

# BE RECOVERED

Transformational Healing Through  
Integrative Addiction Recovery<sup>sm</sup>

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**The Sanctuary at Sedona**

**Be Recovered:**

**Transformational Healing Through**

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## ***Introduction***

*We can no longer take these steps by ourselves. We have created a synergistic community.  
We must take a step towards knowledge together. – Alberto Villoldo, Ph.D.*

We live in stressful times. We are working harder than ever, overwhelmed by technology and bombarded by the 24-hour news cycle. Our sympathetic nervous systems are overwhelmed, and many of us live in a constant state of fight-or-flight.

It follows naturally that with the increase in trauma to our systems, the rate of addiction in the United States continues to rise. Illicit drug use increases year after year.<sup>1</sup> The opioid crisis is at its worst. Over 2 million people in the United States have an opioid use disorder and nearly 600,000 have a heroin use disorder.<sup>2</sup> The estimate cost for healthcare, law enforcement and productivity related to opioids alone is nearly \$80 billion per year. Over 15 million Americans have an alcohol use disorder, resulting in over 88,000 alcohol-related deaths per year and costs upwards of \$250 billion.<sup>3</sup>

Despite these numbers, only a fraction of people stuck in the cycle of addiction seek treatment<sup>4</sup>, for a myriad of reasons, and an even smaller fraction of those that do are successful in overcoming their addictive behaviors for the long term.

This, however, is not a book about statistics or negative facts. This is a story of hope.

For over a decade, at The Sanctuary at Sedona, our inpatient Integrative Addiction Recovery treatment center, we have worked with hundreds of clients who suffered from addiction and from serious mental and emotional disorders, including PTSD, depression and anxiety. We have seen through our work with clients that it is possible to create a life beyond the labels and limitations of addiction and co-occurring disorders and to attain a life of optimum health, meaning, happiness, peace and well-being.

We have challenged the unquestioned tenets of traditional recovery programs and shown them to be untrue, or at least incomplete. We have taken a holistic, integrative approach to recovery that has proven to be transformational. Many clients credit it with saving their lives.

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<sup>1</sup> <https://www.drugabuse.gov/publications/drugfacts/nationwide-trends>

<sup>2</sup> <https://www.drugabuse.gov/about-nida/noras-blog/2017/05/all-scientific-hands-deck-to-end-opioid-crisis>

<sup>3</sup> <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

<sup>4</sup> <https://www.drugabuse.gov/publications/drugfacts/nationwide-trends> and <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

This book outlines our thinking on recovery and the elements of our Integrative Addiction Recovery program. Tracing the history and evolution of modern healthcare and science, we set the stage for the development of our program. We review the science behind it and how we apply the science to effect transformation. We discuss the program itself, how and why it works and what the essential components are. Finally, we talk about our results through scientific evidence and some specific examples.

The journey to wellness begins with the knowledge that true healing is possible. We hope that in the pages to come, you will receive the information you need to believe that is true for yourself and the ones you love.



## **Chapter 1**

### **Dean's Story**

*If you want a new outcome, you will have to break the habit of being yourself, and reinvent a new self. – Joe Dispenza*

It may be helpful to start with my own story and how I came to be recovered from addiction. My credentials today seem impossible when viewed from the perspective of my addiction-riddled past: I have BA in Political Science and am currently a member of the senior teaching staff at Four Winds Society, an international school of energy medicine. I'm an ordained minister; a certified Shamanic Breathwork® facilitator; a founding member of the Society for Shamanic Practitioners; a Member of the Association for Comprehensive Energy Psychology; and a Member of National Institute for Holistic Addiction Studies. I've traveled extensively to sacred sites in over 60 countries to study world mythology, religion, spirituality, wisdom traditions and indigenous healing and wellness practices. And I battled addiction for many years, much of the time hopelessly.

In all, I spent nearly 30 years of my life struggling with substance abuse problems in various forms. I was raised in an average middle class family and had no apparent reason to choose such a difficult path. Despite all the gifts I had in my life: a successful career, a loving and supportive family and a wealth of material possessions, my feeling of emptiness and disconnection was unbearable. On the outside, I looked like a responsible, well-adjusted and productive member of society, while on the inside, I was slowly dying. What started as a simple prescription for pain medication ultimately led to a \$200,000 per year drug habit.

My own healing journey through **recovery** from addiction took 20 years. I went through ten prominent inpatient treatment centers, six intensive outpatient aftercare programs, several medically-assisted detoxifications, sober living environments, countless self-help groups, counselors, psychiatrists and medication protocols. I survived dozens of overdoses and two near-death experiences. I worked hard in each new program, putting my hope, faith and effort into every new medication and treatment protocol, but to no avail.

In my desperation, I even underwent a risky, painful and controversial procedure known as medically-assisted, rapid-opiate detoxification and a multitude of medication protocols. I was exposed to many chemical addiction treatment modalities. While many of these

worked temporarily on my symptoms, I was unable to achieve any real, sustainable change.

