

# Together AZ



Inspiring Success On The Road To Recovery V.2 — No. 10—July 2011



**Finding Genuine Pleasure**  
by Bobbe McGinley



**TIPS FOR PARENTS:  
For Active, Healthy Kids**  
by Dena Cabrera, PsyD.



**A Better View of the SKY**  
by Alan Cohen

## Does the Noise in My Head Bother You?

By **ROKELLE LERNER**

Years ago I saw a film entitled, “The Gods Must Be Crazy.” There was a scene at a bar where a gentleman on a bar stool turns to a woman next to him and says, “Excuse me, does the noise in my head bother you?”

Many people, especially those in early recovery from addiction, complain about the internal dialogue in their brains that dampens their spirit and contaminates their joy. I’m not talking about schizophrenia here, just but the barrage of self-deprecating messages and insults that seep into so many of our waking moments. For some of us this inner dialogue is so rampant that we rarely find a moment’s peace.

This internal attack is an accumulation of stored up negativity that came to us at a young age, perhaps from parents, teachers, or even bullies on the playground. Since children don’t have clear emotional boundaries, these messages lodge themselves in our limbic brain and we play them back on a regular basis. Scientists would call these responses “neuronal firings” in the brain over which we do have some control. However, without some sort of discipline, we just give in to them and drown in our own abuse.

**Positive Self-Talk**

There was a time in my life when I felt like I was under a siege of paralyzing criticism and shame. The negative “voices” would occur primarily when I was alone and without any specific plans. To buffer this negativity I made sure that I was busy day and night, throwing

*NOISE IN MY HEAD continued page 3*

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## Sex Addiction in the New Media Frontier


By **ROBERT WEISS** LCSW, CSAT-S

As Former Congressman Anthony Weiner so tragically demonstrated by sexting nude upper body and genital images to strangers from both work and home, it is impossible to understand and heal from sexual addiction today without understanding with the effect smart phones (iphone, android) and social networks (facebook, myspace) have on those who struggle with compulsive and impulsive patterns of sexual behavior. And here is the basic issue: as the speed of access and connection to sexual content increases, so does the problem. The faster and more readily you can access sexual content, experiences and partners, the easier it is for the impulsive, compulsive or intimacy challenged individual to get into personal or professional trouble-fast. As sexual content and casual sex becomes increasingly immediate and anonymous there also appears to be a marked increase in the numbers of psychologically distressed people (and their spouses) seeking help for days and nights lost to a secretive and often desperate search for romantic and sexual connection. While most of us find comfort, even fascination in our increasing interconnectivity, sexual addicts like all addicted persons, are capable of turning technological advancement into the kind of personal nightmare from which they have little power to escape and few places to turn for help.

Consider how the following progression of access to sexual imagery and contact over time might affect someone vulnerable to impulsive, compulsive or addictive sexual behavior:

Sexual Content Access Timeline

- Prehistory to approximately 1890:** Cave Art, Drawings.
- 1890 to late 1970’s:** Photographic Porn, Filmed Porn, Adult Theatres (XXX), Strip Clubs, and Adult Bookstores
- 1977 -1990:** VCR & Beta (take home porn), Phone Sex, Soft-core Cable TV, Adult/Escort listings in Yellow Pages and Print.
- 1990 –2004:** Bulletin Board (BBS), Chat Rooms, Porn Websites, Web Cameras, Virtual World Sex Craig’s List, Interactive Online Sex, Online Hook-ups and Prostitution Websites
- 2004 to the present:** Smart-phones with GPS locators, Social Networking (facebook, twitter, linkedin), Sexting and Virtual Sex.



*“The faster and more readily you can access sexual content, experiences and partners, the easier it is for the impulsive, compulsive or intimacy challenged individual to get into personal or professional trouble-fast.”*

**Instant Problem**

Note above how the explosion of modern world technology has fuelled an equally exponential growth of access to graphic pornography and recreational sex partners. Think about the fact that over the many millennia it has taken for the brains, relationships, morality and ethics of mankind to develop, our sexual experience was basically limited to art, intimate partnering, cheating, imagination or self-stimulation. Yet in a period of little more than 100 years we have arrived at the point of near instant entry to explicit imagery and sexual partnering (for cash or free). And while most people have the ability to limit their involvement with the above to the occasional or casual and therefore are relatively unaffected, there are those with similar emotional and psychological limitations to people with drug addictions, for whom this tricky combination has created a nightmare web of intrigue, secrecy, compulsion and broken relationships. We call these people sex addicts.

**There’s an ‘app’ for that ...**

Today- sitting in the food-court of a large suburban mall (free wi-fi) with smart phone in hand, I can as easily find a man/woman within 5 blocks or 5 miles who wants to have casual sex (paid or unpaid) as I can find a reasonably priced Italian restaurant. My smart-phone doesn’t differentiate between a search for nearby prostitutes, affair-partners or a local bargain on haircare. Whomever I want or need nearby, with GPS on my phone –they are available. By clicking on a phone sex application (Ashley Madison and Grinder being most popular at the moment) and choosing my gender of interest, photos and personal details immediately into view, their age, type of sex desired etc., all listed by geographic proximity. All I need do is start a live phone chat to my selected partner and we can then begin to plan our connection.


**Face-hooked**

Increasing numbers of sexually addicted clients and their spouses are seeking treatment not just for problems with porn, prostitution websites or chats, but concerned about

how social networks like facebook, myspace, twitter and the like (where many of us go to catch up on high-school friends and follow newsworthy or personal events), are affecting their lives. As our personal selves increasingly become displayed and available online, these sites have become a new destination where increasing numbers of clients report losing hours to cruising myspace or facebook, perusing intimate photos, sexual information, hot chats hook-ups and the like. As family-life, career and relational intimacy go on without them, those addicted to the pursuit of online partners lose precious time and focus to this fantasy-based obsession.

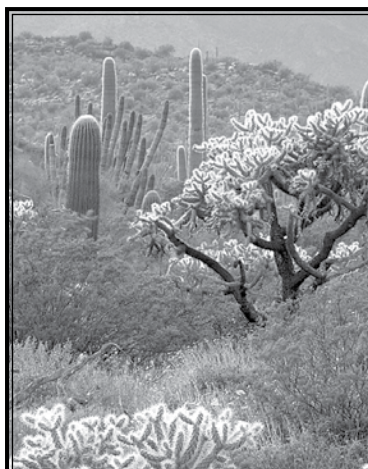
**Change can be Good**

Fortunately for those who have recognized their vulnerability to addiction and choose to actively work on it, the new technologies also offer support.



Robert Weiss LCSW, CSAT-S is Founding Director of The Sexual Recovery Institute (SRI), Los Angeles and Director of Sexual Disorders Services for Elements Behavioral Health, which includes – The Ranch in Nunnelly TN, Promises Treatment Centers in California & The Sexual Recovery Institute: Los Angeles. A UCLA MSW graduate and trainee of Dr. Patrick Carnes, Mr. Weiss is author of *Cruise Control* and co-author of both *Untangling the Web* and *Cybersex Exposed* with Dr. Jennifer Schneider, along with numerous peer reviewed articles and chapters. A media expert to CNN, The Oprah Winfrey Network, ESPN, Dr. Drew and the Today Show among many others. Mr. Weiss has provided clinical training and program development in the area of sexual addiction assessment and treatment for the National Institutes of Health and the US military as well as multi-addiction behavioral treatment centers throughout the United States, Europe and Asia.





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Dakota, an extended-care facility for sexual disorders, provides continued care with a focus on trauma resolution, 12-Step traditions, and the holistic healing of mind, body and spirit.

## publisher's note



## It Must Have Been a Miracle

By **BARBARA NICHOLSON-BROWN**

On June 17, I celebrated 21 years of consistent sobriety. While I was in awe of this amount of time, what seemed more important that day was remembering where I had come from and how my journey into recovery began.

