percent of the hydrocodone supply. These medications are effective in the short term, [such as] for managing postoperative pain, but long-term use often leads to dependency or addiction."

The survey found many people with arthritis or back and joint pain did not say they had constant and persistent pain. Of respondents who did have chronic pain, more than two-thirds said their pain was constant, and more than half said their pain was sometimes unbearable and excruciating. The study appears in the *Journal of Pain*.

"If you're dealing with pain constantly for a long period of time, that's going to affect your work life, your family life, your social life. It also puts you at higher risk for things like mental illness and addiction," Kennedy said in a news release.

Bob Twillman, Director of Policy and Advocacy for the American Academy of Pain Management, noted narcotic painkillers are not helpful for many people with chronic pain. "Those medications are wonderful when they work, but on average, they only relieve about a third or less of the chronic pain people experience, and may be completely ineffective in treating some kinds of chronic pain," he said.

EVENTS from page 11

OA—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. www.oaphoenix.org/ 602-234-1195.

SLAA—Sex and Love Addict Anonymous 602-337-7117. slaa-arizona.org

FOOD ADDICTS Anonymous—www.Foodaddictsanonymous.org

GAM-ANON: Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30 p.m., Cross in the Desert Church, 12835 N. 32nd St., Phoenix, Tues. 7:00 p.m., First Christian Church, 6750 N. 7th Ave., Phoenix, Tues. 7:15 p.m. Desert Cross Lutheran Church, Education Building, 8600 S. McClintock, Tempe, Thurs. 7:30 p.m.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other Hurts, Hang-ups and Habits. 1825 S. Alma School Rd. Chandler. 480-963-3997. Pastor Larry Daily, email: larrydaily@chandlercc.org. DEBTORS Anonymous—Mon., 7-8:00 p.m., St. Phillip's Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. 520-570-7990, www.arizonada.org.

Crystal Meth Anonymous www.cmaaz.org or CMA Hotline 602-235-0955. Tues. and Thurs. at Stepping Stone Place in Central Phoenix, 1311 N 14th St. cmaaz.org/god-zombies-the-awakening/

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Aurora Behavioral Health	623-344-4444
Carla Vista	480-612-0296
Calvary Addiction Recovery Center	602-279-1468
Carleton Recovery	928-642-5399
Celebrate Recovery with Chandler	
Christian Church	480-963-3997
Chandler Valley Hope	480-899-3335
Chapter 5	928-379-1315
Community Bridges	480-831-7566
CBI, Inc. Access to Care Line	877-931-9142
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Decision Point Center	928-778-4600
Dr. Marlo Archer	480-705-5007
Dr. Janice Blair	602-460-5464
Dr. Dina Evan	602-997-1200
Dr. Dan Glick	480-614-5622
Franciscan Renewal Center	480-948-7460
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Intervention ASAP	602-606-2995
Geffen Liberman, LISAC	480-388-1495
The Meadows	800-632-3697
Millennium Labs	623-340-1506
NCADD	602-264-6214
North Ridge Counseling	877-711-1329
Pathway Programs	480-921-4050
Phoenix Metro SAA	602-735-1681
Promises	866-390-2340
Psychological Counseling Services	
(PCS)	480-947-5739
Remuda Ranch	800-445-1900
River Source-12 Step Holistic	480-827-0322
Sex/Love Addicts Anonymous	520-792-6450
Sierra Tucson	800-842-4487
Springboard Recovery	928-710-3016
Start Fresh	855-393-4673
St. Luke's Behavioral	602-251-8535
Teen Challenge of AZ	800-346-7859
Turn Your Life Around	520-887-2643
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