

Together A-Z

Inspiring Success On The Road To Recovery

September 2012

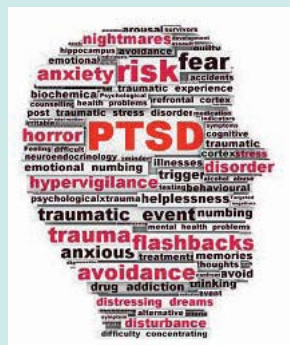
SAVE the DATE!



Saturday Sept. 22
artofrecoveryexpo.com

INSIDE THIS EDITION

Benefits of Combining Treatments for PTSD and Substance Abuse



PLUS: OPEN DOORS

by Dr. Dina Evan

The Role of Shame in Addiction

BY JOHN BRADSHAW

Addiction has been defined as a pathological relationship to any mood altering substance, experience, relationship or thing that has life damaging consequences. Addiction is pathological because it is rooted in denial. There is no other disease that the worse it gets; the more the patient denies they have it. It is also clear that a person rarely has just one addiction. A vast number of addicts move to another addiction when they stop the addiction they were in. Some of this can be attributed to genetic predisposition, but the more critical factor is internalized shame. Shame is an innate feeling that monitors our propensity towards avidity, especially our curiosity, interest and pleasure. Shame also guards our privacy (acting as covering for our physical and emotional decency). As a covering for our emotional decency, shame safeguards our dignity and honor. No feeling is more important to our sense of self than shame. When our privacy and sense of self is unduly violated because of abandonment and abuse of any kind, the feeling of shame is ruptured. We are completely vulnerable (without any covering) and cannot defend ourselves. We stop feeling shame, we become chronically ashamed. The more this happens the more we experience our identity as flawed and defective. As shame becomes internalized we develop a shame based identity. The



majority of addicts are shame-based. To stop drinking alcohol puts an end to an alcoholic's addiction, but it does not stop the person's addictiveness which is rooted in their shamed based identity.

Initially the rupturing of shame happens within a context involving a significant other. Abandonment, neglect, physical, sexual and emotional abuse are forms of rejection and leave their victim feeling unwanted, undesirable and personally flawed. The abuser

*“No shame based
person wants to
admit any defect or
vulnerability.”*

transfers their own shame to the abused, who carries their shame. Ruptured shame is “carried or toxic shame.” All abuse transfers shame, but when a child is shamed for having a feeling (any feeling) that feeling is bound in shame. The same is true for one’s needs and wants, so that when a growing child wants or desires or needs something, they are shamed for it. Once a child goes to school and ventures into the world, there are myriads of dangerous people who are potential sources of shame, The shaming that went on in my catholic elementary school was horrible. Kids learn early on that they are compared to the kids that are handsome and good looking; they learn how obsessively important sports are and many learn that they just don’t measure up. One of the processes of shaming is measurement. Slow learners (often because of slower development) are shamed both at school and at home for not measuring up. Children quickly learn about money and experience shame if their family is low income. We live in a culture of vicious shame.

Young girls easily develop shame because of their gender, and God help the gay, lesbian and transgendered. They are not only socially shamed but they are told that God judges them. Over fifty-five years of teaching and counseling I've seen many addicts whose shame was sealed by the forces I've just described.

A shame based addict feels flawed and defective in their very being. To feel that way is to feel hopeless. This awful sense of

SHAME cont. page 9



For the past four decades, John Bradshaw, has combined his exceptional skills as the role of counselor, author, management consultant, theologian, philosopher, and public speaker, becoming one of the leading figures in

the fields of addiction/recovery, family systems, relationships, Spiritual and emotional growth, and management training.

Meet John Bradshaw at the 7th Annual Art of Recovery Expo, Saturday, September 22, Phoenix Convention Center Hall F. Mr. Bradshaw's keynote address begins at 10:15 a.m. Doors open at 10 a.m. FREE admission. Visit www.artofrecoveryexpo.com

But, I'm Not "THE" Addict!

BY BILL RYAN

I'm often asked by the friends and family members experiencing the challenges of having someone they love struggle with addiction two questions. "What can do I do to help this suffering person?" "What is addiction?" I will address the topics of education, intervention and recovery.

What is Addiction?

Addiction is a chronic brain disease that can be treated. **There is no cure**, however, a 100% chance of 100% lifelong remission exists when treatment is accepted and maintained.

Addiction is characterized by continuous or periodic use of a mood altering substance or behavior despite adverse dependency consequences, or a neurological impairment leading to such behaviors. Addictions can include, but are not limited to, alcohol abuse, drug abuse, excessive exercise, sex, eating disorders and gambling. Classic hallmarks of addiction include: impaired control over substances/behavior, preoccupation with substance/behavior, continued use despite consequences, and denial.

As an interventionist and addiction specialist I've seen where most of what was previously defined as addiction can also be described as how the family and friends behavior can be affected when dealing with their addicted love one. It's often referred to as being co-addicted.

In order to give the addict the best chance at getting and staying clean and sober having a committed and courageous support team who is willing to seek treatment for themselves is extremely important.

Frequently when I'm educating concerned family and friends about addiction and we start to discuss that addiction is a "family systemic" issue-- there is an understandable change in their demeanor and attitude. Feelings range from fear, denial, confusion, anger and frustration — to eventually — hope, understanding, faith, willingness and surrender.

In discussing “their” roles and how they can be contributing in keeping the addict “stuck” I get a range of comments like, “Wait a minute, I’m not the problem”, “I’ve done everything for them”, “I love her and give her money and a roof over her head,” or “If he gets clean then I will be OK”, “If I don’t continue to help something worse may happen.”

These are all normal caring human comments but when further discussed it becomes apparent to all in the meeting — by “not” doing anything or by “continuing the co-dependent behavior nothing will improve, and unfortunately in most cases the situation gets worse.

Families in their desperation and feelings of helplessness try to take control of the situation and “force” the addict to change. Many will beg, manipulate, lie, threaten, bribe, or

worse yet continue to “enable” the addict in order to get them the life-saving help they need.

More times than not these behaviors fall short and are not the answer. The addict's behavior consciously and un-consciously holds the loved ones hostage --everyone feels they are "stuck between a rock and a hard place." Families become confused, frustrated and paralyzed with what to do for the one they love so much. They feel if they set boundaries or consequences the person will surely get worse. If they do nothing then the addict will continue to spiral downward. Most of us who have been in this dilemma revert to or continue to "enable" the addict and this

I'm Not THE Addict cont. page 11



Bill Ryan has been involved in the field of chemical dependence both professionally and personally for over 30 years. Bill is a Registered Addiction Specialist (RAS), a Board Registered Interventionist (BRI) and a Certified Life Coach (CLC). He is a

member of the American Counseling Association (ACA), and a full member of the Association of Intervention Specialists (AIS). Contact him at 602-738-0370.



publisher's note

An Invitation for Hope

By BARBARA NICHOLSON-BROWN

September is Recovery Month

Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. It spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover. Right now over 573 events are planned during the next 30 days across the country.

We invite you and your family and friends to join us at the *7th Annual Art of Recovery Expo* on Saturday, September 22 at the Phoenix Convention Center from 10:00 a.m. -5:00 p.m.

Headliners include, *John Bradshaw*, educator, counselor, motivational speaker and author who has hosted a number of PBS television programs on addiction, recovery, codependency and spirituality and *Herschel Walker*, former American college, professional football player and Heisman Trophy Winner.

Workshops and panel discussions throughout the day include *Addiction, The Family Disease* with Kimberly Cabral, founder of MASK (Mothers Awareness on School Age Kids); a special workshop will be devoted to family members of our returning Veterans; *Understanding Trauma, The Root of Addiction*, with Judy Crane of The Refuge- A Healing Place; *Suicide Prevention* panel with members of Terros, Community Bridges and Magellan of Arizona and Chef Richard Serna of Cottonwood de Tucson will be serving up a healthy cooking demonstration. Meet over 100 of the leading behavioral health and treatment providers exhibitors from Arizona and across the country.

Admission is free to the public.

Join us as we continue to inspire success on the road to recovery!

The Art of Recovery Expo Team,
Barbara Nicholson-Brown, Rick Baney, Kristen Polin, Bobbe McGinley, Bill Ryan and Stephanie Siete

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·N·E·W·S·

Teens Fare Better at Substance Abuse Facilities With Comprehensive Mental Health Services

Teenagers who receive substance abuse treatment at facilities with comprehensive mental health services fare better one year later, compared with those treated at facilities with fewer such services, or none at all, a new study finds.

Researchers at the RAND Corporation studied teenagers at three types of substance abuse treatment facilities. One group of 932 teens attended a site that had a psychiatrist and/or licensed social worker or psychologist on staff, and was able to offer comprehensive psychiatric services. A second group of 1,375 teens attended a site that could treat psychi-

atric conditions except for severe/persistent mental illness, and a third group of 1,210 teens attended a facility that could not treat psychiatric conditions.