I was fortunate to spend my 21st anniversary with whom I believe was the conduit to recovery, my sister, Susan.

We reminisced about the do or die phone call she had made on the night of June 16, 1990. Even though I was sick, foggy and hung-over from a binge the night before, I distinctly recall answering the phone, "Hello" and the voice on the other end, said, "Shut up and listen." It was brief and to the point. "Get help now or we are all out of your life—for good." I knew she meant my parents, brother and other friends and family who were sick of worrying and caring about someone who had no regard for life. Trembling as she slammed the phone down, (point taken, I heard her),

without another thought I called a friend in recovery and blurted out, "Help me, I can't do this anymore." It was the worst and best night of my life.

We never know who is going to be our guide, the someone who can get through to us. I believe to this day, Susan was divinely inspired, and I am forever grateful to her. There aren't words to describe how my life has changed. I fit in my skin, and don't take for granted I have this disease licked my any means. I've experienced the pain of losing friends to the monster addiction is. It always wants us back in its powerful grip.

If you're new in recovery, or coasting along with lots of years under your belt, we've been given the gift of life—cherish it.

*Thank you Susan, I'm blessed to be your sister.*

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## N·E·W·S·

Valley Hospital announces the opening of the Senior Behavioral Health Services!

The Senior Behavioral Health Unit at Valley Hospital provides specialized care for unique needs of older adults. Often times there can be significant changes in ones life due to loss of a loved one or loss of independence that causes emotional distress. Coping with these changes may cause emotional and behavioral difficulties severe enough to interfere with day to day living. The American Psychiatric Association reports that 20% of the population over 55 experience mental disorders not part of normal aging. These include depression, anxiety, chemical dependency and cognitive impairment.

Valley Hospital's Senior Behavioral Health Unit has trained Psychiatrists and an Internist who work collaboratively to monitor any medical or physical conditions. Our program is designed to treat the individual holistically by meeting the behavioral, physical, spiritual, emotional and social needs of each individual.

Treatment is comprehensive and individualized with a focus on crisis stabilization using evidence based practices including Reality Orientation Group, Reminiscence Group, Memory Development Group, Sensory Stimulation Group, Validation Group, Interactive psycho-educational groups. The goal is to help patients stabilize, develop health lifestyle patterns, identify and begin to heal the emotional issues that trigger symptoms and develop coping skills needed to prevent relapse. Older Adults pursue symptom management through building new strength and finding new resources to regain command of their lives. Communication and coordination with family members is built into our continuum of care with daily updates from our professional staff.

Referrals are accepted 24/7 through our care center. Our program also provides a Rapid Response Team that can be dispatched to assess an older adult in environments such as nursing homes, assisted living, personal care homes and other places that care for the older adults. 602-952-3939.

### Remuda Ranch Launches Binge Eating Disorder Program

Binge eating disorder is a very real illness. It involves patterns of disordered eating that are linked to psychological and biological issues.

Today, more than 10 million adults suffer from binge eating disorder, making it the most common eating disorder in our country.

Although billions of dollars are spent each year on weight-loss programs and diet products, the number of dangerously overweight adults continues to grow. That's why Remuda Ranch created the Binge Eating Disorder Program.

The 30-day program is located in Chandler and focuses on treatment of binge eating disorder, obesity, and compulsive overeating.

### Treatment Team of Professionals

The program is designed to break the cycle of disordered eating and restore balance to the lives of residents. Each resident receives a treatment plan and exercise program designed to meet her specific needs. She meets regularly with a treatment team of eating disorder professionals, which include: a primary care provider, registered dietitian, psychiatric care provider and primary therapist. Our team has expertise in cognitive behavioral therapy, dialectical behavioral therapy, and holistic treatment techniques. In addition, residents participate in a variety of innovative therapy techniques, both individual and group.

### A New Perspective

Weight loss is not the goal of our Binge Eating Disorder Program. Instead, we strive to understand the "whys" behind the disorder, then reestablish a healthy relationship with food by providing life management skills and tools. For more information, call **1-800-445-1900** or visit [www.RemudaRanch.com](http://www.RemudaRanch.com).

### Elliot Sainer joins the Board of The Meadows


A leader and innovator of the behavioral health and education field for over 30 years, Elliot has been a pacesetter in residential behavioral healthcare in the U.S.

- As the Founder and CEO (retired) of Aspen Education Group, Elliot led the growth of the company from its inception into what became the nation's leading and largest therapeutic education company. Aspen has assisted since its inception in 1998 over 40,000 struggling young people and their families from every state in the country and over 30 foreign countries.
- He was recognized in 2007 as the Entrepreneur of the Year for the Greater Los Angeles area for consumer services, and was one of four finalists for the National Entrepreneur of the Year Award also in 2007.

### Growing Alcohol Sales Defy Sluggish Economy

A sluggish economy has not stopped alcohol sales, according to industry analysts who

*NEWS continued page 11*

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**In gratitude and the memory of**  
*William B. Brown, Jr.*  
**Publisher/Managing Editor**  
*Barbara Nicholson-Brown*

**Advisors**  
*Rick Baney*  
*Dina Evan, Ph.D.*  
*Dr. Marlo Archer*  
*Bobbe McGinley, MA, MBA, CCGG, NCGCII, LISAC*

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NOISE IN MY HEAD from page 1

myself into a perpetual state of exhaustion. One day after work, when I was driving home, the messages became so loud I felt paralyzed and I knew I had to do something about it. That's when I started doing what my mentor suggested, which is using affirmations. This technique was so life changing for me that I decided to write my own affirmations. Through this process a book was born called *"Affirmations for Adult Children of Alcoholics."*

The purpose of affirmation is not to put "frosting on a rotten cake," as the saying goes. The purpose is to feed our brain with different thoughts in order to see the world in a new way. It's the antidote to the toxic messages in our limbic brains.

Many people tell me that when they start using affirmation it feels awkward, phony and they don't believe what they're telling themselves. This response is to be expected and it's where many of us give up. Most of us have spent years with these messages swirling around in our brains. In fact, I remember one man who grew up with physical and emotional abuse and needed something to counteract the barrage of internal self-hating messages he received daily. He began using affirmation.

One morning after a couple of days, he asked impatiently, "Rokelle, how long does this take to work?" My response was, "How long were you a child?"

Using Affirmation Changes Lives

Our storehouse of shame accumulates over a lifetime and it takes more than a couple of times using this tool to change the neuronal firings in our limbic brain. But with proper and regular use, within a month's time we can expect to start feeling better, the "voices" get quieter and we start feeling more optimistic and energized.

In order for the healing to take place it is essential to practice patience, persistence, compassion and discipline. These are all the ingredients we would hope for in a loving parent.

In essence, by using this tool we're learning to re-parent ourselves. Not only that, but

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we're taking charge of our own healing and relieving others of the responsibility to do this for us.



*Rokelle Lerner has received numerous awards for her work with children and families, and has appeared as a guest consultant on numerous television shows. Her articles and interviews have been featured in The Washington Post, The New York Times, Newsweek, Time, People and Parents magazine. She is the author of many books including "The Object of My Affection" and "The Object of My Reflection: Coping with Narcissists." She is co-creator and facilitator of InnerPath Programs at Cottonwood Tucson.*

Waking Up

The messages that we give to ourselves are the most important messages we hear. The internal briefings and conversations we hold determine our attitudes, our behavior and the course of our lives. If, as children, we were criticized and shamed, our internal dialogue will be self-deprecating. If we are used to large doses of self-imposed sarcasm and negative reviews of our daily performance, we gradually mutilate our self-esteem, our creativity and our spirit.

Affirmations are a way to wake us up – to make us fully conscious and aware of the daily choices we make. And, as we learn to direct our thoughts, our feelings and behavior will naturally follow.

