

Meaning / Spirituality

These workshops provide a language and framework to help clients understand (1) that addiction is a response to lack of personal meaning in life and (2) what a personally meaningful life looks like and how to achieve it.

Relationships

Research has shown that positive relationships are necessary for recovery because they are fundamental to living a meaningful life. These workshops help clients appreciate why relationships are so important and why they can do to improve them.

Drugs & Your Brain

The purpose of these workshops is to help clients appreciate that addiction has a physical basis in the brain. Topics include how different drugs affect the brain and the long-term consequences of substance use.

DBT

[Text to come]

Heroin's Journey

[Text to come]

Post-Treatment Planning

[Text to come]