After one year, teens who attended facilities that could treat all psychiatric conditions had lower average levels of substance use problems and substance use frequency compared with the other two groups.

"Half of adolescent substance abuse treatment facilities offer mental health services," notes lead researcher Rajeev Ramchand, PhD, a behavioral scientist at RAND and a professor at the Pardee RAND Graduate School. "We wanted to look at whether youth who attended facilities that offered mental health treatment fared better than those who did not, because many people think that teens with a dual diagnosis of mental health issues and substance use disorder are the norm."

Ramchand and his colleagues were surprised to find that the availability of mental health treatment at substance abuse treatment facilities made no difference in terms of symptoms of depression or conduct disorder. They presented their findings at the recent College on Problems of Drug Dependence annual meeting.

Since 2002, the proportion of adolescent substance abuse treatment facilities that offer mental health services has not changed much, noted Ramchand. "These facilities are facing real challenges. Many use public funds, and are always in jeopardy of losing funding. At the same time, they are being asked to expand mental health services, which are expensive, as well as other services, such as HIV testing."

This study is one of a series that is looking at how adolescent substance abuse treatment can be improved and expanded. RAND is also looking at whether specific treatments that have been found effective in research studies can work well in a community treatment setting.

A government report released earlier this year found teenagers who experienced a major depressive episode in the past year had about twice the rate of illicit drug use compared with teens who had not experienced depression—37.2 percent versus 17.8 percent.

Molly," Powder or Crystal Form of MDMA, is Popular at Music Festivals

"Molly," the powder or crystal form of MDMA, the chemical used in Ecstasy, has been a popular drug at music festivals this year, CNN reports.

Molly, short for molecule, is considered to be pure MDMA, unlike Ecstasy, which generally is laced with other ingredients, such as caffeine or methamphetamine. According to Pax Prentiss, co-founder and CEO of Passages rehabilitation centers in Southern California, molly users tend to be ages 16 to 24.

The Drug Enforcement Administration (DEA) considers MDMA to be a Schedule

NEWS continued page 15



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Insight into unresolved critical life issues – end of a marriage, death of a loved one, loss of a job – is the focus of InnerPath

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Clearing the Financial Wreckage

By [Kristen Rowley](#)

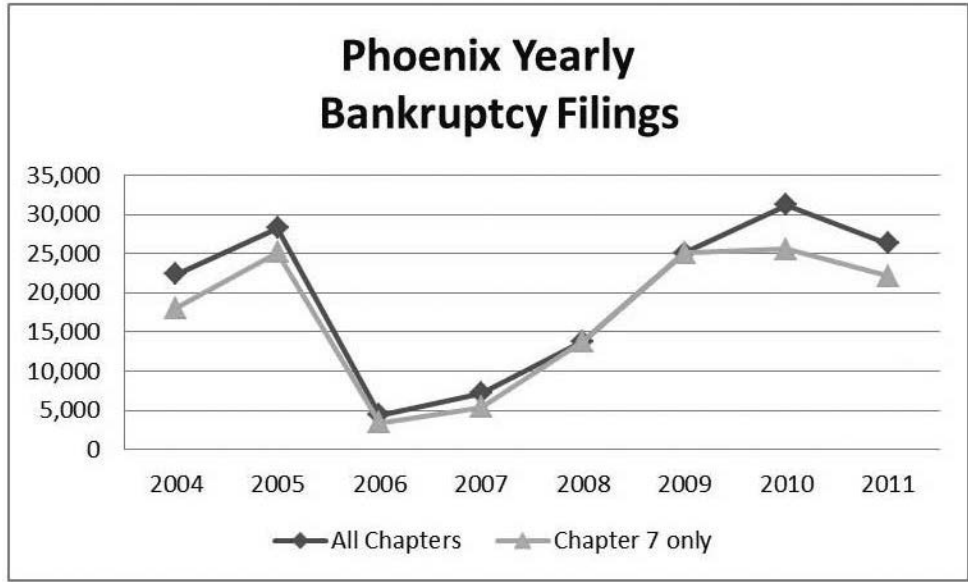
When you're newly clean and sober it's sometimes hard to imagine getting to a place where you're happy, joyous, and free. You take it one day at a time and do your best to get your feet firmly planted on solid ground. After a few weeks and months, the promises of AA start coming true and hope emerges. You're working the steps and clearing the wreckage you caused when you were "out there."

A lot of this wreckage involves personal relationships, but what about the financial wreckage you created? A lot of people can relate to the stacks and stacks of unopened bills and collection notices that seem to multiply overnight when one loses their job or just can't make ends meet. This can happen to "normies" and addicts and alcoholics alike. However, as a recovering addict or alcoholic it can feel so much more shameful and difficult to tackle because of how you got there and the rest of the mess you are trying to clean up along-side your financial disaster.



Start with Tackling the Shame

Spend enough time around fellow persons in recovery and you'll probably have deja-vu. You're not going to be the only addict or alcoholic that lost a job for coming in to work drunk or high or not showing up at all. Nor would you be the only one that spent an entire paycheck at the liquor store, pharmacy or casino instead of paying the bills. Alcoholics and addicts have a disease which



shows itself in poor decision making and an absolute necessity to put the addiction first in every way possible. Someone with another serious illness like cancer probably wouldn't beat themselves up about financial wreckage the way an addict or alcoholic will. So forgive yourself, remember that you're not alone and financial disaster is often one of the symptoms of this deadly illness.

For some, paying off these debts is simply not possible for a variety of reasons: you aren't back to work yet, you have little or no money left over each month after basic living expenses to pay down your debts, or your debt is so high compared to your ability to pay that it would take 100 years to get your debts paid off. This is where filing Chapter 7 Bankruptcy becomes an appropriate and

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Take a Deep Breath and Open the Mail

This is a scary step but you need to know the reality of the damage is if you're going to devise a plan to fix it. If you're in a place where you're making money again and can reasonably afford to make payments to your creditors each month, give them a call and see if you can work out a payment plan and even get your balances reduced. Tell them your story and explain that you are clearing the wreckage and want to do what you can to pay what you owe. You might be surprised at how receptive people are when you are honest, explain your situation and discuss what you can afford to pay. Most of your creditors may be happy to hear from you.

available option. The word Bankruptcy is as heart-wrenching as any of the expletive four-letter words in the English language, but it's not as bad as it sounds. With bankruptcy you get you get a fresh start. This option may allow you to keep your home, your car, furniture, work equipment and more. Plus, when you file bankruptcy you will halt any law-suits filed against you by creditors which might otherwise lead to wage garnishment and put a stop to harassing calls from creditors.

When is a Good Time to file Bankruptcy?

When your financial life is otherwise back on track or nearly there. You can only file bankruptcy every 7 years and if you make the same mistakes after filing, you do get penalized more for that. So you want to make sure you're back on track and able to pay your cur-

rent liabilities and you keep your head above water from here on out.

You're unemployed but looking for work. In order to qualify to file Chapter 7 Bankruptcy in Arizona you have to pass what is called the Means Test. The main part of the test is to see if your median household income falls below a certain level. If you are unemployed you probably pass, so it's a good time to file before you get that new job.

Clarke Law Offices help people in recovery to file bankruptcy, so we're sensitive to what you're going through and familiar with the territory. If you're thinking of filing bankruptcy or just have questions, call 602-952-3232 for a free consultation or visit www.Clarkelaw-az.com.

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Three Steps to Wisdom

By LARRY SOLOMON, M.A., L.P.C., L.I.S.A.C.

Nine or ten years ago a patient of mine asked, "How do you acquire wisdom?" After pondering the question for a moment I responded, "I guess you just have to wait for it." Nearly a decade later I believe the appropriate answer has come to me. I do not know if the patient who originally asked the question will be reading this article. But I want to thank him for asking such a complex question long ago.

Wisdom is acquired over time. There are two other qualities that one must acquire prior to wisdom. You might call them "prerequisites," like you would see in a college course catalog. The first prerequisite is inner peace. Inner peace is a prerequisite to patience. And finally, both are prerequisites to wisdom.

Inner peace

Inner peace is another name for serenity. It is extremely difficult to be guided by wisdom when your mind is not at ease. Wisdom is a quiet voice. When your mind is racing with all kinds of ideas and cluttered with thoughts of controlling things beyond your control, wisdom cannot be heard.

Life around you is going to go at its own pace. Your every fiber doesn't have to keep up. Slow your heart and mind down and strive to keep the inner peace from being affected by the outside world. It's like a sturdy structure in the middle of a storm. The inside environment isn't affected by the storm that is raging outside. Inner peace is that sturdy structure in the storm. The key to maintaining peace isn't about the environment you're in. It's about the environment you create within.

Most of us know the serenity prayer begins with, *"God, grant me the serenity to accept the things I cannot change."*

Life is busy enough. Speeding up your thought process won't make it less busy. Slow down at every opportunity and make inner peace a priority. Resist the temptation in the morning to rush out the door with the thought, "I don't have time to read or meditate." You don't have time not to.