*(Excerpt from "Affirmations for Adult Children of Alcoholics")*



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# Genuine Pleasure

By **BOBBE MCGINLEY**  
Clinical Director/CEO of ACT – Counseling & Education

It's that time of year where we receive and extend invitations for many different events. It may be just the right time to look at yourself, to begin to take a look at your own needs, and distinguish what is in your best interest! Now may be the best opportunity to view genuine pleasure as a path to see your authentic self and bask in the warmth of your soul's smile. Our ability to "just play" is a very natural impulse but we no longer utilize that part of ourselves. We do not recognize the importance of playing, of relaxation, of joy.

Most of us cannot honestly think of activities that create those sensations in us. We are so tired at the end of the day, the week, the month, the year, that all we concentrate on is work and recuperation. Reviving yourself over the weekend so that you will be able to just work harder the next week is not relaxation, but more about survival. At some point, maybe now, we will understand that surviving is just not enough anymore.

Entertainment is all about....

Pleasure, enjoyment, and enthusiasm. As one of my friend's daughters says, "Whatever fires your rocket." What fires your rocket? Do you even know where you have hidden the rocket? It's been a very long time since we could actually appreciate the phrase and respond that we encountered something that provided the amount of fun, excitement...that it "fired our rocket."

Rather than concentrating on what we truly enjoy on free evenings and weekends, we try to achieve many other social goals and meet other people's obligations. How many of your weekends turn into some sort of to-do list of social calls and obligations? Let's be honest: Many of us participate in activities because we should, because it's stylish, because our friends do, or because we are incapable of saying no.

This type of pleasure deprivation leads to resentment; instead of enjoying yourself, you begin to feel sorry for yourself, put upon. Only you can free yourself from the trap of that kind of thinking. You will never begin to live joyfully until the day you stop seeing yourself as a martyr to your work, your family, or anything else in life.

The only person in all the world who can give you pleasure, or deny it, is yourself. No matter how much we love someone, the decision to experience pleasure, and to make room for it in our lives, is an internal one. If you are resistant, you could be around the most joyous people in the world and be completely miserable yourself.

Let's begin to assess this in some easy steps to follow. Take a look at your definition of "entertainment." Look through the pages of magazines, and catalogs. What is catching

your attention? Images of movies, concerts, books, craft projects? There is no wrong way of getting yourself grounded in finding a pleasure for yourself. You are simply purging your preconceived notions of entertainment so you can open yourself up to find out what is truly the definition of "fun" for you. Cut out some of the images that bring a smile to your face. We are going to get in touch with our authentic self and hopefully become very delighted and pleased with what we find.

There is a connection between what entertained us as children and what entertains us currently. Were you a master at playing jacks? Did you entertain friends and family by putting on shows of some sort in the backyard as a child? Is the theater still a part of your life? If you haven't been to a play in years, buy tickets to a local production, or volunteer to work behind the scenes in set design or props at your children's school, or the school that may be in your neighborhood. You will be pleasantly surprised at how much joy you feel when you revisit old passions as an adult. If you loved painting, perhaps your joy can be reawakened by working with your hands. You might enjoy tossing bread dough in the air, molding a pot, or creating jewelry out of beads you can buy at your favorite craft store.

But it isn't just the big stuff, like theater and crafts, which entertain us. Think about pastimes that are enjoyable memories for you, moments when you felt close to your authentic self. What were you doing? Were you standing on the beach, staring into the ocean? Taking a walk, alone or with a loved one? Maybe you love nothing better than curling up on the couch and getting lost in the latest offering of your favorite mystery writer. As you are recollecting what you enjoyed and have not indulged in, be aware of the sense of pleasure stirring through your body. You will realize which direction to take and how to bring yourself back to the simple pleasure of life and leave behind the current stress and pressure of your day.

I realize this is a radical idea, perhaps even a scary one. As strange as it may sound, most of us have to use self-discipline to learn or rediscover activities and pastimes that truly thrill our minds, hearts, and soul. Spirit has given us the unlimited capacity for joy specifically as a potion for the stress and pressure of everyday life, but only we can make sure that we take advantage of that wonderful gift.

*Bobbe McGinley MA, MBA, CADAC, LISAC, NCGC II, is a nationally known speaker, author, presenter and trainer, consulting many different industries about Problem Gambling. She currently serves as their Gambling Program Consultant. Call 602-569-4328 or visit [www.actcounseling.com](http://www.actcounseling.com)*

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# In Recovery? Celebrate Your Independence

By LARRY SOLOMON, MA, LPC, LISAC

The journey into and through recovery can seem like a series of long, drawn-out battles. It requires sacrifice and loss on a voyage to freedom and independence. Your experience may be similar to America's struggles to obtain and keep her independence.



On July 2, 1776 the leaders of the thirteen colonies voted to become a nation independent of Great Britain. Two days later the Declaration of Independence was signed. This became the date America now celebrates its independence. The Fourth of July holiday reminds us of a few things. For one, it reminds us the year is half over (only 173 shopping days until Christmas.) It brings back memories of parades, baseball games and fireworks. Hopefully, it also makes us ponder the reason for its existence. The appreciation of our freedom.

It is important for the recovering person to grow in gratitude. Without failure I have witnessed that an individual's level of gratitude is directly proportional to his level of serenity. As you review the chain of events recounted below take a moment to ponder your own struggle for freedom from the oppression of addiction. A wise individual will not only learn from his own past, but will be quick to learn from the struggle of others as well.

The war with Britain spanned a nine year period. The events that set the Revolutionary War into motion actually began a generation earlier.

Off in a distant land (Europe) the French and Indian war was being fought. The war occurred from 1754 to 1763. Several European countries and India were fighting against Frederick the Great, King of Prussia. England and France were also fighting for control of the colonies in the Americas and other locations. England eventually rose victorious, but at a great cost. Nearly bankrupt, the Parliament chose to generate income by heavily taxing the colonies in North America.

Over the next several years even the most basic items were heavily taxed. The Parliament completely took over the currency system of the colonists. It was also ordered that British soldiers could be housed in inns, businesses and private homes.

In the 1768 the merchants of Boston essentially boycotted goods from Britain. Because it was a primary port, Boston soon became the powder keg that sparked the war. In 1770 Boston citizens attacked British soldiers with sticks and rocks. In an act of self defense the soldiers opened fire on the crowd. It was later known as the "Boston Massacre" where 5 colonists were killed. A couple of years later colonists dressed as Native Americans boarded ships that were docked in the harbor and poured the contents into Boston Harbor. The event is known as the "Boston Tea Party." It is estimated that the value of tea lost that day would be the equivalent of \$750,000 today.

In 1775 the British Army devised a plan to secretly converge on the town of Concord to seize a large stock of gunpowder. Late on the night of April 18th, two lanterns in the tower of the Boston Church signaled the British army was approaching

by sea. Paul Revere and others rode through the night to warn of the approaching forces.

Early the next morning, the advancing troops approached a field where 70 Minutemen awaited them. For several moments the two sides stared at each other across the field known as Lexington Green. Suddenly a bullet zipped through the air and became known as "the shot heard 'round the world." The war was on.

The war lasted until 1783. The signing of the Treaty of Paris marked the official end of the Revolutionary War and Britain's recognition of the sovereign nation of the United States.

Since then the United States has been involved in 19 wars (or conflicts) including the Texas War for independence and the Bay of Pigs conflict. The first involvement following the revolution was the Franco-American in 1798. The most recent are the wars in Iraq and Afghanistan.

## Celebrating your independence

Similar to the Revolutionary War, the battle for recovery is long and difficult. Simply making the decision to be free does not grant freedom. In fact, the initial decision to begin a life of recovery will intensify the fight as internal and external conflicts may escalate. Just as the signing of the Declaration of Independence actually increased the intensity of Britain's attacks.