Despite my best efforts, and despite my desires for a better life, I would eventually relapse, each time becoming more hopeless and desperate. The progressive nature of addiction is one of high risk behavior, compromised judgment, dishonesty, narcissism, tragedy and loss. Eventually, it exacted its price in every aspect of my life and every fiber of my being - body, mind, soul and spirit. The longer my addiction continued, the more I violated my own boundaries and limits of all types. My spirit extinguished, I was the walking dead. Without recounting endless war stories of excesses, danger, overdose, detoxification, lost loved ones and lost hope, suffice it to say that I created substantial suffering and drama for myself and those around me.

In battling my substance abuse problem, I gained first-hand knowledge of what is happening on the treatment side of rehab centers. I noticed that I was not alone in my failed attempts at recovery. In active addiction and in treatment, I have known and interacted with hundreds of others struggling with addiction and depression, many of whom are no longer alive. Many people I have known have searched and worked toward a solution, only to relapse again and again, never achieving sustainable change. Top treatment centers in the nation show staggering rates of recidivism. Prescription antidepressant drug use has increased a dramatic 75 percent in the last decade with 27 million Americans currently using antidepressants. The cycle seems hopeless.

As I exhausted all of the options offered in conventional treatment, I began to broaden my search for recovery. I traveled to more than 60 countries, and was fortunate to study with shaman, medicine men, religious figures, sages, healers, spiritual teachers and mystics from numerous traditions around the world. Ultimately, it would be the shamanic path that would set me free of addiction. Through that body of wisdom and its techniques, I was able to exorcise the demons that had stalked me my entire life while healing myself at the essential, foundational soul and spirit level. Addiction no longer lives within my body or my psyche. It no longer defines my identity and it no longer informs my life. I am no longer in recovery. I am recovered.

### **Vision for The Sanctuary at Sedona**

In my enormous gratitude for finally feeling like I had really healed, I began to think about what I could do to help others. As I reflected on the thousands of hours of conventional treatment and my other therapeutic experiences, it occurred to me that the focus was on symptom management rather than on core healing. It is commonly accepted that chemical abuse, depression and related diagnoses are symptoms of some underlying psychological pain or trauma. Yet, the conventional medical system has been largely unsuccessful in assisting patients to heal these underlying causes. There needs to be a more comprehensive paradigm in the treatment of mind, body, and spirit than is presently available in today's medical model. I had a vision for a facility different from any I had ever seen or experienced before.

My own transformation into wellness was deeply rooted in the tradition of energy medicine, vibrational chemistry, noetic biology and quantum physics. To heal at the core cellular level, you must work at the level of energy, as energy organizes all matter including sickness in the mind and body. These techniques have been known and used worldwide for millennium and have just recently become more accepted in Western culture. Modern scientific evidence continues to validate the undeniable evidence of the effectiveness and profound power of energetic healing. Because of my own dramatic and profound healing experience and life transformation, I was inspired and called to create a place where others can do the same. That place is The Sanctuary at Sedona.

My life is now amazing. I live and work in one of the most powerful and beautiful places on earth. I am fulfilling my life's purpose. I am surrounded by loving family, friends and community. I have found my true love. I am on my soul's journey. If I could heal, I am convinced anyone can, and I intend to do everything I can to help people to do that.



## **Chapter 2**

### ***The U.S. Healthcare System and The Failure of Traditional Approaches***

*The way most doctors practice medicine right now isn't working. – Mark Hyman, M.D.*

To gain perspective on why and how our Integrative Addiction Recovery program works, it is helpful to step back and reflect on the bigger picture. To do that, we must start by looking at our approach to healthcare overall and how that approach has failed us over time.

The United States currently spends more on healthcare than any other country in the world. Yet it ranks 34th in the overall health of its people. Despite our science and our technology, there are still over 400 different diagnoses used to describe the various ways Americans are not mentally well. Countless other diagnoses identify physical illnesses.

Until about 100 years ago, modern science, including medicine, was informed primarily by Newtonian physics, which was the best worldview of the time. This was a mechanistic model in which the universe was believed to consist of matter ruled by cause and effect. In this paradigm, all reality could be seen and measured. Objects in space could be observed and their movements could be predicted. Objects on earth could similarly be observed and explained. Any issue of invisible forces at work was dismissed in favor of a more 'modern' and machine-like construct.

Eventually medicine adopted this view in its understanding of health and disease. However, the Newtonian paradigm of medicine reduced us to a collection of physical parts that either worked or didn't work properly, much like a machine. Energy was relegated to an incidental role in this universe.

This perspective gave rise to the fractured lens through which we, and our doctors, viewed our world, our psychology, our bodies and our maladies. There are still significant holdovers from the Newtonian world that we don't think much about. The ear, nose and throat specialist, for example, does not treat GI problems, and the psychiatrist does not treat infections.

Clearly specialization and a more microscopic perspective are helpful in treating the complexity of the body. However, the Newtonian inspired medical perspective lost sight



of the whole person and the interrelated systems that work together for overall health. This system also ignored the importance of interpersonal relationships and our connection to nature itself.

While the U.S. has some of the best emergency medicine in the world, we are not a nation that demonstrates good overall health and mental well-being. Clearly, our system has room to broaden its view beyond the typical symptom management approach. We need a holistic approach in which symptoms are clues of distress bubbling up from deeper and unseen problems. We have to focus on interrelated systems within an individual and in their relationship to the world around them.

It seems that people in need are already seeking such methods. As our medical system falls short, many use alternatives to mainstream healthcare.