Patience

When you have acquired the art of maintaining inner peace you are on your way to acquiring patience. It is not easy to be patient in today's world where our time is so regimented. We all have deadlines and commitments that have to be met. The trick is managing your time (with inner peace) and not to panic when things don't go as planned.

Patience is not something we are born with. It actually contradicts our natural tendencies. The survival mechanisms in all of us have no concept of patience. Our nature is to get what we desire at the moment we desire it.

You may call it "instant gratification." Wikipedia describes an interesting scientific aspect of patience. "In evolutionary psychology and in cognitive neuroscience, patience is studied as a decision-making problem, involving the choice of either a small reward in the short term, or a more valuable reward in the long term. When given a choice, all animals, humans included, are inclined to favor short term rewards over long term rewards. This is despite the often greater benefits associated with long term rewards."

Having patience does not mean we will not experience anxiety. That is unrealistic. Patience helps us understand that the best strategy is to let the anxiety run its course, without trying to control the situation. When we have arrived at this point, we have the beginnings of wisdom.

Wisdom

The dictionary defines wisdom as the ability to think and act utilizing knowledge, experience, understanding, common sense, and insight. Note there are five components to thinking and acting wisely. All of them must be utilized, and none of them are readily available when we do not have inner peace and patience.

Knowledge is the acquisition of information only. It is a component of wisdom, but on its own it is simply intellectual rhetoric. Experience and understanding help increase our wisdom, but life experiences alone simply help us with our decision-making skills. Put simply, we make better decisions because "we know better." Common sense and insight build on our life experiences. These five components build within us over time. They give us the ability to utilize wisdom.

The keys that unlock that ability are inner peace and patience. Inner peace gives us the ability to think clearly regardless of the circumstances around us. Patience gives us the understanding that things will not happen with the timing we desire; instead they happen as they are supposed to. The quiet voice of wisdom can only be heard with inner peace and patience.

All of this takes time. I guess that is why it took me a decade to answer my patient's question.

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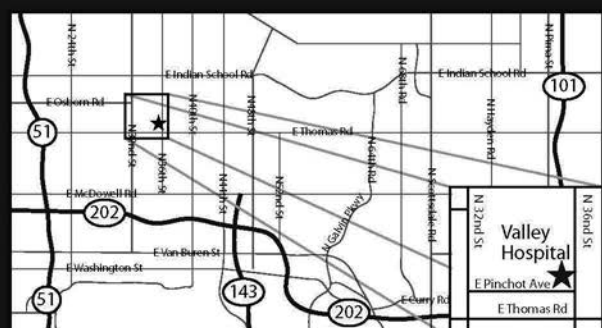


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A True Source of Security

By BOBBE MCGINLEY, MA, MBA, CADAC, LISAC, NCGC II

The longer we are in recovery many of us begin to notice how our awareness increases of the ways we have attempted to control people and things...and the A-Ha moment happens as we realize our efforts have been useless. What did we ever control?

Discovering more effective ways to get our needs met starts by truly accepting our Higher Power as the 'true source' of our security. As we begin to surrender our lives to our Higher Power's care, we will experience less stress and anxiety. It's a promise. We become more able to participate in activities without being concerned primarily with outcomes. Saying the Serenity Prayer is helpful whenever we begin to recognize the reappearance of our need for control.

As we learn to rely more upon the ever-present love of our Higher Power, our confidence in life and the future increases. Our fear of abandonment diminishes and will be replaced by the feeling we are worthy people in our own right.

We will seek healthy relationships with people who love and take care of themselves which allows us to feel more secure in revealing our feelings — who we really are without judgment. With daily practice and willingness, we can transfer our former dependence on others to the trust of our Higher Power. One huge benefit is we learn to understand and accept a nurturing and loving fellowship within our community. Our self-confidence grows as we begin to realize with a Higher Power in our lives, we will never again be totally alone.

As we begin to feel comfortable with people in roles of authority, we learn to put our focus on ourselves and discover we have nothing to fear. We recognize others to be like us, with their own fears, defenses, and insecurities. Someone else's behavior no longer dictates how we feel, as we start acting and not reacting to others. Recognizing our ultimate authority figure is God and God is always with us, will bring calm during life's many storms.

When we get in touch with our feelings and learn to express them appropriately,

wonderful things begin to happen. Our stress levels decrease as we are able to express ourselves honestly, and view ourselves as worthy. We learn that expression of true feelings is the healthy way to communicate, and we find that more of our own needs are being met.

All we have to do is ask.

As we release our feelings, we will experience some levels of pain, but, as our courage increases, the pain decreases, and we develop a sense of peace and serenity. The more willing we are to take risks in releasing our emotions, the more effective our recovery will be.

As we understand that our Higher Power will help us achieve realistic goals, we begin to work in partnership with God for our future. We place less value on the expectations others have of us and more value on our own desires to achieve our goals in life. We understand we are competing only with ourselves, and God will enable us to do what is needed to win at life. God brings order to our lives as we surrender control, making it possible for us to continue our journey in meaningful ways.

And, as we feel stronger about ourselves, we become more willing to take risks and expose ourselves to new surroundings. Life can be magical in recovery, stay on the path.



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. Meet Bobbe at the 7th Annual Art of Recovery Expo, Saturday, September 22 at the Phoenix Convention Center. FREE ADMISSION to the public.



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Commentary Hearings to Focus on Implementation of Mental Health Parity and Addiction

By CELIA VIMONT

Implementation of the Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) has been slow, but there are small signs of progress, according to a coalition that aims to ensure that the law is properly enforced.

In conjunction with former Congressmen Patrick Kennedy and Jim Ramstad, the Parity Implementation Coalition is kicking off a series of hearings around the nation through the end of the year, to highlight problems patients are facing as they try to access addiction and mental health treatment. Speakers will also discuss where parity is increasing access to care. The first two hearings were in Michigan and Rhode Island. Other hearings will take place in St. Paul, Chicago, Los Angeles, New York and Delray Beach, Florida. They are all open to the public.

“Anecdotally, we are hearing about increases in mental health and addiction coverage on the outpatient side,” says Carol McDaid, Co-Chair of the coalition. “We also are hearing that consumers are seeing lower copays for those services.” This is an encouraging sign, since lower copays mean more people will be able to afford treatment, she adds. However, the group is hearing a number of complaints about people not getting access to residential care, partial hospitalization and intensive outpatient treatment for addiction, according to McDaid.

MHPAEA is a federal law that requires insurance companies to treat mental illness and substance use disorders no differently than other medical conditions. The law applies to employer-sponsored health plans with 50 or more employees, and Medicaid managed care plans. Kennedy and Ramstad, both in recovery themselves, sponsored the legislation in the House. Kennedy’s father, the late Senator Ted Kennedy, and former Senator Pete Domenici sponsored the bill in the Senate.

Under the law, plans are not mandated to offer addiction and mental health benefits, but if they offer such benefits, they must do so in a non-discriminatory manner. That means a plan must have the same co-pays, deductibles and annual and lifetime caps on medical/surgical benefits and mental health/addiction benefits covered by the plan. Health plans cannot medically manage mental health/addiction benefits more stringently than they manage medical benefits. If out-of-network benefits are offered for medical/surgical procedures, they also must be extended to mental health/addiction services.


There is no publicly available data about how many insurers are not in compliance with the law, McDaid says.

The federal government still has not issued a final rule to provide clarity on what employers must cover, and how parity between the medical management of medical care and mental health/addiction care applies. Some plans subject addiction and mental health benefits to a stricter form of cost containment than medical benefits, in the form of medical necessity criteria (the standards by which a health plan determines whether a particular treatment is needed), utilization review (when a health insurance company reviews a request for medical treatment), “fail first requirements” (such as requiring a patient to fail at outpatient treatment before being able to receive inpatient or residential treatment) and prior authorization for services.

There is also confusion surrounding how the law applies to Medicaid managed care plans. The government promised further guidance for states, but so far they have not issued new rules. While some states, such as New York, have issued helpful guidance on parity for Medicaid providers, many states are doing nothing to enforce the law until they receive further clarification from the federal government, McDaid observes. “Until there’s a final rule that gives clarity to these issues, many states are taking a wait-and-see attitude,” she says. “Right now states are taking a calculated risk by doing nothing.”

“People have to fight parity fatigue,” says McDaid. “If you see a violation of the law, you have to file a complaint. As we’ve seen with other mandates such as mammograms, they don’t enforce themselves. There needs to be a hue and cry from the affected community. Silence gives those who would like to reduce access to addiction and mental health services the excuse to continue to do that.”

