



Beyond Addictions[®]

In-home Detoxification & Innovative Recovery Services

Inside Beyond Addictions



Dr. Marvin D. Seppala, Medical Director, CEO

Limitation and Acceptance

In our last newsletter I initiated a discussion of spirituality and I would like to continue to address this important issue. Spirituality is not defined in the AA literature, yet is a paramount aspect of all 12 Step programs. The AA text states, "The spiritual life is not a theory. We have to live it." In spite of its essence to a 12 Step recovery program, spirituality is left up to the individual to define. By design, 12 Step programs are as open as possible to various spiritual beliefs and interpretations which was done in an attempt to prevent religious bias from limiting participation. The absence of a definition of spirituality leaves some confused, but most find that it provides a more acceptable path to belief in something outside themselves.

In Not God - A History of Alcoholics Anonymous Ernest Kurtz wrote: "Because the alcoholic is not God, not absolute, not infinite, he or she is essentially limited. Yet this very limitation – from the alcoholic's acceptance of personal limitation – arises the beginning of healing and wholeness." This profound principle was established in 12 Step programs as spiritual. One must accept limitation, the disease state of alcoholism and addiction, and look outside oneself to begin the process of healing.

At 12 Step meetings one regularly hears the statement "my best thinking got me here." This reveals the necessity of another way of thinking and being, accepting of limitation, and in effect it is a statement of recognition that the answer lies outside oneself. It is also a concept which is supported by neurobiological research that reveals the remarkable power that addiction has over the individual. 12 Step programs suggest that those with addiction accept that they have this disease and look outside themselves for the solution. Acceptance of this limitation, the inevitable human act of acceptance of imperfection, opens the door to recovery.

Hope and the possibility of change are recognized in this limitation as well. 12 Step programs are verbal traditions and the telling of one's story is an essential act of healing, but not just for the individual story teller. Hope and healing are expressed for the newcomer by those who have accepted their limitations and have already addressed them in a successful manner. Hope is found in the powerful stories of those who have already sought a spiritual solution in 12 Step programs and are leading remarkably different lives as a result. And it is this hope that uplifts the individual when facing the truth of their own limitations.

These remarkable examples of success allow people to begin to safely look at themselves and outside themselves to consider the possibility of a spiritual solution. "Working the Steps" is synonymous with daily attention to one's spiritual condition. The AA text states, "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

Announcements

Celebrating Recovery Month

Beyond Addictions is in the second year of providing services, with over **500** people participating in our program. In honor of Recovery Month, in September, Beyond Addictions is offering 10% off the cost of the following services:

- Standard Evaluation
- In-office Detoxification
- DUII Level 1 Diversion
- Relapse Prevention Workshop

The goal is to get as many people as possible into Recovery for a real celebration in September. To help reach this goal we are offering discount certificates, which may be used between June 23, 2008 and August 31, 2008.

Let us help someone you know get their life back...

9th Graduation

We are celebrating our 9th graduation, this week!



For more information, visit
www.beyondaddictions.com
or call 503.644.8700.

Relapse Prevention Workshop



The next 4-week track will begin on **July, 22, 2008** and will go through August 12, 2008. The workshop is held Tuesdays, 6:00pm-7:30pm.

This workshop is an excellent opportunity to gain relapse prevention skills in a group setting. The workshop is facilitated by Clark Caswell, BA, CADC II.

Call **503.644.8700** to register or visit us on the web at www.beyondaddictions.com for more information.

\$275 if pre-registered and \$300 if you register on July 22

Readings of Interest

“Broken” by William Cope Moyers: My Story of Addiction and Redemption



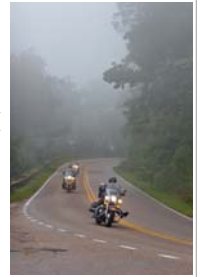
“Clapton” by Eric Clapton: The Autobiography

“In Control” by Thomas Hollywood Henderson: The Birth of an NFL Legend

Father and Son, Motorcycles and 12 Stepping

~An Inspirational Story~

Imagine the delight for an alcoholic to live not only the promises, but have the opportunity to work the steps on a 3,300 mile motorcycle ride with his newly sober 20- year-old son. While in my disease, I couldn't plan a trip, as I never knew one day to the next if I would be sober enough to take the trip. I certainly would never have planned a motorcycle trip. Drunk on two wheels is just not in the cards for this alcoholic. With about four years sobriety, and my 20-year-old in his first few months of sobriety—we planned our dream motorcycle trip. We left Portland, had a first step discussion on the Oregon coast acknowledging our powerlessness and unmanageability with alcohol. Going up the coast we stopped at choice spots to take in the beauty of God's creation and become willing to accept His guidance. This was motorcycle heaven with twisty roads to the top of Hurricane ridge in the Olympic National Forest, cruising Vancouver island and up past Whistler to the trans Canadian highway and across to Banf and Glacier National Park. It was while sitting one crisp morning, on the lake at Glacier, that we covered my son's fourth step where he admitted to God and another human being the exact nature of his wrongs. This typically is a turning point for many alcoholics as they can begin the real healing of making amends and living life on life's terms under the care of a Higher Power of our own understanding. The journey continued through Glacier National Park, the road to the sun, and through Yellowstone, before we headed home—tired but at peace and ready to trudge the road to happy destiny (to walk with purpose).



Tips to Stay Clean and Sober during your Vacation

Are you going on vacation this summer and wondering how to stay clean and sober?

Here are some tips:

- Look online for 12 step meetings in the town you are visiting.
- Call the AA hotline once you get to a new city. It is usually one of the first listings in the phonebook. Most of the time someone from AA will pick you up or meet you at a meeting.
- Flying? If you need support at the airport, so you don't drink pick up a white paging phone at the airport and page "a friend of Bill W" meet at gate 21a (or where ever you are). You may be surprised who shows up.
- On the airplane, take your Big Book (Alcoholics Anonymous) on the plane with you. Start reading when they bring beverages. Another idea is to hand the flight attendant a card that asks them not to serve you alcohol. If you start reading your Big Book you'll be amazed at who might be sitting next to you.
- Going to a concert? Look for yellow balloons, which usually means there is a sober group under them.

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 |