Our western medical tradition is a noble one that has greatly benefited humanity and continues to. Embracing a holistic addiction recovery model is not a case of throwing the baby out with the bath water as some may think. Rather, our holistic addiction recovery methods seek to embrace the greater contributions to advances in medical treatments and understanding improved human health that combined efforts can make. This more inclusive approach to health now allows us to treat the underlying causes of addiction. Consequently, it is possible to step away from the “disease of addiction” into full recovery because we have treated the full person.

### **Addiction Treatment for Alcohol and Drugs: The Current Science**

As a society, we still attempt to treat addiction while ignoring its invisible forces or the underlying issue from which it springs. We have also attempted to treat addiction without treating the entire person who is addicted. We have focused on the disease, overlooking an individual's integrity as a holistic being with innate self-regulating abilities. The totality of ourselves, our innate nature as energetic beings--as whole and integrated systems operating in a field of interconnected energies--has been largely overlooked.

Addiction treatment largely shares the limited and fragmented views of the human body as a biological machine with parts that can be repaired, or at least patched. The throat doctor treats the throat, the brain doctor treats the brain and all the other doctors in between treat all the rest of our parts. Modern physics is helping us do away with that fragmented notion, giving us instead a universe and its inhabitants that are connected with each other and within themselves. We see that we are not parts, but rather whole organisms of inseparable parts.

The mainstream addiction treatment paradigm is that addiction is an incurable and chronic disease. The American Society of Addiction Medicine, or ASAM, states that addiction is a "chronic disease" and requires a "life-long" management of disease remission maintenance protocols, similar to treating other "chronic relapse illnesses" like

diabetes and hypertension. The National Council on Alcoholism and Drug Dependence, or NCADD, also defines addiction as "chronic, progressive, and incurable".

### **What if this Alcohol Treatment Science is Incomplete or Outdated?**

What if this belief, well-meaning as it is, is incomplete, outdated, or even wrong? What if a person can be healed of the disease of addiction? What if addiction treatment can be completely effective and allow a person to not just "function" in the world, but to really tap into vitality, creativity, meaning and purpose in their lives? What would this mean to a person suffering from addiction?

We understand that this can sound like nothing short of a revolutionary statement, as it is the commonly held belief at the moment that addiction is an incurable chronic disease. However, as with many diseases that were once considered incurable and that are now curable, such as polio, chicken pox, smallpox, malaria, measles, tetanus (just to name a few), isn't it at least possible, that addiction is curable as well?



## **Chapter 3**

### **Quantum Reality and Holistic Energy**

*Repressed and suppressed feelings require counter-energy to keep them submerged. It takes energy to hold down our feelings. As these feelings are relinquished, the energy that had been holding down the negativity is now freed for constructive uses.*

*– David Hawkins*

When quantum physics was born at the beginning of the 20th century, fundamental changes occurred in our concept of reality. Beyond mechanistic reality governed by cause and effect, quantum physics revealed that other forces were also at work. These invisible forces were governed by probability, synchronicity and interconnectedness. This body of science acknowledged the world of energy.

In 1801, Thomas Young's famous double slit experiment proved not only that matter and energy are interchangeable, but that human consciousness affects which state it can be. He proved that thought influences matter. He demonstrated this by showing that light changes its form and can manifest as an energy wave or a particle of energy. The impact upon our understanding of health, illness and healing would dramatically change; human consciousness became an undeniable factor. This would later be understood in the science of epigenetics.

Most of us are relatively unaware of quantum science, even though it plays a large part in our everyday life. Without this science there would be no digital age, no cell phones, no super computers, no nuclear power, and no magnetic resonance imaging or MRI's. Only recently has quantum science gotten a more noticeable foothold into mainstream healthcare. The advent of Functional Medicine, for example, bridges the worlds of matter and energy to that of the body and mind.

#### **Energies and their fields**

Energy medicine (EM) involves an array of practices that work directly with one's vital energies, or life force. This has become an integral part of non-12-step holistic addiction recovery and with dramatic results. EM is both art and science, working through physical, psychological, and spiritual health and vitality. EM engages the energy in the body and the environment.

In Integrative Addiction Recovery, EM allows us to fully recover from addiction rather than lead the rest of our lives in our previous framework: which means, at best, that we would always be in a recovering state and the addictive disease would remain in us, only in remission. To fully recover from addiction is revolutionary thought in the field of addiction treatment. It means that the underlying causes of addiction can be addressed, their negative power over us finally eliminated.

Energy medicine owes its modern “credentials” to years of accumulated discoveries in sciences such as physics, chemistry, biology and their related specialties. A good deal of that science sought answers to questions formulated without thought of medicine or healing, yet it has carved out a place of evidence-based understanding for the principles and practices of EM nonetheless. In many ways, EM has long waited for science to catch up – to invent the necessary thinking, language and technology to definitively illustrate its workings. Many great minds have done that for us. In fact, some have called the field Einsteinian medicine because Einstein's work helps us describe the way EM works.

### **What is Real Has Changed**

Modern physics in particular has changed our view of reality itself. Naturally, within such a sweeping change, our understanding of ourselves has changed: who and what we are as humans; how we work; how we become ill; and how we get well. The implications are vast and often staggering. These breakthroughs have shattered former constructs of medicine. They have also “validated” ancient healing practices and other healing arts that have long been considered “unscientific”. Consequently, we have an exciting mix of disciplines at the same table as we practice EM, which has been called the 'medicine of the future'.