Patients who want to file an appeal on a denied claim can get help from a toolkit on the group’s website, which includes instructions and sample appeals letters. McDaid advises people working in companies with self-insured plans to consult their human resources department to tell them about their denial of service. “HR personnel have leverage, and may be able to help,” McDaid notes. The coalition also advises anyone filing an appeal to send a copy of the letter to their member of Congress. “We’ve seen action come from those letters,” she says.



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Most Drunk Drivers Causing Fatal Crashes Have Almost Twice Legal Blood Alcohol Limit

Almost three-quarters of deaths in drunk driving crashes in 2010 involved drivers who had blood alcohol levels that were nearly twice the .08 legal limit, the National Highway Traffic Safety Administration (NHTSA) said Tuesday.

NHTSA Administrator David L. Strickland called for mandatory ignition-interlock devices, which are designed to prevent drunk drivers from starting their cars, for first-time offenders, *Business Week* reports. Seventeen states require ignition interlocks for first-time offenders, the article notes.

Drivers who have had an ignition interlock installed in their vehicle must blow into it to determine their blood alcohol level before they can start it. The blood alcohol

content that drivers using interlocks are allowed to have is determined by states. A study published in 2011 found that ignition locks significantly reduce the likelihood that people convicted of driving while drunk will reoffend.

A national law that takes effect October 1 will provide states with extra highway funds if they have interlock laws for convicted drunk drivers, according to the article.

The 10,228 alcohol-related vehicle deaths in 2010 accounted for nearly one out of three highway deaths on U.S. roads, according to a NHTSA news release.

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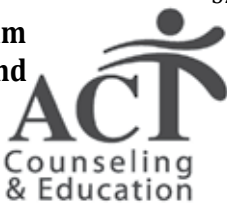
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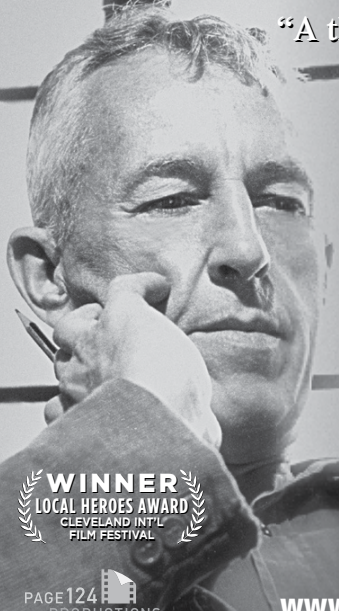
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EVENTS CALENDAR

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SEPT. 22
Phoenix Convention Center | Hall F
10 AM - 5 PM

ART OF RECOVERY EXPO

Herschel Walker and John Bradshaw to headline the Art of Recovery Expo!

FREE to the Public! Deciding to get help for addiction and mental health recovery involves plenty of hurdles – finding quality professional resources shouldn't be one of them. That's why we created the Art of Recovery Expo – now in its 7th year and offering more information, resources and solutions than ever. In addition to our exciting feature presenters, **FREE workshops** will be offered throughout the day.

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Incest Survivors Anonymous ISA meeting in Phoenix—North Scottsdale Fellowship Club, Saturdays, 1:30-2:30pm. Contact: Gloria at 602-819-0401. Gloria, **602-819-0401.**

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

COTTONWOOD TUCSON. Ongoing Alumni Meeting: the first Wednesday of each month 6:00-7:30 p.m. on the **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. Come early at 5:00 p.m. for dinner.

Contact Jana Martin 520-743-2141 or email jmartin@cottonwoodtucson.com
OCD Support. Banner Scottsdale, Room 539. Group held 2nd and 4th Thursday of each month 7:00 p.m. to 9:00 p.m. 480-941-7500. 7575 E. Earll Drive, Scottsdale,

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). Contact Michael **520-419-6723.** Plus 7 more meetings in Tucson call for details.

Overeaters Anonymous is a 12 Step program that deals with addictions to food and food behaviors. OA has 18 meetings scheduled throughout the week. For more information call 520-733-0880 or check our web site 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.**

Events continued page 14

SAVE THE DATE
SEPT. 22 — FREE ADMISSION! 7TH ANNUAL ART OF RECOVERY EXPO. Phoenix Convention Center. Hall F- Doors Open 10:00 a.m. -5:00 p.m. This year the Expo brings JOHN BRADSHAW,HERSCHEL WALKER and many more informative workshops for the entire family. Details at www.artofrecoveryexpo.com. Call Barbara Brown **602-684-1136**, E: aztogether@yahoo.com

SEPT. 5—St. Luke's Behavioral Health Center Clinical Breakfast Series. 8:00-9:00 a.m. *Who, Me Angry?: Passive Aggressive Versus Effective Communication, Aynne Henry, PhD* Behavioral Health Center Auditorium, 1800 E. Van Buren. **1 CEU.** Breakfast, networking. **FREE. 602-251-8799.**

SEPT. 10-14 & Oct 15-19 – Tucson – Cottonwood Tucson – InnerPath Women's Retreat. This five-day retreat 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 jmartin@cottonwoodtucson.com for information and registration.

SEPT. 17-21 & Oct 22-26 – 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 or call Jana at **520-743 2141** or email jmartin@cottonwoodtucson.com for information and registration.

Merritt Center Returning Combat Veterans Retreat Program. Free 4 weekend program for combat Vets. Next program starting

January, 2013 for men and February, 2013 for women. 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. Contact: Betty Merritt, betty@merrittcenter.org. **1-800-414-9880** www.merrittcenter.org

ON GOING SUPPORT Beginning September 6— GA will be hosted at ACT from 11:00 am to 12:30 pm. Call **602-569-4328** for details. 5010 E. Shea Blvd. D202, Phoenix. Near Tatum on Shea Blvd.

Emotional Healing Journaling Workshop, effective strategies to manage unwanted habits and compulsive behaviors. Thursdays 7-8:30pm. Facilitated by Elisabeth Davies, MC. \$20 per workshop. Includes a copy of Good Things Emotional Healing Journal: Addiction. 9401 W. Thunderbird Road. Suite 186. Peoria (602) 478-6332 www.GoodThingsEmotionalHealing.com

East Mesa PAL-Group New Support Group for Parents in East Mesa. Broadway Christian Church, 7335 E. Broadway Rd. (Just East of Power Rd.) Mesa, AZ 85208 (Park on West Side Toward the Front and Go to West Lobby Classroom) Thursday Evenings. 7:00 – 8:30pm. **FREE.** Contact: Tim Skaggs: (480) 981-0802 e-mail: tskaggs@bccmesa.com

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SHAME continued from page 1

humiliation pushes the addiction into hiding and forces them to find a false self to cover up. This hiding is so crucial, since the wound of toxic shame happens because the shamed person was uncovered and defenseless with each wound of being shamed. The hiding and cover up constitute the essence of the addicts core pathology – the denial.

The hopelessness of the shame-based addict is why they find it so hard to seek help, and most only do when the paid of their denial is so great. This usually occurs when they've reached several life damaging consequences (they get fired from their job, their spouse files for divorce, they lose all their money, or they are involved in a scandal . . .) Letting an addict get to their pain is an important strategy. When they are in pain and their life is in chaos, the addict is willing to bear their shame and come out of hiding. To heal their toxic shame they have to embrace their shame. They have to come out of hiding and let another person know how bad they feel and the things they've done. For example, the first step of the A.A. program asks the suffering addict to admit that they feel powerless and that their life is unmanageable.

Going to an A.A. meeting and identifying oneself as an alcoholic is the first step in owning one's "being shame", that deep inner sense of being flawed and defective. Addicts often feel ashamed of something they did while drinking, drugging, sexing etc. But I call that their meta shame. Their addiction is an attempt to mood alter (block out) their "being shame", their shame based identity. With the first step, the admission of flaws and defectiveness in a public meeting such as AA allows the addict to own their deep shame. In my book, Healing the Shame that Binds You, part II, chapter 5, I've gone through an analysis of how the steps restore the addict to a healthy sense of self. The steps take the addict to a moral inventory (Step 4) where they can connect with their guilt.

Guilt is based on the same precisely writ-

ten biological program as shame, but it is at a higher level of maturity (frequently referred to as morality shame). Guilt lacks hopelessness. Guilt is the guardian of conscience and motivates one to make amends, to repair the damage their addiction has created. Step 4 through Step 9 restores the addict to a healthy sense of guilt as morality shame. A clear sign of progress in recovery is that a person has developed a healthy "sense of shame." The philosopher Nietzsche said, everyone needs a "sense of shame but nobody needs to be ashamed." Every Indo- European language has two words for shame. One is defined as a "sense of shame": Pudor (Latin), Eidos (Greek), Pudeur (French), Scham (German), and the other as humiliation or disgrace: Foedus (Latin), Aischyne (Greek), Honte (French), Schande (German).