An individual cannot appreciate freedom until he has experienced captivity and oppression. Those who have suffered addictions have experienced first-hand knowledge of this. Addiction is a powerful enemy. It will fight hard to keep you under its rule. Once an individual actually establishes his freedom from his primary addiction, at least 19 more battles await him.

Celebrate your recovery and independence from your addiction. Celebrate with gratitude and you will improve your serenity. However, be diligent. You have a powerful enemy looking to strike again in a moment of weakness. Freedom is a continuous and evolving struggle.

*Calvary Center has been treating patients with addictions for over 47 years. Through most of those years, treatment has occurred in a residential setting. However recently, Calvary has expanded services to include inpatient medical detox, partial hospitalization (day treatment) and intensive outpatient services. Calvary works with all major insurance companies. To contact Calvary Center call 1-866-76-SOBER (866-767-6237), or visit [www.calvarycenter.com](http://www.calvarycenter.com).*



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## Two Senators Ask Government to Shut Down Website Selling Illegal Drugs

Two U.S. senators are calling on the federal government to shut down a website that sells illegal drugs using layers of secrecy to avoid detection. The website sells drugs including cocaine, heroin and methamphetamines.



Department to close and investigate the website known as the Silk Road, named after the ancient Asian trade route.

The Associated Press reports that the website, which started in February, uses a network of buyers and sellers that hides their

identity. The website tells sellers to make shipments using vacuum-sealed bags so that drug-sniffing dogs will not detect the packages.

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### Apologies or Amends?

When children are playing and we witness one do something hurtful to another, we often intervene with the classic, "Tell her you're sorry!" to which our junior offender responds by sheepishly telling saying, "I'm sorry," with no remorse and only experiencing embarrassment over getting caught and fear about being "in trouble" and what punishment might follow.

Unfortunately, some people never progress past this rudimentary practice of apology and only offer "I'm sorry" when they are caught doing something harmful, to avoid being in trouble. Some apologies may be fancy, including flowers, Hallmark cards or tears, but unless they include several key components, they are no more sophisticated than the "I'm sorry" a school aged child offers.

A mature, sincere, and complete apology includes five components:

- **Recognition of the Error** – One must clearly state what they did was wrong, leaving the other person completely out of the statement. "I'm sorry I called you lazy," or "I'm sorry I had an affair," not, "I'm sorry I got so mad that day you laid around on the couch without doing anything," or "I'm sorry I stepped outside of our marriage because you weren't paying attention to me." The offender needs to apologize for their actions, not for the response of the injured party, saying, "I'm sorry I criticized your project," not "I'm sorry you felt so hurt at what I said."
- **Comprehension of the Consequences** For apologies to be acceptable, we have to be able to demonstrate we understand the full consequences our behavior has had on the injured party. It's nice to say, "I'm sorry for lying," but it is mature to say,

"I'm sorry for lying. I know this means you can't trust me right now," or "I realize you have lost some respect for me."

- **Remorse**—A genuine apology requires we actually feel bad about what we've done. The fact we feel bad is not remorse. The bad feeling we get from the consequences that fall onto us as a result of the error doesn't count.
  - **Making Amends**—Cards and flowers are nice, but they are not amends. Amends relate to healing the injury and mending the break in the relationship. This may take place through a heart-felt talk or letter, but is more likely to take place over time and....we simply do not repeat the same mistake. There's no quick fix for a breach in a relationship. We must be patient while the hurt person heals without adding pressure for them to *hurry up and heal*.
  - **Stated Plan for Improvement**—A teenager is likely say, "I'll never do that again," only to turn around and repeat the behavior a week later. However, teens are not the only ones likely to re-offend. It takes time and effort to change behavior patterns. Stating we will never do that again is not a reasonable plan for improvement. We need to state some concrete steps that may actually lead towards long-term improvement like, "When I get angry, I am going to step away and think quietly before responding," or "I will pray when I get those urges in the future and I will come to you and tell you I am having them."
- When your apologies contain all five components, they are much more likely to be accepted and to work to heal the breach in our relationships.



# CALENDAR OF EVENTS

HAVE AN EVENT? CLASSIFIED? Email us: [aztogether@yahoo.com](mailto:aztogether@yahoo.com)  
Submissions accepted one month prior to event.

## JULY EVENTS

**JULY 1—Tucson—Cottonwood Tucson—InnerPath Beginnings & Beyond Retreat.** This five-day intensive retreat 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](http://www.cottonwoodtucson.com) or call Jana at **520-743-2141** or email at [jzeff@cottonwoodtucson.com](mailto:jzeff@cottonwoodtucson.com) for information and registration.

**JULY 6—St. Luke's Behavioral Health Center Clinical Breakfast Series.** 8:00-9:00 a.m. Behavioral Health Center Auditorium, 1800 E. Van Buren. **Free CEU.** Breakfast, networking. Chip Coffey, **602-251-8799**. [pcoffey@iasishealthcare.com](mailto:pcoffey@iasishealthcare.com).

**JULY 19-22—12th Annual Summer Institute: The Next Generation of Health Care Systems.** Hilton Sedona Resort. 7th Annual Gala Awards Dinner, evening of July 21. For information and to register please visit: <https://www.regonline.com/12thannualsummerinstitute> or [www.cabhp.asu.edu](http://www.cabhp.asu.edu). Questions, please contact Linda Williamson at [linda.williamson@asu.edu](mailto:linda.williamson@asu.edu) or **602-496-1483**

**JULY 25—7:00-8:30 p.m. FREE LECTURE SERIES.** The Meadows presents—**"Relational Intimacy: Common Problems and Impasses in Couple and Family Relationships"**—Kristen Smith, LMFT, LISAC. Chapparral Christian Church 6451 E. Shea, Scottsdale. For information: call **866-633-5533 / 602-531-5320**.

**PROMISES ALUMNI MEETING—JULY 12, AUG. 9, SEPT. 13, OCT. 11, NOV. 8, DEC. 13.** 7:00 p.m. For information about location. Contact Tracey **310-595-0166** [tsimmons@promises.com](mailto:tsimmons@promises.com) or Ann **602-996-6395**.

**AUG 1-5, SEP 19-23 – Tucson – Cottonwood Tucson – InnerPath Beginnings & Beyond Retreat.** This five-day intensive retreat 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](http://www.cottonwoodtucson.com) or call Jana at **520-743-2141** or email at [jzeff@cottonwoodtucson.com](mailto:jzeff@cottonwoodtucson.com) for information and registration.

## ON GOING SUPPORT

**PATHWAY** presents **CHOICES.** Teen workshop/ support group, activities night open to all teens ages 12 to 21. **480-921-4050** or email: [zeebies@msn.com](mailto:zeebies@msn.com). Gilbert location.

**Incest Survivors Anonymous** ISA meeting in Phoenix—Freedom Hall (corner of 12th Street & Highland). Contact Gloria, **602-819-0401**

**COTTONWOOD DE TUCSON. On going Alumni Meetings:** Every Wednesday @ 6:00 –7:30 p.m. Cottonwood campus in Tucson. 4110 W. Sweetwater Drive. Tucson 1st and 3rd Tuesday of every month in Scottsdale at 7:00—8:30 p.m. 7219 E. Shea Blvd, Scottsdale. Contact Sally Hicks **520-743-0411** ext. 2517 or email [shicks@cottonwoodtucson.com](mailto:shicks@cottonwoodtucson.com)

**TUCSON—ARTS Anonymous** a 12 step program for creative people. Fridays, 5:30 p.m.. First United Methodist Church of Tucson 915 E. 4th Street. Tucson. Alison **520-203-7763**

**(ACOA) Adult Children of Alcoholics and Dysfunctional Families.** Saturdays 4:00 p.m. First United Methodist Church of Tucson 915 E. 4th Street. Tucson. Alison **520-203-7763**

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

**ACA** meeting. Tucson. Every Wednesday 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**.

Do you know food can also be an addiction? **OVER-EATERS Anonymous** is a 12 Step program that deals with addictions to food and food behaviors. OA has 18 meetings scheduled through out the week. For more information call **520-733-0880** or check our web site [www.oasouthernaz.org](http://www.oasouthernaz.org)

**FAMILIES Anonymous—**12-step program for family members of addicted individuals. Two locations: Phoenix/Scottsdale. **800-736-9805**.

