



THE WHOLE PROFESSIONAL RECOVERY DISCOVERY PROGRAM

Recovery Discovery
Program

WHOLE
PROFESSIONAL

YOUR PATH TO RECOVERY STARTS HERE

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Whole Professional's Recovery Discovery Program is an entirely virtual, eight-week program for those who are concerned that they may have the beginning of a substance abuse/misuse problem but don't feel the need for inpatient rehab due to cost or time considerations. They may feel this is also too drastic a step for their current concerns. We often think that you have to hit "rock bottom" before treatment can work – but that's a dangerous myth. By then the damage can be consequential and the road to recovery much harder. Addiction is a progressive disease, so proactive steps to prevent progression at an early stage is critical.

Our program is conveniently scheduled for busy professionals before the start of a workday and provides a confidential, supportive experience conducted by psychotherapists experienced in addiction and recovery, as well as the underlying issues behind it such as trauma, anxiety, and depression.

Each of the program sessions begins with an overview of topics essential to successful recovery from substance misuse and concludes with group therapy.

To participate in this program, participants must commit to the entire eight-week program of twice-weekly group sessions. Following completion of this program, participants will be given priority for scheduling ongoing, individual therapy or joining a Whole Professional therapy group facilitated by a professional therapist.

The Best Time to Get Help is Now

OUR PROGRAM OFFERS:

- Twice-weekly group therapy for eight weeks, helping clients identify their early warning signs, high-risk situations, and addictive thoughts
- Education about addiction and the progressive nature of substance abuse
- Training to enhance skills to identify early warning signs of substance use or abuse
- Supervised implementation of an individual Relapse Prevention treatment plan
- Early relapse intervention should it occur
- Recovery support network development
- One and a half hour-long program conducted in early mornings, twice a week, for eight weeks
- Maximum group number: 12
- Aftercare Options
 - + Ongoing Individual Therapy (additional fees apply)
 - + Ongoing Group Therapy (additional fees apply)

ELIGIBILITY

This program is for people who are not in physical withdrawal from a substance. Medical treatment is not included in this therapy, although participants can be referred out to medical staff if or when the need arises. \$1,750/Person for Eight-Week Program. Self-pay only.

WHY GROUP THERAPY?

Research shows that group therapy conducted by licensed psychotherapists is a powerful therapeutic tool in substance abuse. It provides potential benefits in promoting social support, reducing isolation and

stigma, developing effective communication and interpersonal skills, and practicing recovery-oriented coping strategies with group members. Groups are also helpful in treating challenges such as the depression,

isolation, and shame that often accompany substance abuse and other addictive behaviors. These dynamics will help draw you into a culture of recovery.

ABOUT WHOLE PROFESSIONAL

Whole Professional is a multidisciplinary, therapeutic consultancy dedicated to the mental health and well-being of busy, high-performing professionals. With a team consisting of professionals from the legal, business, medical, and mental health fields, we provide

services in individual and family counseling and psychotherapy, addiction and recovery treatment, medication management, nutrition, yoga, and recreational therapy. This holistic approach is designed to address the "Whole Professional," enabling them to return to and maintain

mental health, well-being, and maximum performance.

UPCOMING PROGRAM DATES

Sessions will be held:

Mondays and Wednesdays from 8:00am – 9:30am

Eight-week, twice-weekly groups will start:

January 30, 2023 | April 3, 2023 | June 5, 2023

OVERVIEW OF PROGRAM

Week 1:

What is Addiction?

A common misperception is that addiction is a choice or a moral problem and all you have to do is stop. Nothing could be further from the truth. Our program explains the biological basis of addiction and helps clients understand why people need much more than good intentions or willpower to break their patterns.

Week 5:

Sober Support

You cannot maintain your sobriety or expect to recover without the help and support of others. Knowing where to start and which support groups will give you what you need in your recovery is key.

Week 2:

What Does Relapse Look Like?

Relapse starts well before the actual physical return to use. Whether to a substance or a behavior, the potential for relapse is always a present and knowing the warning signs that could foreshadow a relapse can help to avoid it.

Week 6:

Name It to Tame It

Emotional regulation refers to the process of recognizing and controlling your feelings and reactions. Emotions aren't inherently good or bad, but how you respond to your emotions is crucial in keeping you on track with your recovery goals.

Week 3:

Coping Skills

Recovery is more than just stopping use. There are also behaviors that have been getting you into trouble, and they will continue until you understand them and learn new ways to cope with life's challenges.

Week 7:

Stress and Anxiety Management

You may previously have dealt with your stress and anxiety by using alcohol or drugs. We help you understand and move beyond the connection.

Week 4:

A Strengths-Based Approach

Recovery focuses on valuing and building your resiliencies, talents, coping abilities, and inherent value. The process of recovery moves forward through interaction with others in supportive, trust-based relationships, which is what we explore in group.

Week 8:

Moving Forward

You have taken the first, but not the last, step in your recovery journey. Having a plan to move forward is key to ongoing success.

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