



Beyond Addictions[®]

In-home Detoxification & Innovative Recovery Services

Inside Beyond Addictions

Dr. Marvin D. Seppala, Medical Director, CEO

A Spiritual Path



A quote from Herbert Spencer found in the *Alcoholics Anonymous* text helps to introduce this discussion about the use of spirituality in the treatment of those with addiction. "There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is

contempt prior to investigation." Twelve Step programs are based on spiritual principles of healing executed by working the Steps in the context of the fellowship of AA meetings.

The spiritual activities inherent in 12 Step programs and the spiritual emphasis of the written documents used by these programs leave many attendees confused and some frankly resistant. The same can be said for those mental health professionals working with people involved in such programs. Survey research reveals that those involved in AA rate spirituality as the most important aspect of the program. However, most mental health professionals are not trained in the spiritual and some reject it. Many recovering alcoholics and addicts need psychotherapy to address problems associated with addiction or to treat other mental health issues. If the therapist has little knowledge of addiction and recovery using the 12 Steps or if they are negatively biased about spirituality, the potential exists for confusing the attendee, undermining the gains the individual has made in recovery from addiction and even contributing to relapse. Thus, it is essential for mental health professionals to not only have a thorough understanding of addiction but also to have a working knowledge of the 12 Steps.

When therapists include the spiritual, they are enlisting a powerful means of healing. New schools of psychology have recognized this and incorporate the spiritual as essential to understanding the human condition and healing our ills. Even western medicine has begun to use the spiritual in the healing of chronic illness. The addiction field has done so from the onset as a result of the popularity, success and influence of 12 Step programs.

Working in addiction allows me to use my training and experience in psychiatry, neuroscience, psychotherapy, spirituality and the 12 Steps. Using these diverse disciplines I am able to provide care in an effective, eclectic manner to those who seek my help in addressing their addiction and other mental health issues. Knowledge of the 12 Steps allows me to engage people in a holistic examination of their recovery. It also assures them that I understand what they are going through; the crushing despair of addiction, the depth of pain associated with self examination, and the joys of recovery. When someone is struggling with the 4th Step ("Made a searching and fearless moral inventory of ourselves.") because of their resistance to admitting to an act of great shame, something they vowed never to tell anyone, it can be remarkably helpful to offer a perspective based on intimate knowledge of their plight that helps them move past the resistance and complete the task. We can share in the healing process, with full recognition that we are together on a spiritual path.

Announcements

Surgical Support Services

Beyond Addictions offers support for people in recovery who are anticipating surgery, or have medical conditions that may require the short-term use of pain medications. Individuals in recovery are often concerned about relapse when taking pain medications prescribed by their physician.

Beyond Addictions offers individuals in recovery a team consultation approach with Dr. Seppala, a registered nurse, and a chemical dependency counselor or family counselor, depending on the specific needs of the individual. This approach has been effective in developing a customized plan that may include Dr. Seppala consulting with the surgeon or primary care physician. Individual and/or family counseling may be added for additional support. In some instances, around-the-clock care in the client's home may be utilized to provide medication administration and post-surgical care.

Beyond Addictions is able to offer these exciting new options to support recovery as a result of a commitment to continued innovation.

For more information, visit

**www.beyondaddictions.com
or call 503.644.8700.**

Events



- **“Not my problem!”** addiction forum was held this past Tuesday night at Lake Oswego United Methodist Church.

Speakers (pictured above from left to right) were: Judy Cushing, President & CEO, Oregon Partnership; Dr. Marvin Seppala, Medical Director and CEO, Beyond Addictions; and John Foote, Clackamas County District Attorney.

The forum received a large community response and addressed questions about alcohol and drug use, treatment, prevention and what the community can do to help.

- Dr. Seppala will be one of the expert panelists at Oregon Partnerships’ **“Parenting for Prevention.”** This special event will take place on **June 25, noon-1:30pm** at Montgomery Park. Hear from an expert panel on what you can do to keep your kids away from alcohol and drugs. This event is \$25 and includes lunch. To learn more, visit www.orphnership.org. To register, e-mail dslifman@orphnership.org or call 503.244.5211.

Recovery through Surgery

~An Inspirational Story~

When I had 5 years clean and sober I faced my biggest fear in recovery—needing another surgery. Prior to my sobriety, I spent more than 15 years in and out of the hospital for many surgeries and prescribed narcotics. Eventually I found I was well into my disease of addiction and the fall was hard. I spent 90 days in residential treatment. By the Grace of My Higher Power I have maintained my Sobriety by my willingness to adhere to a Recovery Program that included AA, a Sponsor, and a strong 12 step program.

Recently, it was determined that I would have to under go three very complex surgeries in 4 months. I turned to my program of Recovery to overcome my fear of facing surgery, pain, narcotics and months of possible complications.

The first thing I did was increase my attendance at AA meetings. I spoke up, shared and let other recovering people help me work through it. I involved my sponsor and discussed a plan to keep me safe.

The second thing, I involved a medical team, including my surgeon, some nursing friends, my friend an Addictionologist, and my husband. As a recovering alcoholic and addict, it was very important that I have nothing to do with managing or dispensing my pain medications.

I learned so much from this experience. I learned that when narcotics are taken as ordered, they help the pain! I was so afraid that they would awaken the beast lying in wait for me. I was taught the difference between addiction and dependence. I also came to believe that I didn’t have to suffer because I was an addict. I learned to be honest about my pain needs. In the past my pain was maximized, now I had more challenges in being honest about my pain.

During these long trying months I did have several complications. There were times I became discouraged, I pressed in closer to my program and the counseling that I had in place. Until I was able to get out to meetings, some wonderful AA women brought AA meetings to my bedside.

Now the time came that I had one last mountain to climb. I had been on monitored pain medications and, as was inevitable, my body was dependent. My surgeon turned over my care to a wonderful clinic called Beyond Addictions that helped me detox from the opiates. Make no mistake it was tough! How did I do it? By NEVER, NEVER forgetting or doubting how much my sobriety means to me; by NEVER, NEVER forgetting my desire to stay present for me first, for my husband and my children. I never want to lose the connection recovery gave me to my Higher Power, whom I call God.

Today I am back to work, living life, and healing more every day. Today I am drug free; therefore truly free to be me!

Relapse Prevention Workshop

The next 4-week track will begin on **Tuesday, June, 10, 2008, 6:00pm-7:30pm**; the last session will be on Tuesday, July 1, 2008. Call 503.644.8700 or visit www.beyondaddictions.com, for more information.

When you’re ready...®

Beyond Addictions Outpatient Treatment & Additional Services:

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|--|-------------------------|-------------------|----------------------|
| • Psychotherapy | • In-home detox | • Family Services | • Continuing Care |
| • Psychiatric or Psychological Evaluations | • In-hotel detox | • Family Group | • Nicotine Cessation |
| • Relapse Prevention Services | • In-office detox | • Family Therapy | • DUII |
| | • Individual Counseling | • Group Therapy | • Body Image |