Ironically, with our new science, we have finally caught up to the shaman in many ways. The accuracy of his/her holistic healing principles are now apparent to us since we have the frame of reference, language and technology to understand them.

One useful way to conceptualize the dramatic new paradigm of healing lies in this analogy: energy medicine is to the understanding of human health as quantum physics is to the understanding of the universe. What's more, each part of our analogy can now be understood as intricately and beautifully integrated into a unified view of life itself. This is true of all healing in the modern world including holistic addiction recovery.

The history of science has afforded us the equivalent of a “grand counsel of medical genius” at our disposal. Seated among that metaphoric counsel are unnamed shamans from unrecorded history alongside famous Nobel Prize nominees and winners in physics, chemistry and biology. Sprinkled in between are practitioners of countless healing traditions and diligent scientists of all sorts. This is the foundation on which energy medicine now stands. The healing art of EM is rapidly becoming a healing science. We only need science to continue to catch up.

## **Beyond a Fragmented View**

Addiction treatment with EM breaks away from a fragmented perspective of people, health and healthcare delivery. There have been many cracks to fall through in our status quo. It is typical, for example, for those who simultaneously need physical care, psychological care and addiction recovery services to also need access to 3 different healthcare systems in order to get them. This has happened even though all of these needs commonly occur together as the overall picture of addiction. We see that we are not parts, but whole organisms of inseparable parts. Shamanism has been rooted in this knowledge for thousands of years, long before quantum physicists arrived on the scene.



## **Chapter 4**

### **Core Human Wounding: The Archetypal Wounds**

*When we are exposed to a real or perceived threatening situation, powerful things happen in the brain to memorialize aspects of the event, including all manner of associated circumstances like where, when and how it occurred.*

*–David Perlmutter, M.D.*

From the western medical perspective, there are only a few types of people and many ways of being sick. We need only look at the Diagnostic and Statistical Manual for Mental Disorders to see the countless labels medicine uses to categorize human behavior and suffering.

While there are countless circumstances that inflict individual suffering, these translate into a small number of core traumas, or archetypal wounds, common to all humans. These are the themes of the original wounds that underlie our illnesses. They become the largely unconscious source of many of our sabotaging beliefs.

We re-experience these core wounds through countless iterations throughout our lives until they are healed. We naturally focus on the latest episode – losing a job, being left by a partner, feeling rejected, or somehow being wronged. However, the latest episode is often just a spinoff of the original trauma and its related beliefs that lie invisibly embedded in the energy system and the limbic brain.

These archetypal wounds leave the following beliefs for us to contend with:

1. Unworthiness: I am not lovable. I do not deserve good things. I am not good enough.
2. Abuse: I am hurt physically or mentally. I am unsafe. I am a victim. Others are dangerous. The world is dangerous.
3. Abandonment: No matter what I do or who I am, I will eventually be left alone. People always leave me.
4. Trust: The world is an unsafe place. I am always waiting for the other shoe to drop. I can't let anyone close.
5. Betrayal: I am the victim of disloyalty.

6. Separation: I am abandoned by God. I am cut off from source energy. I have been "kicked out of the garden". I am always an outsider. I am alone. I am lonely.

From the traumatic impact forward, until it is healed, we live separated from the sacred, and separated from our authentic self, yearning for it consciously or unconsciously, and "abandoned" or "orphaned" into an unsafe self, with unsafe others in an unsafe world. The consequences of this abject state are pervasive and can be devastating, even fatal, when the path of addiction is chosen as a remedy.

The nature of intoxication offers us a momentary reprieve from the pain of our wounds and their related beliefs. Intoxication is at least a temporary solution. Respite from life's pain seems to be a place of ease and comfort, until this unsustainable coping mechanism backfires and creates more suffering. With unhealed wounds and in the madness of addiction, we are left to yearn for healing and a return to wholeness. The path of addiction was the result of searching for wholeness. Eventually, its illusion dissipates, and we see we are still living in painful and debilitating separation.

In Integrative Addiction Recovery, we look for the essential trauma and the original wound that causes further disorder, disturbances, imbalances and problems as times goes on. We view the traumatic wound as the root of addiction and the driving force behind it. The wounding that precipitated addiction may be an ancient one in an individual's lifespan; it may even have been long forgotten, slipping into the unconscious. Nevertheless, once there, the unhealed wound continues to echo throughout one's life in very powerful ways.



## **Chapter 5**

### ***The Mechanism of Trauma***

*After all, when a stone is dropped into a pond, the water continues quivering even after the stone has sunk to the bottom. – Arthur Golden*

We cannot talk about addiction or recover from it without addressing the trauma which first created the conditions for it. We have long known that trauma and addiction are existential and clinical companions. Even active addiction itself is a traumatic event that contains within it a series of other traumatic events. For example, addicts encounter violence in the drug culture and their vulnerability can make them easy prey. They may become homeless, isolated, infected, impoverished or incarcerated, and these are just the outer trappings of their plight.