**PILLS Anonymous—**Tues: 7:00 p.m., Glendale Community Church of Joy, 21000 N. 75th Ave. Tuesday: 7:00 p.m., Mesa- Open Discussion. St. Matthew United Methodist Church, 2540 W. Baseline Road Room B. 14, Mesa. Jim **480-813-3406**, Meggan **480-241-0897**. Wed: 5:30 p.m. North Scottsdale Fellowship Club, Room 3, 10427 N. Scottsdale Road, Thurs.: 7:00 p.m., Phoenix, Desert Christian Church Rm. D-2, 1445 W. Northern. 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](mailto:larrydaily@chandlercc.org).

**Depression/Bipolar Support Alliance** Peer support groups. **480-593-4630**.

**GA meeting** Sunday night. ACT Counseling & Education. 5010 E. Shea, D 202, 6:30 to 8:00. Details call **602-569-4328**.

**Spanish Speaking GA—**448 W. Peoria Avenue, Suite 203, Glendale. Contact Sue, **602-956-4931**.

**CELEBRATE RECOVERY—**City of Grace Mesa Campus, 655 E. University. Fridays, 6:00-10:00 p.m. Chapel Bldg. 7. City of Grace Scottsdale Campus, 9610 E. Cactus Rd. Scottsdale. Tuesday's 6:30-10:00 p.m. Linda Rinzel **480-464-3916**.

Are sexual behaviors in and out of relationships causing you problems? **Sex Addicts Anonymous** [www.saa-phoenix.org](http://www.saa-phoenix.org) **602-735-1681** or **520-745-**  
*continued on page 11*



# Tips for Parents: Helping Kids Stay Active and Healthy during Summer (and Fall, Winter, and Spring)

By DENA CABRERA, PsyD Remuda Ranch Treatment Programs

“Summer” for kids means so many different things—vacations, summer camp, swimming, free time, and best of all, no school. In the summer, schedules change, routines are broken, and patterns are modified. This could create an imbalance in our eating and activity level. Also, the heat often immobilizes us, making it a bit more difficult to stay active and eat healthy. Helping kids stay active during summer time may pose a challenge for parents. Also, kids today face many different options for food and activity than past generations. With an abundance of inexpensive, high calorie, low nutrient-dense, tasty, unsupervised food choices coupled with entertainment much more sedentary than “play”...we end up with overweight kids. What is a parent to do?

## Top 10 Tips for Parents Who Want Healthy Kids:

1. **Be a good role model.** Do not follow fad diets for weight loss; eat intuitively. Choose from a variety of foods that are tasteful and satisfying. Eat when hungry; stop when not hungry any more.
2. **Promote Size Acceptance.** All bodies are shaped differently; this is natural and a part of one's genetic makeup. Fostering an environment of size acceptance and diversity in shape helps to promote a child's own self acceptance and well being. Differences are welcomed, not feared.
3. **Use positive body language.** Are you consistently talking about the weight you want to lose? How much better you would look if you could lose these last 10 pounds? Commenting on others' appearance and making judgments? Talking positively about one's own body will model a healthy self-concept.
4. **Allow for freedom of choice within structure.** Provide food options for children within reason: one snack may be either an apple with peanut butter or graham crackers and milk; another may be a cereal bar or two small cookies. If given the opportunity, children are wonderful intuitive eaters. Make healthy food choices easily accessible and available.
5. **Create a positive environment around food and eating.** We know that children excel emotionally and academically in an environment in which they feel loved and safe (Your Child's Weight, Helping without Harming, chapter 3, “Make family meals a priority”, Ellyn Satter, MS, RD, LCSW, BCD). The dinner table is a terrific venue for providing this kind of safety. Make it a rule for the family to eat at least one meal together per day. Keep the conversation positive. The child will

associate the context of the meal with positive feelings which in turn promote a healthy relationship with food.

6. **Develop Critical Thinking Skills.** Media images and messages about food and bodies are often distorted and kids are the most vulnerable to these messages. Teach them to be watchdogs of the media! Parents can question advertisements, messages and use talk back techniques with their kids when hearing messages that both discourage healthy realistic attitudes and behaviors related to beauty, eating and weight.
7. **Be active.** This can be difficult especially with teens during the summer. Limit screen time per day: television, computer, video games, text messaging, etc. Build in family activity time to encourage a lifestyle of activity. Set clear expectations for chores done by the child around the house; do not apologize for requiring the child to contribute to the household in this way. Invent games while doing chores. Plan active family vacations: hiking, biking, roller blading, swimming, etc.
8. **Involve the child in menu planning.** Invite the child's preferences when planning the weekly menu without dictating the entire menu. Include the child in grocery shopping and meal preparation when possible. These are great teachable moments.
9. **Everyone should eat the same meal at dinner time.** Resist the urge to make a special plate for the child who refuses to eat what is served. Allow the child to decide if she/he will eat and if so, how much; the parent decides what will be served and when. Parents must be consistent on this issue or they will indefinitely be short-order cooks on demand for the child.
10. **Eat with balance, variety and moderation.** Do not require the child to finish everything on his plate. Provide a variety of flavors, colors, textures and aromas in food to expand the child's food repertoire. Depending on the child's age, portion food appropriately or let the child portion on her own. Small, frequent meals and snacks allow the body's metabolism to work most efficiently.

*Dr. Cabrera is an expert in the psychodiagnostic assessment and treatment of eating disorders. She has been involved in program development, staff training and supervision throughout the Remuda system. She presents to national audiences on state-of-the-art treatments of eating disorders and difficult mental health problems. Visit [www.remudaranch.com](http://www.remudaranch.com) or call **800-445-1900**.*

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## Many Heavy Cocaine Users May Have Symptomless Heart Damage

A study that examined the hearts of heavy cocaine users found that 83 percent had structural damage in their heart, even though they didn't have any symptoms.

*HealthDay* reports that the study included 30 long-term cocaine users, who had been using about 5.5 grams of cocaine per day for an average of 12 years. The participants had entered a drug rehabilitation program 48 hours after they last used cocaine. Their heart function was normal, but scans of the heart revealed that 83 percent had structural dam-

age, and 47 percent had swelling, or edema, in the lower left ventricle of the heart.

The study also found that 73 percent had scarred tissue in their heart, the researchers reported in the journal *Heart*. They noted that edema can be reversible, but scarring is not.

According to the American Heart Association, several heart-related complications are closely related to cocaine use, including chest pain syndromes, heart attacks, heart failure and strokes.



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## From the Heart

By ALAN COHEN

[WWW.ALANCOHEN.COM](http://WWW.ALANCOHEN.COM)

## A Better View of the Sky

An experience as devastating as the earthquake and tsunami in Japan causes us all to wonder why and how such an event can occur. The loss of human life and damage to property poses many sobering questions to a person of compassion and conscience. It touches us at the deepest level and forces us to confront the experience of suffering.

Yet there are lessons, insights, and healings that come from even the darkest night of the soul.

Disasters move us to revisit and reorder our priorities, and transcend old limits and patterns through kindness and caring. If we have become distracted from the values that make life work, upsets can serve as a valuable course correction.

When the Japanese earthquake hit, English teacher Anne Thomas was living in Sendai at the heart of the devastated region. A few days after the disaster I received a forwarded email from one of Anne's friends, sharing her gripping and inspiring view of the difficulties. In the aftermath people had to come together. They shared water, food, and a kerosene heater. "We sleep lined up in one room, eat by candlelight, and share stories. It is warm, friendly, and beautiful." Those with the good fortune of running water posted signs so others could come and fill up their buckets. "People keep saying, 'This is how it used to be in the old days when everyone helped one another.'"

