Practical Recovery Services

“Treatment in a Private Practice Setting”

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practicalrecovery.com
pyrysys.com
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- Natural Recovery
  - Tx for changes needed, not severity

- Harm Reduction model

- Motivational Interviewing (MI)

- Cognitive Behavioral Treatment (CBT)

- SMART Recovery / Moderation Management
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- IOP
- Staff of 20 FTE
- Local and visiting clients
- Substance and activity addictions
- Advertise “non-12-step, non-disease”
  - We are not opposed to trad tx
- Single practitioner until 1998
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*Psychotherapies also offered:*

- Hypnotherapy
- Neurofeedback
- Psychodynamic
- Narrative, constructivist
- EMDR, TFT
- Contingency management
- Expressive: art, drama therapy
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Also offered:

- Psych and addiction meds
- Nutrition/Cooking, exercise
- Alternative health
  - Herbal
  - Acupuncture, Chakra, Shiatsu
  - Yoga
  - Massage, Bodywork
  - Energy healing
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- The psychotherapy team
  - Most extensive use at PRS
  - Part of larger cafeteria plan
  - High therapist morale
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- Fee paying vs. scholarship clients
  - Not patients, not clients, but customers
  - Not as overwhelmed by life
  - The customer is always right (or they leave); good service expected
  - Intimidation not effective
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- Hunter-gatherer: Pleasure = Survival
- Today: Pleasure = Premature Death
- Most “addicted” to something
- Client goal: max pleasure, and die just a little bit early
- Our goal: re-conceptualize pleasure, reduce harm
- What happens: change occurs when it is important enough
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Creating a Treatment Plan:

- More services = more appeal
- Clients seek treatment consistent with developmental level and worldview
- Empirical support of little interest
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Creating a Treatment Plan (2):

- Little interest in manual based treatment delivery
- Client-centered capacity of therapist
- Alternative services may predominate
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What works:

- Client ultimate goals, values and beliefs suggest avenues for intervention
- Combining rational problem solving, actual behavior change, physical / emotive experience
- “Treatment” is a form of education, suggestion, collaborative problem solving
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The Practical Recovery model:

Providers collaborate with the client to find practical and realistic recovery steps for that individual, given his or her values, goals and situation.