Powerful and intricate dynamics occur between trauma and addiction so that each reinforces the other. Consequently, we have to address them simultaneously for best results. If we attempt to treat one without treating the other, they will pull themselves back together again so their symbiosis continues. Trying to split trauma and addiction apart in a fragmented treatment approach is an impossible task. Trauma and addiction are intertwined, and may in fact be essentially the same condition with many stages in the life of an addict.

Trauma is the pivotal and personally primal point in the life of an addict. It is the point at which wholeness, or the sense of self that is intact, safe, natural and authentic, is lost. With traumatic impact, our brains split functioning off from the normal homeostasis that supports ordinary life. The brain abruptly switches to fight, flight or freeze, in response to a threat – real or symbolic – as a defense mechanism strictly for self-preservation. This system overrides the higher command functions of the brain that are responsible for reasoning. We sacrifice reasoning for response time when living in the terrified limbic brain during trauma.

While there are universal, archetypal wounds that we are all vulnerable to, it is the personal experience of an event that determines its traumatic impact. We see this in groups of people who have experienced the same adversity. Some will develop PTSD, for example, and some will not. Consequently, the degree of traumatic impact is not determined by the “facts” of an event, but by one's reaction. We have to know the personal post-trauma narrative. In Shamanic intervention, we seek out the personal story of an individual's original wounding.



The brain does not distinguish between real and imagined threats or danger. It produces the same chemicals during a traumatic event and the remembering of the event. *As you leaned in to tuck me in, it may have been a shadow, for example, but if I perceived it as a knife in your hand, that is what counts.* Our interpretations of sensory information as threatening cause us to relive the trauma both consciously and unconsciously – as long as it remains unresolved. The beliefs spawned in the traumatic moment become powerful drivers in the rest of our lives.

In Integrative Addiction Recovery, as in psychotherapy, we cannot assume to know how objective events have affected an individual, or which events may have precipitated soul loss, or dissociation, and which have not. What has wounded an individual lies within that individual's psyche. We have to explore the internal architecture of the psyche to find the originally wounding circumstance that continues its trauma echo throughout someone's life. We seek to understand the narrative of the original wound – its story – in order to facilitate healing.

Trauma is stored in both the energy field, called the luminous body, and brain anatomy. To help understand how traumatic experience creates permanent disturbances in the energy field, it is helpful to draw some comparisons to basic brain anatomy. It also helps to understand a bit more about the fight, flight or freeze responses we have during trauma. The most ancient part of the brain is the brain stem, which is responsible for survival, and basic body functioning. This part of the brain is so powerful that, in the case of life threatening blood loss, for example, it triages which organs receive blood flow, directing blood to organs of higher priority. The brain stem is charged with the responsibility of keeping us and our species alive.

The limbic brain developed later in our evolution. It is the brain of base human emotions and is known as the brain of the four F's: feeding, fornicating, fighting and fear. This part of the brain is strictly opportunistic and exists to meet slightly more complex needs such as procreation and interpersonal relationships, for example. Traumatic memories and disempowering beliefs are stored here. Since there is no sense of time, those memories are relived in real time when they are triggered, no matter how old they are. Both the brain stem and the limbic areas of the brain are unconscious and outside of our awareness. The neocortex, which is the brain of higher reasoning, evolved much later in our evolution.

## **Responding to Threat**

When something threatens us, we have three possible reactions: fight, flight or freeze. They characterize the survival mode in which the brain directs all resources away from higher reasoning to the more automatic survival mechanisms and processes. In imminent danger, we need to react quickly and the brain makes sure of this without our consideration or consent. For example, it produces adrenaline to fuel fight or flight.

When we have successfully avoided danger, in a healthy response the body can relax and the brain can return to homeostasis, giving us the sense that all is well. However, if a threatening situation does not reconcile itself, the brain will continue to operate in the lower centers of survival. This is what happens in a trauma reaction. Imminent danger is imprinted in the limbic brain and the luminous body. This leads to opinions about ourselves, others and the world around us that are based on threat and the need for safety. During the imprinting process, the neocortex is inaccessible. This means that we have no ability for higher reasoning in that moment. Therefore, we have no way to evaluate the beliefs being formed in the traumatic situation. These fear or terror-based beliefs will be with us our whole lives, our painful past casting a shadow over our lives until they are healed.

### **The Limbic Brain and the Luminous Body**

Just as the limbic brain stores traumatic memory, the luminous body stores the same information in another form. In the luminous body, trauma becomes an imprint of disruptive information. This energetic imprint will stay there until it is healed. Traumatic imprints and limbic trauma memories sit idle until a situation arises that triggers or awakens them. When they are activated, both the brain and the energy body react as if the old trauma is happening in present time. As situations arise throughout life that trigger the old trauma, the brain and energy body continue to relive the trauma. They play out the original script of the wound by assigning old roles to new players in their life, for example. This is how the original wound continues to echo throughout our lives until it is healed. There is no choice but to look for a way to cope, thus opening the doorway to addiction.

The interactions between childhood trauma and later addiction reveal their patterns when we approach this co-morbidity from either aspect. We know that there are strong links between childhood trauma and later substance disorders. We also know that at least two-thirds of people seeking help for addiction report having been traumatized in some way.