We Need a Sense of Shame

After working on guilt and making amends, the addict embraces Step 10 which is a maintenance step, ever reminding the recovering addict of the cunning power of toxic shame. The tenth step says, "We continued to take personal inventory and when we were wrong promptly admitted it." This is the sense of shame at work. No shame based person wants to admit any defect or vulnerability. The final two steps in the 12 steps have to do the humble admission of a power great that ourselves. God as we understand God. It asks the recovering person to take action and reach out to other addicts who need help. For some working the 12 Step program and disciplining themselves to go to meetings (knowing that part of the addictiveness disease is a tendency to isolation and hiding) is enough. For many it is not. Addictiveness is rooted in the toxic carried shame caused by abandonment, neglect and all forms of abuse.

The inner toxic "carried" shame has resulted from the trauma of their abandonment, neglect and abuse. For most these damaging behaviors are defined as post traumatic stress

"Letting an addict get to their pain is an important strategy. When they are in pain and their life is in chaos, the addict is willing to bear their shame and come out of hiding. To heal their toxic shame they have to embrace their shame. They have to come out of hiding and let another person know how bad they feel and the things they've done."

John Bradshaw will be signing books after his Keynote Speech at the Art of Recovery Expo on Saturday, September 22.

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John's books will be available at the Gifts Anon booth for purchase.

disorder. The scenes that carry early traumatic abuse have to be grieved. The developmental dependency needs that should have been developed were passed over. The deep hurts and traumas of the past show themselves in serious intimacy dysfunction. I've watched and listened to folks, working good 12 step programs, who had serious intimacy problems.

Many people have to do more if they want to heal their addictiveness. I call the trauma healing, grief work "original pain" or family of origin work. It involves going back to the shame scenes where their serious abuse took place, legitimizing their pain and beginning a grief process. I'm in my forty-seven year of sobriety and almost every person I've coached, sponsored, or did therapy with, fell off the wagon or developed a new addiction who failed to do this "original pain", family of origin felling work.

What is being called the New Paradigm is directly saying the same thing. The obsession with behaviorism or cognitive "talk therapy" has shown their limitations in dealing with addicts. Whatever else their value may be, it has failed in offering addicts, true (second order) change. First order change is a new way behaving within a given way of behaving. I know people who are addicted to AA. This is surely better than their life of alcoholism, but they are not differentiated. They do not hear their own voice when they make decisions. Some are still horribly co-dependent. The "carried" toxic shame that lies in the guts of their identity is still a black hole that they must compulsively fill. To be free we need to grieve those old wounds, develop the ego strengths we missed because of our abuse and take charge of our own personal power. Second order change transcends the old ways and stops our compulsivity. It's an unbelievable joy to be free of the burden of compulsivity. And there's nothing more important than achieving the possession of your one and only life so that "when death finds you, it finds you alive."



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Research Shows Benefits of Combining Treatments for PTSD and Substance Abuse

A new study shows people who are treated for both post-traumatic stress disorder (PTSD) and substance abuse have improved PTSD symptoms, without an increase in severity of substance dependence.

The researchers say the results counter the common belief that treating PTSD might worsen substance abuse, by bringing up negative memories, CNN reports.

The study used prolonged exposure therapy, which is considered to be one of the most effective treatments for PTSD, the article notes. Patients work with therapists to return to their traumatic event. They describe it in the present tense, allowing them to relive the trauma. As this process is



repeated, the brain reacts less severely to the trauma over time. This makes the memory appear less traumatic.

In the study, 103 participants with both PTSD and substance abuse were randomly assigned to receive either prolonged exposure therapy plus substance abuse treatment, or to receive only treatment for substance abuse. After nine months, both groups had reduced PTSD symptoms. Participants who received combined treatment did not show an increase in substance abuse severity.

The findings appear in the *Journal of the American Medical Association*.

Which Movie are you Watching?

By ALAN COHEN

Sitting on an airplane in flight, I was listening to an inspiring audio seminar on my iPod. Then the in-flight movie came on. Since I was in a bulkhead seat and the projection screen was just a few feet from me at eye level, it was almost impossible not to watch the movie. So I kept listening to the audio seminar with my ears and my mind, while the movie paraded before my eyes.

The film, a predictable teenage romantic comedy, was easy to figure out even without sound. So while I was primarily focused on the lecture, a lesser part of my attention was tracking the film. Halfway through the movie I realized I was participating in a seminar that transcended the one I was listening to. I was learning how to remain established in a higher consciousness even while the drama of the world unfolded before me — the formula spiritual masters prescribe for a successful life.

We live in a multi-dimensional universe in which an infinite number of parallel realities exist simultaneously. Some of the realities are wonderful, others horrible; some exhilarating, others annoying; some fascinating, others boring. The reality you live in is determined by what you give your attention to. On one dimension a mindless movie drags on, while on another dimension impeccable wisdom is broadcasting. You get to choose which story you will participate in.

Attention is the most powerful currency at your disposal

Where you place your attention today is a coming attraction of what you will receive tomorrow. You may not be able to control the events that present themselves to you, but you have total control over the vision you use to see them. In that way you gain mastery over your experience. Perspective makes all the difference.

Where we live in the country, sometimes rodents show up. When our little visitors increased in numbers, we got a cat to keep the population down. One morning I woke up and enjoyed an empowering meditation, tapping into a pool of deep inner peace that established the frequency for a great day. Then I walked into the living room and found a dead rat on the rug. After an initial "Arrrgh," I got a shovel and scooped up the remains. As I headed outside, my partner Dee commented, "I am so grateful the cat is doing her job!"

Ah, another way of looking at the situation. We hired the cat for a reason. Why should I complain when she fulfilled her role? Two realities presented themselves as an offering for my choice: a disgusting sight or a job well done. I decided the second option felt better, and the apparent problem gave way to a sense of gratitude.

Metaphorically speaking, we all have dead rats on our living room floor and we all have agents doing their job to keep things running efficiently. The more you complain about the dead rats, the more you find. The more you thank the cat, the more you find to be grateful for. The facts of events are neutral. Your interpretation creates their meaning and subsequently your experience.

It's all about frequency and attunement. The spectrum of visible light we see, as well as audible sound, comprises a tiny, tiny slice of the full spectrum of light and sound. If you think that the only light in the universe is what your eyes can see, or the only sound what your ears can hear, you will not have access to extremely helpful dimensions beyond the obvious. Radio, microwave, and x-rays are just a few of the many unseen realms that enhance our life. The movie of the five senses, rich and amazing as it is, is just one channel among an infinite number available.

All healing and world progress comes through visionaries, people who see a brighter,

higher, broader, freer movie than the masses are watching. If you are fixated on what is, you cannot discover what could be. To improve the world, beginning with your own life, you must look up. In Genesis 13:14 God told Abram (later Abraham), "Lift up your eyes from where you are and look north and south, east and west." The instruction was more metaphorical than literal. God was telling Abraham to broaden his vision; to not be stuck in the narrow-sighted vision that keeps most of humanity embroiled in sorrow and suffering. To discover a new land, Abraham had to use a new way of seeing.

As we enter this fall, a crucial time on the planet, you and I are being called to a new way of seeing. As old forms and institutions fall away, we must lift up our eyes to more fulfilling movies with story lines that take us where we want to go. If we continue to use the kind of vision that has shown us the old world, the old world will continue. If we use the kind of vision that shows us a new world, the new world will begin. Even if a silly movie is being projected right before your eyes, you can switch your focus to the inspirational lecture downloading. That lecture will guide you precisely as to how to understand the movie of the world, master it, and go beyond it. "In my father's house there are many mansions." One airplane, many movies.



Alan Cohen is the author of many inspirational books, including the new popular *Enough Already: The Power of Radical Contentment*. For more information about Alan's Hawaii retreats, Life Coach Training, free daily inspirational quotes via email, and other books and programs, visit www.alancohen.com, email info@alancohen.com, or phone 1 808 572-0001

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***I'm Not THE Addict** from page 1*

is where the disease gets its way by keeping everyone “frozen” or in “limbo.” Doing “nothing” is where the danger lies and the addiction grows.

What is Enabling?

Enabling is a pattern of thinking and behaving in a relationship that helps another person avoid taking responsibility for themselves. It's being part of the problem, which keeps the disease progressing. It is unintentional collusion with the disease. Enabling frees the addict from the responsibility that could interrupt the disease process. As the co-addiction continues, enablers become increasingly unable to take care of their own health and happiness, becoming further distraught and losing hope. Some of the common enabling behaviors are denying the disease, encouraging willpower, applying the “no talk” rule, stuffing feelings, keeping secrets, rescuing, protecting, covering up, serving, nursing, making excuses, believing the lies, blaming others and ourselves, making threats, providing bailouts, taking over responsibilities, minimizing or ignoring inappropriate or abusive behaviors and complaining or enduring with no action.

Enabling can send the message of disrespect and shame — “you are not enough, you are insufficient to take care of yourself, you need me to take care of you and direct your life”. Enabling, though well intended removes natural life consequences that would reinforce the need for healthy change. Although enabling appears to work in the short term, in the long run everyone involved gets sicker. They increasingly tolerate addictive behaviors and progressively lose themselves as they bargain with, and obsess over their loved one's behavior. Enabling behaviors become more common and intense as denial of the co-dependent disease progresses.

