

THE POWERFUL METHODOLOGY OF ADDRESSING THE INTRA-PERSONAL
CODPENDENT RELATIONSHIP THAT IS AT THE CORE OF ADDICTION

A THOM RUTLEDGE WORKSHOP

THE RECOVERY DECISION

ESTABLISHING A SOLID FOUNDATION
FOR LONG-TERM RECOVERY

Who will benefit from this program:

- Residential & Out Patient Clients
- Mental Health Professionals
- Addiction & Eating Disorder Professionals
- Family Members of Recovering Addicts

"When treating addiction or eating disorder it is so easy to find ourselves in a position of trying to 'sell recovery' to our clients. The result is predictably power struggle. By applying my INTRApersonal method, we can completely step outside the power struggle, improving our effectiveness with clients exponentially. I love teaching this. It is the epitome of simple-but-not-easy." – Thom Rutledge

Denial is not an obstacle to treatment; it is the object of the treatment. Specifically, denial is a clever and versatile inner-attorney whose job is to help our clients retain the right to continue self-destructive behaviors. Once the bright light of awareness has revealed the true nature of the problem, blatant denial transitions into more subtle approaches: rationalization, distraction, excuse making, minimization, etc. From there, evaluation and treatment of addiction or eating disorders can all too quickly devolve into power struggle between treating professionals and their clients.

As treatment professionals we have been taught to expect power struggle, even to characterize evaluation and early recovery by our doing battle with a client's resistance. That approach can produce positive results, but there is a better way. The down side of this old paradigm is that it begins with an understanding that the counselor knows the truth and the client does not, that the counselor is there to impart wisdom and the client's job is to overcome his resistance to receiving that wisdom. At times with only quite subtle changes, The Recovery Decision program challenges clients to accept responsibility from the very beginning of recovery, even during evaluation. And counselors are not there to impart wisdom, but to accompany clients in discovery of a wisdom that is specific to them as individuals. The implementation of Thom's INTRApersonal model establishes that while treatment professionals bring their expertise (from professional and personal experience) the choices about what to do with therapeutic discoveries are always the client's.

THE PROGRAM can be adapted to the needs of your organization, including time frame and decision about participants. It can be presented to clients, to professionals as training or clients and counselors together. THOM's programs are always flexible and spontaneous, involving as much interaction as time allows. Much of the teaching is done with demonstration and there will be opportunities for all participants to practice some of the techniques.

FOR MORE INFORMATION OR TO SCHEDULE A PROGRAM FOR YOUR FACILITY,
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