## **Chapter 6**

### ***The Science Behind Our Program***

*Your mind will adjust the body's biology and behavior  
to fit with your beliefs. - Bruce Lipton*

Science has increasingly shown us that addiction and related disorders can be cured if their underlying causes are resolved. This is a radical departure from the prevailing model of recovery in which a person can never fully recover.

Thanks to advances in the fields of neuroscience and epigenetics, recovery no longer is limited to symptom management and remission. When underlying issues are resolved, addictions, depression, PTSD, anxiety can also be fully resolved. We have embraced this philosophy at The Sanctuary with great success.

#### **The New Science of Addiction Treatment**

Scientific discoveries in biology and neuroscience have provided new data that show we can change our DNA, create new neural networks and grow new brain neurons over the course of our lifetime. This is a huge revolutionary, or evolutionary, paradigm shift in our understanding of how our bodies and minds can heal. Rather than viewing our genetic code as a fixed blueprint for our lives, or that the brain is a hardwired, programmed organ unable to adapt and change or grow new brain neurons, the epigenetic, neuroplasticity and neurogenesis science have proven otherwise.

#### **Epigenetics and Addiction**

Groundbreaking new epigenetic discoveries have shown that, contrary to popular belief, our genes are not locked into a predetermined and unchangeable blueprint at birth. Dr. Bruce Lipton's book, *The Biology of Belief*, clearly explains that our beliefs and perceptions of ourselves and our environment – including our consciousness – actively influence our genes. So if you change your beliefs, you can release the cellular memory regarding your self-destructive behaviors, thoughts and patterns. If you change your beliefs, you can re-inform your own DNA to heal and shape your own biology and create the life you want. This means the old adage "once an alcoholic, always an alcoholic" may not be true.

New discoveries in neuroscience are also challenging and disproving the old paradigm that the brain is a fixed and hardwired organ and that it is limited to a set number of neurons in one's lifetime. Alberto Villoldo, Ph.D., and David Perlmutter, M.D., F.A.C.N.,

in their book *Power Up Your Brain*, provide compelling new scientific data about neuroplasticity and neurogenesis.

### **Neuroplasticity and Addiction Treatment**

Neuroplasticity shows that the brain can rewire itself and create new neural networks, which allows us to overcome traumatic instinctual and emotional responses as well as adapt to brain injuries. Following a specific regimen, which can include meditation to alter brainwave activity, supplements that feed the brain, as well as with specific, focused and willed mental activity, a person can indeed alter their brain wiring.

### **Neurogenesis and Addiction Treatment**

Neurogenesis means that the human brain has the ability to create new neurons throughout a person's life and allows for the possibility of healing neurodegenerative disorders previously considered incurable such as Alzheimer's. A brain-derived neurotrophic factor (BDNF), a protective brain hormone, is important in the creation of the new neurons, as well as protecting existing neurons. External stress caused by drug abuse and environmental toxins as well as internal stress has been scientifically proven to be a cause of brain degeneration. Science has proven it is possible to increase the levels of (BDNF) through non-pharmaceutical, holistic interventions. This means that the brain, like other organs in the body, can regenerate itself.

### **Addiction Treatment and the Possibility of Healing**

If you believe the interpretation of data used by the ASAM and NCADD, you may conclude that addiction is chronic, progressive and incurable. If, however, you were to look at data being generated in the fields of epigenetics, neuroplasticity and neurogenesis, you may agree that, like many other brain diseases, addiction can be healed. Based on this new scientific data, it's not up for debate. This new paradigm for addiction treatment opens the doorway to new possibilities for a person with the disease of addiction. If you suffered from addiction, wouldn't you want to explore the possibility that you can get better and ultimately be free from your disease? Wouldn't you want to explore your life as unlimited and open to possibility rather than your life defined ultimately by a diagnosis or disease?



## **Chapter 7**

### ***Moving Beyond 12 Step Programs and Into Holistic Addiction Recovery Programs***

*Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. – Bill W.*

We describe our program as a Non-12-Step program, and we would like to expound on what that means to us. Non-12-step addiction recovery does not mean anti-12-step. We endorse whatever support system will help a person to recover and stay recovered.

Support groups provide community and fellowship. The Sanctuary at Sedona is strongly rooted in the belief that everyone needs the support community, particularly people who are suffering from addiction, codependency, anxiety, depression and PTSD. We help our clients find the ongoing support that will best suit their needs, so they use it. We include 12-step as a possibility for this ongoing support but also suggest many others depending on the specific needs of each person.

For all of the good that 12-step programs have done, they seem to fall short for many people. Many of the clients that come to The Sanctuary do so after having been through multiple, traditional recovery programs that are rooted in the 12-steps or after many years of being in and out of 12-step programs in their communities.

The 12 steps are based on the belief that a person cannot recover from an addiction, codependency or other co-occurring disorders. We believe people can. The 12 steps are based on powerlessness over a person, place or thing. Powerlessness creates fear of taking the first drink/drug.

Fear might be a motivator in early recovery but often proves to be ineffective in the long term. Fear and powerlessness are limiting and constricted mental states and neuroscience supports that prolonged fear and stress hinder recovery and limit human potential.

Twelve-step programs have also become synonymous with the disease model. The disease model keeps you stuck in the past, reliving old patterns, being a victim and living in hyper-vigilance. In essence, you are asked to believe that you have a lifelong disease for which your best prognosis is a lifetime of symptom management.