What is Denial?

In general, denial is a set of automatic and unconscious reactions that defend against the pain of recognizing the seriousness of a problem. Denial is a normal part of the human condition but in dealing with addiction it can be horrendous.

To try and address the many definitions within alcohol and drug addiction of denial can be nearly impossible because it affects every individual and family differently. What professional interventionists, recovery coaches, therapists, counselors and educators can do is provide scenarios to help you and your loved one struggling with addiction in understanding the harmful effects of denial.

Phase One

One of the major forms of denial is when an individual or family struggling with addiction is fully aware of the problem, but when confronted about it they immediately deny a problem exists. They may admit to alcohol or drug abuse, but deny the fact they are addicted.

An interesting example of this type of denial happened when I was conducting a coaching session on a young woman. Her

father asked, “Honey, don't you see you're in trouble, you're an addict?” The daughter looked down and quietly said, “Yes, I'm an addict.” It was rewarding to see she was coming out of her denial but an interesting thing happened almost instantly, the dad knowing his daughter was every bit an addict blurted out “No not my daughter, you're not an addict”! This is an example of how powerful the feelings and confusion around denial and addiction can manifest not only with the addict but more insidiously with families. The young woman went to treatment that day and dad sought his own treatment which was an agreement he had made with her if she were to get help.

Another form of denial is when family members or addicts are completely blind to the fact there is a problem. This is when an individual suffering from addiction truly does not believe they have a problem at all. This happens to both the addict and the family member.

Addressing this phase of denial can be very difficult. Education about what addiction is and how it has affected their life and relationships is a crucial step. When these types of denial are addressed, the individual and families can accept it and start moving toward recovery. Often this is accomplished in a professional intervention or family coaching/counseling session.

Phase Two

Immediately after primary treatment is completed the newly sober addict may feel they no longer need to monitor their recovery, and experiences another form of denial. This can happen no matter how long you or your loved one is in recovery, but is usually the most crucial period of a newly clean and sober addict. Overcoming the second phase of denial requires an understanding that pure willpower alone is not strong enough to fight this disease. Recovery takes work and help, whether it is from a recovery coach, support groups, after care, outpatient treatment, or 12 step meetings. This is not only crucial for the addict — it is just as important for the family and friends to be working their individual personal program during this phase of recovery.

Phase Three

This phase of denial is when either the individual or their loved ones no longer feel they have to continually work at recovery. They say or think things like, “I've been clean for years,” or “They are doing so good staying sober.” I have often seen the addict may stay with their recovery program but the family member either never started or stops working theirs and will unknowingly negatively affect the addict's progress by not working on their issues. Addressing this stage of denial requires a lasting commitment from everyone to addiction recovery.

Individuals struggling with addiction can relapse years into their sobriety without seeing it coming and this is true for the

***I'm Not THE Addict** cont. page 12*


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Heroin Anonymous	602-870-3665
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Narcotics Anonymous	480-897-4636
National Domestic Violence	800-799-SAFE
NCADD	602-264-6214
Nicotine Anonymous	877-TRY-NICA
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Parents Anonymous	602-248-0428
Psychological Counseling Services (PCS)	480-947-5739
The Promises	866-390-2340

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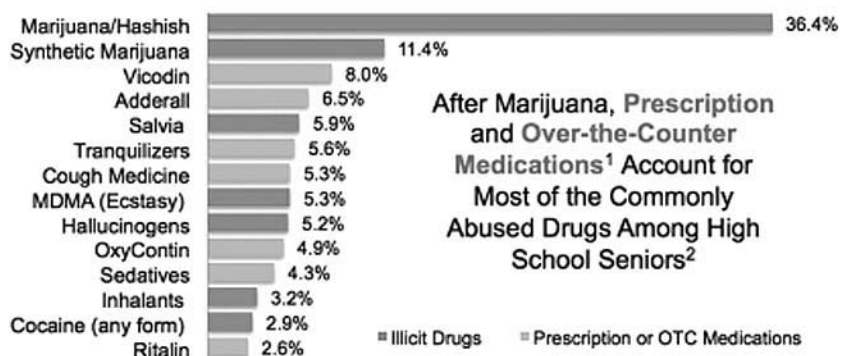



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Prescription Drug Abuse: Young People at Risk

The RX Risk: Roughly 1 in 9 youth abused prescription drugs in the past year.

Young people are abusing prescription drugs at alarming rates. These drugs act on the same brain systems as illegal drugs and pose similar risks for dangerous health consequences, including later addiction.



About 1 in 9 youth



or 11.4 percent of young people aged 12 to 25 used prescription drugs nonmedically within the past year.³



Almost 30 Percent of Teen Boys Use Some Form of Tobacco, CDC Study Finds

An overall decline in tobacco use is good news

Almost 30 percent of boys and 18 percent of girls in middle and high school used some type of tobacco last year, the Centers for Disease Control and Prevention (CDC) announced Thursday. The rate of teen tobacco use has been slowly declining over the past decade.

The CDC report found 23.2 percent of high school students and 7.1 percent of middle school students used some form of tobacco, the Los Angeles Times reports.

The CDC findings come from a national survey of almost 19,000 students. The report notes that among middle school students, current cigarette use declined from 10.7 percent in 2000 to 4.3 percent in 2011. Among

high school students, current cigarette use decreased from 27.9 percent to 15.8 percent during that period.

"An overall decline in tobacco use is good news, but although four out of five teens don't smoke, far too many kids start to smoke every day," Thomas R. Frieden, Director of the CDC, said in a statement. "Most tobacco use begins and becomes established during adolescence. This report is further evidence that we need to do more to prevent our nation's youth from establishing a deadly addiction to tobacco."

Don't Feed the Animals

By DR. MARLO ARCHER

On a recent vacation to a Bryce Canyon, UT, I read an article in the park newspaper that clearly stated several great reasons why park visitors should not feed the wildlife. I could not help noticing some parallels in the human world.

First, there was the notion that the animals' bodies really only do well with a natural diet and when we feed them processed foods, we disrupt their digestive processes. Animals that receive a steady diet of human food will no longer be able to digest their natural foods and will ultimately starve to death with a full stomach.

Haven't we seen children, having just consumed a sugary bowl of cereal, eat a second bowl immediately, or want a snack just an hour later? Don't you know children that are quite fat, yet are always complaining that they are hungry? This is because we are often feeding children things that are so far from natural that they have no nutrition, and thus, the children, with full stomachs, are actually starving.

Next, there was the idea that animals that are given food will stop learning how to find natural foods and they will teach their offspring to beg rather than to hunt or gather food. This relates to us trying to make children happy by giving them anything they want, rather than making them earn it. We are seeing the effects of this now in 3rd and 4th generation children who not only have no idea how to work for what they want, but they have no idea that they should or that it might be desirable to do so.

The article laments that fed animals become totally dependent on humans for their survival. I would assert that children who are given everything they desire simply stay dependent on their parents for survival. These are the kids whose parents put them through college and then let them move back home

when they aren't offered a six-figure income on graduation day. These kids refuse to accept entry-level work and are quite satisfied to let mom and dad continue to support them while they play video games, smoke weed, and wait for a headhunter to come offer them a corner office. If mom and dad aren't available for these kids, a boyfriend or girlfriend will do, and if they can't get that plan to work, Uncle Sam can certainly foot the bill for their life because they sure aren't going to.

The National Park also warned that giving free food to the wildlife can cause normally docile animals to become aggressive and violent. I would assert that we see that with today's overindulged youth as well. They get used to getting things for free and when the pool dries up, they have no coping skills, no resilience, and they take a duffel bag of guns into a public venue and shoot up random strangers.

The article stated that feeding the wildlife was actually a form of cruelty, and that although good intentions might be involved, folks who feed the animals are unwittingly causing serious harm. It went on to state that true animal lovers simply don't feed the wild animals.

Can we take that advice and declare that people who truly love their children will not feed them junk and will not give them everything they want, but rather, teach them to work to fulfill their needs, rather than waiting for someone else to come along and do it for them?



Marlo Archer is licensed psychologist serving kids, teens, and families, married and parenting couples, and individual adults. For more visit www.darmarlo.com.

***I'm Not THE Addict** from page 11*

families as well. Denial is commonly associated with the first phase of addiction, but it can linger throughout recovery. Much like addiction, denial is also a family symptom and can happen within every individual. The best way to continue a healthy and lasting life in recovery is to stay vigilant, communicate openly and work your individual programs on an ongoing basis.

Family co-addiction is like the story of the elephant in the room. I like to replace the elephant analogy with a dragon. The dragon being the dis-ease of addiction.

When the dragon is in the room and everyone is standing around it they see different things. Their perspective is mainly on what they see in front of their face and is "their" reality at the time.