Without water, people could not bathe or shower. Yet Anne saw a blessing even in this. "We feel grubby, but there are more important concerns than that for us now. I love this peeling away of non-essentials. Living fully on the level of instinct, of intuition, of caring, of what is needed for survival, not just of me, but of the entire group." And most poetically, "The heavens at night are scattered with stars. I usually can see about two, but now the whole sky is filled."

Anne's conclusion: "An enormous Cosmic evolutionary step is occurring all over the world . . . I can feel my heart opening very wide. . . I feel part of something happening much larger than myself. This wave of birthing worldwide is hard, and yet magnificent."

While many people are focusing on the tragedy and devastation associated with the disaster, this woman found majesty in the way people were coming together to help, and the rewarding return to essentials. Everything is what we make of it, and some good comes of every bad. The outpouring of love and support to the people of Japan has been phenomenal. So many people have donated money and prayer, and many have traveled to the affected zone to lend a hand. Giving love is healing to those who extend it, and for the Japanese,

generally a proud and independent people, receiving love is equally healing. A Japanese friend told me, "I heard about a team of Israeli doctors who came and donated their services. I had no idea anyone in Israel cared about us and would make such an effort. Maybe kindness is still alive in the world."

A Zen master said, "Now that my house has burned down, I have a much better view of the sky." Sometimes when something we thought we needed is taken away, the space reveals riches we were missing because we were distracted by our assumed source of security.

In one of my favorite movies, *Starman*, an extraterrestrial comes to earth for a short but intense adventure. When he has to return to his planet, someone asks him, "What did you learn about human beings?" He answers, "When things are at their worst, you are at your best."

Things don't always have to get to the worst before we bring forth our best. We can offer kindness, compassion, clarity, and appreciation for the simple things without needing a cosmic whack to get our attention. If we appreciate the night sky without an earthquake, we may not need a disaster to remind us of the star borne gifts it offers.

Metaphysically, an earthquake represents that the ground of our being is shaking. Simple observation reveals that nearly every human institution we have depended on is shaking — economics, education, government, religion, marriage, and how we relate to the environment, to name a few. The Japanese earthquake is not restricted to that foreign island; it represents a worldwide shakeup affecting us all. The event is less important than how we react to it. We can choose fear or love, with no real options in between. You can go into panic and insecurity, or like Anne Thomas, you can relax into security of a higher order than the one we have been trained to depend on. Shakeup can lead to breakup or it can lead to wakeup. Let's use the experience as a call to remember how we were born to live.

Devastation, personally or geographically, is never an end. It is always a means to a greater end. For everything taken away, something greater comes to replace it. As Japan rebuilds to become even stronger, may we all find new stars in the sky.

*Alan Cohen is the author of many popular inspirational books, including his newest book of uplifting messages, *A Daily Dose of Sanity*. Listen to Alan's weekly radio show *Get Real on Hay House Radio* at [www.hayhouseradio.com](http://www.hayhouseradio.com), and join him for *Life Coach Training* beginning in September 1, 2011. For more information visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1 808-572-0001.*

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- OTHER SERVICES
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- Momentum - outpatient treatment for long-term mental illness

Intake representatives are available 24 hours a day to schedule appointments for assessment. St. Luke's Behavioral Health Center does not have an Emergency Department and does not offer emergency services.

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stlukesbehavioralhealth.com



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Table with 3 columns: Service Name, Phone Number, and Address. Services include ACT Counseling & Education, AZ NicA, Alcoholics Anonymous, Al-Anon, ACA, Anasazi Foundation, Aurora Behavioral Health, AZ Office of Problem Gambling, AWEE, Banner HELP LINE, Bipolar Wellness Network, CCARC, Cocaine Anonymous, CoDA, COSA, Commun. Info & Ref, Community Bridges, Cottonwood de Tucson, Crisis Response Network, The Crossroads, Crystal Meth Anonymous, Emotions Anonymous, EVARC, Gamblers Anonymous, Greater Phx. Teen Challenge, Grief Recovery, Heroin Anonymous, Magellan Crisis Hotline, Marijuana Anonymous, The Meadows, Narcotics Anonymous, National Domestic Violence, NCADD, Nicotine Anonymous, Our Common Welfare, Office Problem Gambling, Overeaters Anonymous, Parents Anonymous, Psychological Counseling Services (PCS), and The Promises.

TUCSON

Table with 3 columns: Service Name, Phone Number, and Address. Services include Alcoholics Anonymous, Al-Anon, Anger Management Intervention, Co-Anon Family Groups, Cocaine Anonymous, Cottonwood de Tucson, Crisis Intervention, Information Referral Helpline, Half-Way Home, Narcotics Anonymous, Nictone Anonymous, Overeaters Anonymous, Sex/Love Addicts Anonymous, Sex Addicts Anonymous, Sierra Tucson, The S.O.B.E.R Project, Suicide Prevention, Surv. of Incest Anonymous, Tucson Men's Teen Challenge, Turn Your Life Around, and Workaholics Anonymous.



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Crossroads opens new Men's facility in Arcadia

By MALLORY LORING

Opened in April 2011, the Crossroads Arcadia Men's Facility first hit its current capacity of 58 within just a few weeks. This quick influx of clients was no surprise to Crossroads as the organization has been intimately aware of the need for transitional living since its establishment in 1960.

For over a year, Crossroads worked to obtain possession and renovate the facility, which will eventually be able to accommodate 70 men. The Arcadia site, 5116 E. Thomas Road, is an exciting step forward for the organization that previously had only 200 beds available between its existing six facilities.

"No one wants to be limited by the number of beds available when we know how badly an individual needs help," said Brent Downs, assistant director of Crossroads. "We know there is a demand and we're driven to meet it."

Residents at Arcadia Crossroads are guided through recovery and provided with meals, lodging, and additional help, including bus passes. Support in obtaining transportation may be important for some residents as the Crossroads program requires them to secure a job or attend school. Finding work or enrolling in school is a crucial step that Crossroads encourages its clients through as it plays an enormous role on the road to recovery and in becoming self-sufficient.

But the first step is to enter into a recovery program, followed by participation in 12-step meetings and maintaining a sponsor. The cost is \$25 per day for the 126 day program and there is a \$208 refundable deposit and intake fee. With this residents are given access to support outlets and daily meetings that are open to others not living at the facility.

"We also serve three meals everyday," said Downs. "That may sound obvious but



Executive Director, Lee Pioske welcomes the community at the Crossroads Arcadia Opening Celebration

having these nutritious meals is a new thing for many of our clients."

Choosing a recovery program and securing a job is just the beginning for Crossroads residents. The final step they must take is to become a part of the community. Redeveloping the full person by getting involved in community chores and engaging with

peers in the program is an important part of being successful in addiction recovery at Crossroads.

Crossroads' programs were designed specifically to bring its clients into a community. Addiction is exceptionally isolating; this was taken into consideration when renovating the Arcadia facility. Rooms are outfitted with only the necessities for showering and sleeping, in order to encourage clients to spend the majority of their time in common areas, including the courtyard, volleyball court and shaded ramada.

Many of Arcadia's full-time staff is alumni of a Crossroads facility. The staff has reported that having this link between themselves and current clients creates an important bridge of understanding.