Twelve-step programs do not address the neuroscience of addiction, changes to processes in the brain or the amazing power of the brain to heal. They do not consider impact of environment and community and the implications of addiction itself on the mind, body, soul and spirit. They do not focus on the underlying issues or resolving trauma.

## **Enter Holistic Recovery Programs**

In recent decades, eastern philosophies have made their way into the American mainstream. There has been an extraordinary rise in the practice of yoga in the United States and other western countries. Mindfulness and other forms of meditation have found their way into popular culture and into corporate boardrooms. With the dearth of information available on the internet, failure in the healthcare system and the rise of self-empowered patients, alternative healing modalities have been growing rapidly in traditional and non-traditional health and wellness centers.

Naturally, the same has been true in the world of addiction recovery. At the time The Sanctuary at Sedona was founded, there were few, if any, treatment centers advertising themselves as “holistic addiction recovery centers.” Today, there are many traditional recovery centers adding alternative components to existing recovery programs and many holistic recovery centers offering completely non-traditional and non-science-based approaches to recovery.

We welcome the expansion of options for treatment for addiction and see it as further evidence that there is still something significant lacking in traditional recovery programs. We believe our Integrative Addiction recovery program is tapping into both the tremendous growth in cutting-edge scientific discovery and incorporating the more esoteric experiences often associated with holistic health.

## **Being in "Recovery" versus Being "Recovered"**

Ultimately, the difference between our approach and twelve-step programs and traditional programs with a holistic component comes down to the difference between being in “recovery” and being “recovered”.

When you are “in recovery”:

- You don't drink or use because you are powerless and fear the outcome;
- You are never fully whole or healed;
- You are always defined by a disease or diagnosis; and
- You are never completely free from your past.

When you are “recovered”:

- You don't drink because you don't want to. You will want to fully participate in your life and build a future;

- You will have identified and healed your underlying issues and will no longer be stalked by your disease or diagnosis;
- You are no longer a victim; and
- Being recovered, you no longer identify yourself by your addiction or your past.



## **Chapter 8**

### ***Integrative Addiction Recovery***

So, what does one do to truly heal?

With all of the background in the previous chapters, the knowledge we gained over time and personal experiences with failed attempts at recovery, we pioneered what we have come to call *Integrative Addiction Recovery<sup>sm</sup>*. We developed and implemented a revolutionary program that helps our clients to move past recovery and be recovered.

Fundamentally, our program combines leading-edge science from western medicine with ancient wisdom and healing modalities in a way that delivers measurable results. It treats the whole person – mind, body, soul and spirit. And it gets to the root cause behind the addiction, rather than following a disease model that only manages symptoms.

To expand further, our program follows the following key principles:

- We utilize the most advanced science in western medicine with alternative modalities to facilitate the client's innate healing response.
- We have a carefully designed treatment plan, customized to each individual, that incorporates treatments, modalities and programs delivered in a synchronized manner to treat the whole person – body, mind, soul and spirit.
- We address the root cause of the addiction or disorder to ensure transformational healing occurs.
- All factors that influence health, wellness and disease are taken into account, including environment, relationships, family systems, external stressors and community.
- We utilize the most natural methods of healing whenever possible.
- In addition to concepts regarding treatment, we educate clients and promote concepts in health and wellness.
- We empower clients with practical tools they can take with them and incorporate into their daily life for continued success.
- Our practitioners exemplify the principles we espouse and are committed to our own personal development and growth.
- Clients and practitioners are partners in the recovery process.



## **Our Approach**

Integrative Addiction Recovery is an approach based upon the knowledge that sustained recovery can only occur when a person's physical, emotional, mental, and spiritual health are addressed. The body, mind, soul and spirit are connected and disease affecting one of these areas must affect all other parts of the person.

Traditional treatment centers are often fragmented and focus predominately on the mind and peripherally the body. Integrative Addiction Recovery is designed to support total healing, and restore balance to a person's whole being.

The bottom line is that addiction treatment does not work if not holistic. The chances of recovering from addiction, codependency, anxiety, depression and trauma are dramatically increased when treated with a comprehensive and integrated holistic treatment program.

## **Healing of the Body**

The body consists of trillions of cells, and is generating new cells every second. You do not have a single cell in your body that you were born with, barring some cells in the brain and the gut. You grow totally new skin every few weeks, new organs every few months and new bones every few years. The body is self-regulating, meaning it has the intelligence to maintain and repair itself. Until it gets out of balance stress, toxicity or injury.

The toxicity of addiction, anxiety, depression, PTSD and trauma live in every cell of your body. Your cells store pain, cravings, sickness and suffering. To heal from your addiction you must get your issues out of your tissues, and release toxicity at the cellular level.

For the body, our clients receive medical support with a Doctor of Functional Medicine (M.D.) and a protocol of nutritional supplements to support physical healing and repairing the brain. We utilize the latest developments in neuroscience and HeartMath to heal at a cellular level. Clients receive nutritional counseling and all meals are part of an organic superfood program, the quality of which surpasses menus at many of the nation's leading resorts and spas. Clients also engage in a regular yoga practice, hike on Sedona's world-renowned trails and have additional options for daily exercise.