The person at the front sees the dragon's head, scary eyes and fire breathing mouth. The person standing behind sees a long tail and people to the side of the creature see a leathery skinned body. Everyone is convinced they are correct in their view.

Everyone can then argue, deny, or convince each other what they see is the truth - but - it's not until everyone rises above and looks down at what it "really" is when they can see in a more objective way. Only then can they unite with a common unified understanding of what they are facing. This often comes through education and intervention.

If long lasting recovery is to be achieved I strongly recommend family members attend counseling or on-going educational sessions to help deal with the impact of a loved one's addiction. Family-Anon, Nar-Anon, Al-Anon and Alateen (for younger family members) offer help and hope to co-addicted families. All of these groups hold regular meetings throughout the country to share experiences, learn from the stories of others, and feel encouraged to find their own strength and happiness.



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Open Doors

By DR. DINA EVAN

Emily Dickinson said, “Not knowing when the dawn will come, I open every door.” This is the year for opening every door and stepping up. 2012 is a year like no other. This is a Gandhi year, a Lincoln year, and a Thoreau year. This is the turning point year, the new choice year. This is the year when we get to move the virtues of love, truth and understanding to the top rung on our list of priorities — or not. This is the year that we get to get over our small selves — or not.

This is the year of opening the door to a little voluntary simplicity — less in our closets, less on our plates and less in general; less plastic, less foam, less Teflon, less chemicals, less perfume, less mercury, less lead and less synthetic anything.

It’s the year of opening the door to taking personal responsibility. If you don’t vote and if you don’t ask for what you need you probably won’t get it. If you don’t stand up on your own side, probably no one else does either. This is the year you get to show up for yourself, share what you think and act on how you feel. This is the year you get to make better choices and stop blaming, complaining and procrastinating. This is your year to be big. After all, if one little bald-headed man named Gandhi can save a nation of 350 million people, just think about what you and I could do!

We have had a year of mixed messages, veiled and not so veiled innuendo and threats. So, this is the year of opening the door to better communication and less need to be right. It’s time to be who we say we are by acting in accordance with our own values. I’m right, you’re right; we are all right so we can stop trying to gain an advantage over each other by lying. If we all just had the intention of understanding and empowering each other and we helped each other reach our full potential as friends, as associates and as life partners, what might happen? Where did we get the false idea that if you become great, I’m not? If you are successful, I’m not. If you are powerful and profound, I’m not. We need a lot less of that kind of thinking. This is the year for helping everyone you know how to be great. We have been operating from a fear-based belief that it’s only my community that understands, get’s it or cares. The truth is that we are all in it together.

This is also the year for a new perspective. Who was it that taught us that in order to get our point across, we need to defame another’s point, rather than providing information that proves ours? Maybe we have demeaned each other enough. This year let’s check out fun stuff like integrity, authenticity, truth, change makers, humility, intimacy, spirituality, community, compassion, values...well you get the picture. How long will it take for Gandhi’s

“Where did we get the false idea that if you become great, I’m not? If you are successful, I’m not. If you are powerful and profound, I’m not. We need a lot less of that kind of thinking.”

message of oneness, non-violence and acceptance to go mainstream and hit the top ten? How long do you want it to take?

Maybe it’s time to open the door to the things in our lives that offer more meaning, whatever that may be. It’s time to step away from our cliques, clichés, and limited thinking and open our minds to other points of view, the value in difference and people who are not just like us and in the exploration of new ideas. We are standing on the edge of great potential and possibility—in here and out there. Whatever we discover on the inside will soon be manifest on the outside, just as it always has been. We are living today, what we created yesterday and tomorrow we will live what we create today.

Let’s ask the questions behind the questions

Let’s open the doors to things we can’t imagine. Let’s get beyond who we think we are, to the person we can be. Let’s start giving more than we take. And while we are in route...let’s laugh a lot. Some believe that we came from the mind of God, whatever you believe God to be. If that is true, we have been here from the beginning and through out history. So, when those times arise when you feel overwhelmed and you need to sit on your porch a moment asking the question, “How did we get here and who in the world did this,” try to remember we did.... and right now is the time we get to do it better.



Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. For more information 602-997-1200, email drdbe@att-global.net or visit www.DrDinaEvan.com.



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Annual State Conference for Social Workers to host LGBTQ Training

The Annual State Conference for The National Association of Social Workers-Arizona Chapter (NASW-AZ) will include a 3 hour cultural competency seminar on how to effectively serve clients who identify as lesbian, gay, bisexual, transgender, and questioning. The state conference will be held at the Phoenix Marriott Tempe at the Buttes on Friday September 14, 2012 from 9am to 4:30pm.

The training will be delivered by Stonewall Institute and is one of four workshops that will be offered at the full day conference. NASW-AZ Executive Director Jeremy Arp contacted Stonewall Institute several months ago to facilitate the training. Regarding his choice to include LGBTQ competency, Arp states, “Our profession expects social workers to strive to end discrimination, oppression, and social injustice. The Arizona Chapter of NASW is thrilled to partner with Stonewall Institute on a workshop at our Conference this September.”

NASW- AZ is the largest professional association of social workers in Arizona with over 1,700 members from all over the state.

Stonewall Institute is an LGBTQ affirmative outpatient substance abuse facility located in Phoenix. The agency provides a full range of services including intensive outpatient substance abuse treatment and DUI services. In addition, Stonewall Institute de-



Kyle Pennington, Stonewall Institute and NASW-AZ Exec. Director Jeremy Arp

livers LGBTQ cultural competency trainings to behavioral health providers throughout the state. Regarding the training, Stonewall Institute’s CEO Kyle Penniman states, “Based upon the NASW Code of Ethics, one could easily assume that all social workers are well prepared to work with LGBTQ clients and our community. The reality is that the content of our LGBTQ training is often new information for most therapists currently in practice, particularly when it comes to serving the transgender community.” Both Arp and Penniman are MSW graduates of the School of Social Work at Arizona State University.



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- Personality and Thought Disorders

EVENTS from page 8

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.**

CELEBRATE RECOVERY — Scottsdale First Church of The Nazarene. Thursdays 6-9 p.m. starts September 13th. Support groups for men and women struggling with chemical addictions, codependency, sexual abuse, eating disorders and other hurts and hang ups. Contact Dotsy Conway 480-949-9494. Email: dotsytc@hotmail.com or James Pantera: jpantera@cox.net

GA Meetings —ACT Counseling & Education in Phoenix and Glendale. Tuesday, Spanish (men preferred) 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. Tuesdays 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

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/ **602-234-1195.**

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

FOOD ADDICTS Anonymous—12 step group. **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.

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.


ARIZONA INSTITUTE FOR SPIRITUAL DIRECTORS www.aeisd.org. Marilyn Bever at 480-948-0707 ext. 124 for dates, time and cost.Franciscan Renewal Center, 5802 E. Lincoln Dr. **OASIS IN THE DESERT** 8 month program meeting monthly beginning October 20th. A spiritually based community supporting discernment and reflection of personal life questions and spiritual journey. Registration Sept. 15th. **FOUNDATIONS IN SPIRITUALITY —** 6 one day programs Pre-reg. required. **SPIRITUAL DIRECTOR’S TRAINING AND CERTIFICATION PROGRAM** 16 months of integrative seminars, retreats, supervised practicum September of 2013.

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Spiritual Direction: The Glue for a Humpty- Dumpty Era

Have you ever wondered why you were reprimanded or made to feel guilty when you attempted to question the religion of your childhood? At the same time, in all other facets of our lives we were most likely encouraged to think, explore and given endless opportunities to come up with our own conclusions.

French philosopher, Pierre Teilhard de Chardin was labeled as controversial for taking his own path as he tried to uncover personal meaning within his own faith. One of his conclusions after much soul searching and reflection was a profound, “we are not human beings having a spiritual experience. *We are spiritual beings having a human experience.*”

Life is full of paradoxes — among them the notion of spirituality, which is often seen as not accessible without being affiliated with a specific religion. Paradoxically, we hear stories of so called non-believers experiencing dramatic and life changing mystical encounters. The consumer mentality that permeates this country has done little to make us feel whole . Sometimes the more we have, the more anxious we become in an effort to hold on or manage the possessions. They seem to possess us and if they slip away we often feel desperate, broken like Humpty Dumpty and we have no idea how to put ourselves together again.

So we question ourselves. Weren’t we born with an innate sense of morality, ethics and values that guide and teach us to find a way through life? Do our lives have a purpose? Why are we here? There are various and diverse answers to these questions. But after thousands of centuries of human existence, it is still a challenge for most people to find a spiritual oasis in their own individual lives, especially in times of turmoil or brokenness.