"While we are happy to see a new person entering recovery, we know our smiles may look completely different to the person who is just stepping through our doors because

CROSSROADS continued page 12



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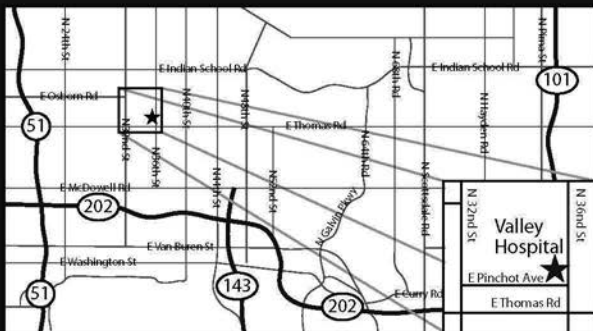
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## 43rd Annual Southwestern School for Behavioral Health Studies Conference

Nestled in the majestic Ventana Canyon, the Southwestern School for Behavioral Health Studies (SWS) will host its 43rd ANNUAL Conference at Loews Ventana Canyon Resort in Tucson August 21-25.

The incredible venue at Loews and another vibrant SWS agenda should guarantee another large turnout, making the SWS the largest behavioral health Conference in Arizona. A total of 80 workshops will be offered during the 5-day event. This year's theme is **"Resilience in Tough Times: Renewing and Strengthening Self, Family and Community."** Conference highlights include:

#### Pre-Conference (all-day track) August 21

- "The Real Reality Show: Critical Incidents in Clinical Supervision", Robert Kafes, DCSW, ACSW, LCSW
- "The Spirit of Healing: Ericksonian Approaches that Work for Treating Challenging & Traumatized Children & Adolescents", Joyce C. Mills, PhD

#### Lunch Speaker August 24

- Kevin Hines: "The Art of Living Mentally Well"; hear Kevin's powerful story of jumping off the Golden Gate Bridge; spreading the message that suicide is not the answer.

#### Plenary Speakers August 22-25

- David Mee-Lee, M.D.: "Sticks & Stones: Words & Terms that Will Help You Ruin a Therapeutic Alliance"
- Frank Campbell, PhD, LCSW, CT: "How Sudden and Traumatic Loss Can Impact a Community"
- David Verhaagen, PhD: "Born with Digital DNA: Understanding & Treating the iGeneration"

- David Conrad, LCSW: "Secondary Traumatic Stress"
- Robert Johnson, D.O.: "The Neurobiology of Misbehavior Relating to Addiction"
- Jeffrey Zeig, PhD: The Art and Science of Emotional Impact"
- Bonnie Duran, PhD, Karen Waconda-Lewis, MS, & Jeff Houser: "Indigenous Presence: Decolonizing Our Minds Cultivating the Causes of Happiness"
- Lonnetta Albright, BS: "Voices: What do They Want Us to Know?"

Also new to the SWS is a new Leadership Symposium on Friday, August 26.

Faced with the challenges of leading businesses in uncertain economic times, motivating and retaining high quality employees, and staying true to the core values of the company, business leaders will have the opportunity to hear nationally recognized experts share their ideas.

Dr. Sheila Murray Bethel will engage us with "Inspirational Leadership...Building Resilience and Hope in Tough Times."

Kevin Hall will stimulate us with "Transforming your Life and Business through the Power of Words."

Anthony Robles will inspire us with "BEING UNSTOPPABLE! How to Release the Champion Within You!" This one-day symposium includes continental breakfast, lunch and a reception in the lovely and scenic Ventana Room at Loews Ventana Canyon.

Register online at [www.azsws.org](http://www.azsws.org) or contact Michele Brown at 480-784-1514 x 1508 or [michele.brown@empact-spc.com](mailto:michele.brown@empact-spc.com)

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# LIFE 101

By **COACH CARY BAYER** [www.carybayer.com](http://www.carybayer.com)

## Spontaneous Writing for Getting Unstuck

If there's a novel, book, screenplay, pamphlet, article, poem, training, or any kind of writing that you'd love to do or simply need to do, one of the best ways to get it started—and get it moving if it's stuck—is a discipline I call Spontaneous Writing. All you have to do is set aside 10-15 minutes each day and keep your pen—or your fingers on the keyboard—moving. That's it.

Say you're writing a novel, and you know where the story starts and ends, but you don't know much about each character's nature and back story. Take an alarm or a timer with you, set it for 10-15 minutes (your choice), and let your fingers move without stopping. Even when you have nothing in your mind, keep your fingers going, even if you wind up saying, "I have nothing further to say about her" or "I don't know why he has that twinkle in his eye."

You might start by picking a specific character who you'd like to focus on for the particular Spontaneous Writing session. Start by writing where this character was born, when he was born, to whom he was born, the circumstances of that birth (in marriage? out of wedlock? a love child?), the year of his birth or anything that might be of interest or unusual about his birth. After all, birth is the first entrance into this world for all of us. Was it in a hospital, at home, or under water? Moreover, how do the circumstances of his birth affect the character as your novel begins? How might it affect him as the plot unfolds? All of these are just matters of his birth itself.

Moving on—probably for another session—focus on what he looks like? What are his distinguishing features? What does he believe in? What are his idiosyncrasies? What does he love in life? What does he hate? Who loves him? Who hates him? What secrets does he carry around within him? Who has he betrayed? Who has betrayed him? In these sessions you can discover what lurks in your Creative Source about this character. You can learn things that you might never know if you just tried to concentrate and will the character into being.

You can do this for each character, you can do this for plot developments, or any points that you want to leave the reader with in this book. Once you've laid out all of this you'll have a rich background for the development of your novel. You can then begin actually writing the book itself. And you can do this in the same exact way that you developed characters and plot—writing continuously for 10-15 minutes, without interruption, not stopping to edit or proofread, for example. You can perform these crucial editorial functions immediately following Spontaneous Writing if you like, or at a different time altogether when you're further removed from the energy of creation. You can also use this approach for any kind of creative project—not just novels.

The whole idea behind the creative session, however, is for spontaneity to rule the day, without the critical involvement of the intellect. Your Creative Source, your Muse, if you will, is a much better creator than your ego. I know this because I have personally used this method to write first drafts of two different novels. I was completely amazed at the quantity of material that could come out in just 10 minutes. I was also amazed at the quality of the material that would emerge: this took the form of the writing itself, as well as concepts and plot developments.

#### It Takes Discipline

If you stick to this discipline—and who doesn't have a measly 10-15 minutes a day?—you'll have put in between 70 minutes and an hour and three quarters per week, or probably about 10 pages, give or take a page or more, each week. That's nothing to sneeze at, especially for those who've been stuck and blocked, and unable to create anything. Spontaneous Writing is about the best way to get unstuck in your creative venture, connect to your Muse, and come up with some terrific pieces of creativity that you might not have ever come up with.

*Cary Bayer conducts a private practice You can find him at [www.CaryBayer.com](http://www.CaryBayer.com) and reach him at [successaerobics@aol.com](mailto:successaerobics@aol.com).*



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

**North Phoenix Visions of Hope Center**—Recovery center for 18 or older enrolled in Magellan. 15044 N. Cave Creek Road #2. Phoenix. **602-404-1555.**

**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

**OVEREATERS Anonymous**—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. [www.oaphoenix.org/](http://www.oaphoenix.org/) **602-234-1195.**

**CLUTTERERS Anonymous**—Thurs. 6:30 p.m. North Hills Church, 15025 N. 19th Ave, Rm F-103, Phoenix. **602-601-1414.**

**SLAA—Sex and Love Addict Anonymous** **602-337-7117.**[www.slaa-arizona.org](http://www.slaa-arizona.org)

**FOOD ADDICTS Anonymous**—12 step group. [www.Foodaddictsanonymous.org](http://www.Foodaddictsanonymous.org)

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**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](http://www.arizonada.org).

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NEWS from page 2

say alcoholic beverage sales grew by nearly 10 percent from May 2010 to May 2011.

During that period, the unemployment rate was more than 9 percent, CNNMoney reports. Esther Kwon, an alcohol industry analyst for Standard & Poor’s, said that in a recession, people continue to drink, although they tend to drink more at home instead of in a bar.

