

## SUBSTANCE USE & ADDICTION

### EDUCATION *PLUS* RECOVERY GROUP SESSIONS (NOT A 12-STEP)

These 2-hour groups begin with an hour of education followed by an hour of shared, non-judgmental discussion designed on the topic to move you toward a recovery-mindset in a way that is different than all other recovery programs

The true gift of this platform is *in the blend of education with application* that guests can apply to their *own experience*.

Here are only a few of the *addiction-related topics* we will be exploring in relation to your specific experience:

#### *Why are we addicted to anything anyway?*

We will explore theories that can *pre-date our birth* such as Genetic predisposition! Or the Medical Model of Addiction. We will look at the Moral Model, the Socio-Cultural Models and other theories that may explain a few things pertinent to *your struggle*.

Learn how *the brain* makes it so hard to quit and why will-power is not enough.

Learn how to *“Re-Wire”* your brain to so that *change becomes “enduring”*.

Discover what came first... the chicken or the egg? Unravel the dilemma of *Co-occurring Disorders* (mental health v. addiction) and how they play together to disrupt your entire life. Which one do you heal first? And why do they co-exist in so many instances anyway?

This is why we will explore each category of addictive substances and addictive behaviors (*one addiction is no different from the next, whether a substance is ingested, or an excessive behavior is displayed – It’s all addiction, no matter how you slice it or dice it*).

#### *Self-Education is Your Power to beating this!*

The more you understand how it all happened (*for you*), the easier it will be to work through a *possible traumatic past, negative self-image, lack of healthy coping strategies – never learned in childhood, or how co-dependency often appears in addictive, unhealthy relationships & more!*

This group is for family members *and* addicts! We all need to understand addiction better, *although it is not always feasible to have family members attend the same sessions together*.

I have created *morning and evening* groups to choose from for your convenience.

#### HOSTED BY

DR. CAROL BREILING



#### LOCATION:

11344 Coloma Blvd.,  
Gold River, CA 95670  
Suite 625 (for Groups)  
Suite 515 (Priv. Sessions)

#### SCHEDULE

##### Mornings

Wednesdays, Fridays  
9:30 AM – 11:30 AM

##### Evenings

Wednesdays, Fridays  
6:30 PM – 8:30 PM

#### Group Rate per session:

\$20 per person  
Cash \* Check  
Venmo or Zelle

#### CONTACT ME:

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