The Arizona Ecumenical Institute for Spiritual Directors believes that to explore the spirit within is one way is to find the oasis that is God. God is love. And so, to be close to



God, we need live in loving relationship with each other and with God. Spiritual Direction guides to that place within ourselves where we encounter our God. Saint or scholar, mystic or mother, bold or timid we are all on a journey toward the outstretched arms of a loving Presence. Spiritual Direction, more aptly called Spiritual Companionship is a way for people to journey within themselves and in a special way with each other. AEISD offers the following programs for your own spiritual journey. www.aeisd.org

- **Oasis in the Desert —** 8 month program meeting once a month beginning October 20 through May 11, 2013. A spiritually based community supporting discernment and reflection of one’s personal life questions and spiritual journey. It is intended to nurture and guide a person through times of change and issues which require reflection and discernment.
- **Foundations in Spirituality —** Series of five one day programs including Introduction to Christian Spirituality (10-13-12), Hebrew Scriptures (11-10-12), Christian Scriptures (1-12-13), Christology (2-9-13) and Human Faith Development/Faith Styles (3-9-13). These can be taken as a group or individual sessions and qualify as pre-requisites for entry into the Spiritual Directors Training Program.
- **Spiritual Director’s Training and Certification Program —** 14 months of integrative seminars, retreats and supervised practicum which trains and certifies a person to act as a spiritual mentor and guide to others. Begins January 2013.

Contact Marilyn Bever, Director **480-948-0707 ext.124.** Pre-registration is required for all programs.

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NEWS from page 2
I controlled substance, which means it has a high potential for abuse, and no accepted use in medical treatment. The DEA notes that MDMA can cause confusion, anxiety, depression, paranoia, sleep problems, and drug craving. The drug also can cause muscle tension, tremors, involuntary teeth clenching, muscle cramps, nausea, faintness, chills, sweating, and blurred vision. “High doses of MDMA can interfere with the ability to regulate body temperature, resulting in a sharp increase in body temperature (hyperthermia), leading to liver, kidney and cardiovascular failure. Severe dehydration can result from the combination of the drug’s effects and the crowded and hot conditions in which the drug is often taken,” the DEA reports.

While fewer than 4 percent of emergency room visits in 2009 were due to MDMA use, the national Drug Abuse Warning Network found that from 2004 to 2009, there was a 123 percent increase in the number of emergency room visits involving MDMA taken alone or in combination with pharmaceuticals, alcohol or both.

High-Potency and Synthetic Marijuana Can Harm Developing Embryo’s Brain

High-potency marijuana, and the synthetic form of the drug, known as “K2” or “Spice,” can harm a developing embryo’s brain, a new study concludes. Many pregnant women are unaware of the risk, according to HealthDay.

The drugs can affect the brain as early as two weeks after conception, according to researchers at Texas A&M University. Marijuana is the most widely used illegal drug among pregnant women, they note in the journal Drug Testing and Analysis.

Exposure to high-potency or synthetic marijuana early in pregnancy can lead to anencephaly, a condition in which infants are born without large parts of their brain or skull, the researchers found. Early prenatal marijuana use also leads to attention-deficit/hyperactivity disorder (ADHD), learning disabilities and memory problems in toddlers and 10-year-olds, and aggression, anxiety and depression in adolescents.

“The emergence of bioengineered crops and novel, medicinal marijuana strains, means that marijuana is no longer what it used to be in the 1970s and early 1980s,” study co-author Delphine Psychoyos said in a journal news release. “Some new, high-potency strains, including some medicinal marijuana blends, contain up to 20 times more THC, the psychoactive constituent of marijuana, than did ‘traditional’ marijuana,” she said. “Furthermore, with the emergence of dispensaries and Internet websites, high potency marijuana and Spice products are now readily available to the general population.”

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LIFE 101

By COACH CARY BAYER www.carybayer.com

Say What You Meanand Mean What You Say

We really need to evolve a culture in America in which people say what they mean and mean what they say. In an age of political doublespeak that we’re living in, an age that’s filled with intentionally ambiguous or confusing talk, one sometimes feels much like Pontius Pilate, wanting to ask simply, “What is Truth?” Who knows anymore?

President George W. Bush called himself a “compassionate Conservative,” but a lot of folks on both sides of the aisle never quite saw that compassion that his campaign commercials boasted of. The writer and critic H.L. Mencken said that a demagogue is “one who preaches doctrines he knows to be untrue to men he knows to be idiots.” Dresden James recognized this truth, as well, when he said, “When a well-packaged web of lies has been sold gradually to the masses over generations, the truth will seem utterly preposterous and its speaker a raving lunatic.”

George Orwell, whose 1949 novel **1984** gave us the term doublethink which, in a few years, morphed into doublespeak, wrote that “Political language... is designed to make lies sound truthful and murder respectable, and to give an appearance of solidity to pure wind.”

Former conservative cable TV leader Glenn Beck apparently saw no cognitive dissonance in comparing his Far Right message on the anniversary of the Rev. Martin Luther King, Jr.’s leftist “I Have a Dream” speech at the very same Washington Monument where the Civil Rights Nobel Prize-winner for Peace lifted the minds of hundreds of thousands of followers. Beck’s millions of rabid followers see no contradiction in the message of their hero from that of King, who lost his life freeing African Americans from much of



the Conservative values that Beck would, decades later, espouse.

The rhetoric of TV commercials, lawyers’ speeches, and politicians’ are full of such hot air, it’s amazing we don’t all just swelter in their presence. Ask any liberal TV viewer, and he’ll tell you, quite passionately, that doublespeak is rampant on Fox News. On the

other hand, in the minds of Fox’s fanatic faithful, MSNBC is rife with the doublespeak of the left. Doublespeak, like much of everything else, is in the eye of the beholder.

“Simplicity is the ultimate sophistication” —da Vinci

This being said, it’s refreshing to be perfectly clear in your communications. At a time when so much bluster and blather clog the airwaves, you can be a breath of proverbial fresh air by speaking the truth plainly and simply. As the Western hemisphere’s greatest genius as, Leonardo da Vinci, put it, “Simplicity is the ultimate sophistication.”

So how does one speak plainly and simply? The question seems rather comical in a way, because speaking plainly and simply comes to anyone rather...well, simply. It takes great effort to speak with obfuscation. It takes planning to clothe one’s message. Some people think, incorrectly, that the more complicated their speech, the smarter they seem. The reverse is true. As Lao Tzu wrote in his classic, Tao Te Ching: “Be sparing of speech, and things will come right of themselves.”

President Abraham Lincoln was so sparing, he needed only 246 words in his unforgettable Gettysburg Address. Thomas Jefferson required only 1,337 words to sever colonial ties with England in the Declaration of Independence. The original U.S. Constitution, which laid out the foundation for governing our nascent country and establish the great freedoms of our democratic experiment, was less than 4,500 words. Yet, when Congress aimed to reform health care in 2009, it needed some 184, 672 words. Something is rotten in the state of our communication.

To restore health to the way we speak, we need to just simply what we mean, and mean what we say.

Recovery Resources

RECOVERY SERVICES

ACT Counseling	602-569-4328
Alcohol Recovery Solutions	480-496-9760
Amity Foundation	520-749-5980
AZ. Dept. of Health	602-364-2086
Office of Problem Gambling	800-NEXTSTEP
Aurora Behavioral Health System	623-344-4444
Banner Health Helpline	602-254-4357
Bill Ryan, Interventionist	602-738-0370
Celebrate Recovery with	
Chandler Christian Church	480-963-3997
Celebrate Recovery Glendale	602-620-4076
at CrossPoint Christian Church	
Chicanos Por La Causa	602-233-9747
Clean and Sober Living	602-540-0258
Clean Adventures	877-442-8767
Community Bridges	480-831-7566
Community Bridges Access to Care Line	877-931-9142
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Complete Testing Solutions	480-507-2307
Decision Point Center	928-778-4600
Dr. Dan Glick	480-614-5622
Dr. Dina Evan	602-997-1200
Dr. Janice Blair	602-460-5464
Dr. Marlo Archer	480-705-5007
English Mountain Recovery	877-459-8595
Franciscan Renewal Center	480-948-7460
Gifts Anon	480-483-6006
Glenstone Village	520-647-9640
Hospice of Arizona	602-678-1313
Intervention ASAP	602-606-2995
Geffen Liberman, LISAC	480-388-1495
Magellan of Arizona	800-564-5465
MASK	480-502-5337
The Meadows	800-632-3697
NAATP	717-392-8480
NCADD	602-264-6214
NotMYKid	602-652-0163
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
Run Drugs Out of Town	480-513-3909
Sage Counseling	480-649-3352
Seabrook House	800-761-7575
SLAA	602 337-7117
Sober Living AZ	602-478-3210
Sex Love Addicts Anonymous	520-792-6450
St. Luke’s Behavioral	602-251-8535
Teen Challenge of AZ	800-346-7859
Turn Your Life Around	520-887-2643
TERROS	602-685-6000
Valley Hosptial	602-952-3939
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Bernie Scarborough CPA	480-540-8628

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