Alcohol sales grew more than 9 percent in 2008, when unemployment averaged 5.8 percent. In 2009, sales edged 1 percent higher, while unemployment jumped to about 9.3 percent. In 2010, sales grew by more than 9 percent, while unemployment rose to 9.6 percent.

Cocaine Anonymous World Convention: A Hit in the Valley  
By Donovan Wilson  
The Arizona area of Cocaine Anonymous hosted the 27th Annual Cocaine Anonymous World Convention. More than 2,000 men and women from across the U. S. and around the world participated in a series of social activities, workshops, lectures, and group meetings on substance abuse and staying sober.

Arizona had an opportunity to showcase itself on an international platform with visitors descending from England, Scotland, Ireland, Holland, Germany, Mexico, Spain, Hong Kong, New Zealand, and Turks and Caicos for a taste of the strong recovery that exists in the Valley.

The air was reminiscent of a vintage southern family reunion.

Phoenix resident Ginger, one of the convention’s organizers, was all smiles as she

sat in the registration area and explained how she looked forward to hearing the speakers she helped to recruit. “We have speakers from New Zealand, Scotland, England, New York, and California,” she said. “The message they will deliver throughout our convention is vital to all our attendees.”

One attendee who would not have missed the convention for anything in the world is Phoenix native Jeff who has been sober for just six weeks. He said his recent struggles have made him stronger in his pursuit to overcome his addiction. “I have been looking forward to the workshops and learning more about sobriety and the fellowship of recovery,” he said.

Gilbert resident Evan, who served as chairperson for the World Services Convention Committee, said the Arizona Fellowship of Recovery had been planning the event for four years and was elated with the turnout, the fun, and the fellowshiping that took place. “We were poised to put our best foot forward... and we did,” said Evan who has 20 years of continuous sobriety. “Since we won the bid in 2007 to host this year’s event our volunteer committee spent countless hours carefully planning the convention. We approached this privilege to have the conference on our home turf with a lot of pride.”

Judging from the feedback relayed by those in attendance, Evan and his 38-team planning committee have much to be proud of...as the event was a huge success and an inspiration for the team from England which took away tips that they will provide to the committee planning the 2012 CA World Service Convention will be held in Birmingham.

Drunk Driving Risk Remains High Even When Driver is Just ‘Buzzed’

Drinking even a little bit of alcohol increases the risk of driving accidents, a new study finds. The study shows that the severity of life-threatening motor vehicle accidents increases significantly at blood alcohol levels far lower than the current United States limit of 0.08 percent.

The researchers say that lowering the legal limit could save lives and prevent serious injuries. They studied data from every person in the U. S. who was involved in a fatal car accident from 1994 to 2008—a total of 1,495,667 people. *Science Daily* reports the researchers found that accidents are 36.6 percent more severe even when alcohol was barely detectable in a driver’s blood.

Lead researcher David Phillips from the University of California, San Diego, who reported his findings in the journal *Addiction*, wrote that people who are ‘buzzed’ are more likely than sober drivers to speed, to be improperly seatbelted and to drive the striking vehicle in an accident. All of these factors are associated with greater accident severity, he notes. He found a strong ‘dose-response’ relationship between these factors—for example, the greater a person’s blood-alcohol content, the faster he or she is likely to drive.

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The Crossroads 602-279-2585  
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St. Luke’s Behavioral 602-251-8535  
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#### *CROSSROADS from page 9*

we've been there," said Joe Anderson, Assistant Coordinator.

It is the "newcomer" and "old timer" balance that has an impact at Crossroads. From its transitional staff members to the Executive Director, residents are able to see first hand the life they are working towards through people who have been in their shoes. Across all seven Crossroads facilities there are up to 220 meetings per week where facility residents and those in recovery outside the program can gather. Currently, Arcadia hosts 24 meeting each week, but that number will continue to grow. The Arcadia facility is also the home to the Right Track (RT) Program, formerly called the Meth Pilot Program, initially started and funded through a grant from St. Luke's Health Initiatives. This program was started because of the severe effects of meth on some of our clients. It is a 21-day program that includes some groups, lots of meetings, extra sleep and food.

"Coming out of addiction is not an easy road," said Randy Dannheim, Right Track

Program Coordinator. "The first days are sometimes painful and incredibly taxing to get through."

But because RT has been able to exponentially increase the chances of recovery, the program has been expanded to serve in recovery from other substances including: alcohol, heroin, cocaine, opiates and marijuana. Participation in this specific program costs \$45 per day, totaling \$945 for 21 days. It does offer some of its clients a very viable and cost effective alternative to treatment.

Like in other Crossroads programs, RT clients are given access to counseling as well as classes on substance abuse and life-skills. But the structure reserves the client's last six days for a job search.

Crossroads is focused on sending its residents back into society with steady footing. Whether with the RT or 126 day program the transition into a self-sufficient lifestyle that happens at facilities such as Arcadia is an enormous part of a client's recovery.

Visit [www.crossroadsinc.org](http://www.crossroadsinc.org)

#### *Sex Addiction in the New Media Frontier from page 1*

Today there are electronic alternatives to a losing yourself to porn-obsession, compulsive masturbation or anonymous sex. All of the 12-step sexual recovery support groups (SA—Sexaholics Anonymous, SAA—Sex Addicts Anonymous, SCA—Sexual Compulsives Anonymous, SLAA—Sex and Love Addicts Anonymous etc.) now offer not only websites that explain the nature of the problem, along with meeting and phone support lists—but also entrée to chat room based 12-step meetings, sponsors and social support for recovery. As readily as you can employ the Internet to search for porn and prostitution, you can also find and interact with therapy organizations and individuals skilled in sex addiction treatment, clinicians specifically certified to help guide sexual behavior change and healing. The Internet also offers concrete, specific information about sexual addiction and recovery/healing that would have once been hard to find in libraries, phonebooks or at the doctor, pastor or psychotherapists' office, even if one had been brave enough to talk about these potentially shameful problems.

'Apps' for that too!

As rapidly as the social networks have risen to prominence, so support has evolved for all types of healing through recovery apps (like ipromises or ann-e), programs that offer one-click connection to local 12-step support, meetings and daily inspirational messages, along with the ability to monitor addiction triggers or track sober time. For recovering sex addicts, sexting can be replaced with photos and video of loved ones, those meaningful reminders of why sobriety is important, while Smartphones and GPS offer to connection to higher levels of accountability to concerned spouses, therapists and sponsors. As our world becomes smaller and more immediate, so fortunately does access to help, guidance and change for those willing to put their time and focus into self-stability, integrity and healing.

Further information regarding sexual addiction and recovery, support groups and advanced professional training can be found in the resources section of our website at [www.sexualrecovery.com](http://www.sexualrecovery.com)

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#### **DID YOU KNOW?**

- About 3% to 6% of Americans have sexual addiction.
- Sexual addiction often coexists with chemical dependency, and untreated sex addiction contributes to relapse to chemical use.
- Like chemical dependency, sexual addiction is a family disease. Spouses of sex addicts, or "coaddicts," usually grew up in a dysfunctional family, where they acquired a set of core beliefs that resulted in low self-esteem and difficulty in relationships.
- Sexual addiction is often accompanied by other addictions. Physicians' understanding of this fact is important because sex addiction contributes significantly to the AIDS epidemic and because efforts to control sexual addiction are often confounded by coexistent problems.

#### **Where to get help:**

**Sexual Recovery Institute**  
866-820-9921  
[www.sexualrecovery.com](http://www.sexualrecovery.com)

**SAA Phoenix**  
602-735-1681  
[www.saa-phoenix.org](http://www.saa-phoenix.org)

**Sex and Love Addicts Anonymous**  
602-337-7117  
[www.slaa-arizona.org](http://www.slaa-arizona.org)

**Sexaholics Anonymous**  
602-439-3000

**PCS - Psychological Counseling Services**  
480 947-5739  
[www.pcsearle.com](http://www.pcsearle.com)