## **Healing of the Mind**

The mind is a chemical factory full of neurotransmitters that affect how and what we think and feel including pain. The mind is the generator of thoughts, feelings, and emotions. Identifying your disempowering thoughts, behaviors, telling your stories and becoming aware of your dysfunctional patterns are important pieces of our transformation program at The Sanctuary at Sedona. By healing the mind, you will be able to safely explore and address issues such as addiction, codependency, shadow and family of origin.

For the mind, clients receive individual psychology/therapy sessions, group psychology/therapy sessions, energy psychology therapy sessions and life skills and recovery coaching. They receive training and engage in daily practice in mindfulness and other forms of meditation. Clients also participate in an educational component where they learn about the science of addiction recovery, so that they can better understand the “why” of the program and the tools that they receive.

## **Healing of the Soul**

We live in a culture primarily dominated by the ego, which is based on external reference points. Your ego bases your "sense of self" and well-being on something outside of you, to which you have no control. The ego can often obsess on what is lacking in your life, abandonment, old fears, judgment, performance, guilt and shame. Because the ego is based on external factors, it is always looking for the next thing to satisfy it, be it a relationship, drug, or material possession. The attempt to fill the void within your soul with something outside of yourself will never satisfy you.

Our program focuses heavily on healing at the soul level. The soul bases its well-being on internal reference points. Your soul is intimately connected to your heart and thrives on connection, love and authentic expression. Your soul is where you will find your heart's desire and life purpose. Your greatest personal gifts are accessed at the level of soul. It is the place where you access richness and meaning in life. It is the place where your creativity resides. It is the timeless, eternal piece of our essential self.

## **Healing of the Spirit**

To understand the importance of healing the spirit, one must understand its significance. Spirit or energy organizes all matter including your body and every aspect of your life. When we speak of "spirit" we are speaking of spirit on a personal level: your energy body. It is scientifically verifiable that every human has an energy body. It is a torus shaped field that surrounds the human body and acts as antennae for life force energy (also referred to as prana or qi). The luminous body stores information and contains a template of how we live, how we age, how we heal and how we may die. When there is no imprint for disease in the luminous field, recovery from illness happens at tremendous speeds. Conversely, imprints for disease can depress the immune system and it can take an extremely long time for us to regain health during an illness. Imprints in the luminous field predispose us to follow certain pathways in life. They orchestrate the incidents, experiences and people we attract to ourselves.

The luminous energy field is connected to the body by the chakra system. Vital life force energy is synthesized through the chakras and made available to the body. A clogged energy body inhibits the intake of life force energy much as a dirty window diminishes the sunlight entering a room. Thus, a toxic energy field can result in a disease of the mind, body and soul. Energy medicine includes techniques to cleanse, open and balance chakras and the meridian lines as well as clear toxic imprints and the resulting negative energy patterns.

For the soul and spirit, we utilize spiritual counseling, energy medicine, rites of passage, breathwork, ceremony and other community activities to heal on the levels of soul and spirit. We are also global leaders in the use of shamanic healing in addiction recovery.

### **Key Factors in Our Program**

Over the years, we have continued to hone and improve our program. The science continues to advance and our client base continues to involve. There are however, a number of things that have been important to the success of our program over the years.

First, we have a strong clinical component. Our staff to client ratio is 1:1 – virtually unheard of in addiction recovery. This gives our clients highly individualized care with far more clinical contact hours than the majority of addiction recovery centers provide. Additionally, individual sessions account for about 90% of our clients' sessions and they see two therapists per day.

We have intentionally kept our program size small with no more than twelve clients served at one time. This allows us to give our clients intensive and individualized attention in a highly private setting. It also evokes feelings of trust and connection to the staff and other clients, giving our clients the support and psychological safety they need to be successful.

We have a well-integrated, core group of highly-trained staff. We have assembled a team of highly skilled practitioners who are well respected in their fields. They have expertise in many disciplines including nutrition, bodywork, acupuncture, herbalism, energy medicine, functional medicine, psychology and psychiatry. They work together to understand our clients and their needs holistically. They establish an ever-evolving treatment plan that is modified each and every day as our clients progress and their needs change.

More important than any other component of our program is the work that we do to help clients to identify and address the underlying, root causes of their addictions or disorders. These may be unresolved trauma, depression, anxiety, anger, codependency, or feelings of emptiness, betrayal, abandonment or any number of versions of the archetypal wounds we discussed early in this book. We believe that once these root causes have been identified, processed, released and transcended, true healing occurs.

Nutrition is another key element to our clients' success. We understand food as medicine, and how to facilitate nutritional interventions to accelerate recovery from addiction or co-occurring substance and mental health problems. Addictions and co-occurring mental health disorders cause cellular damage in the brain, nervous system and throughout the body. This damage is evident in the body's chemical, neurological and biological functioning as well as in the mental, emotional and behavioral aspects of an individual's life. Addiction and mental health symptoms cause fundamental and corrosive events such

as oxidative stress and inflammation in the brain, nervous system and other bodily tissues. These toxic processes essentially break down the body's defense and regulatory systems, compromising natural restorative capacities and leaving us vulnerable to chronic and progressive disease. Nutritional interventions target these issues and reverse progressive decline, as well as rejuvenating the body at cellular and neuronal levels. Clients make significant and dramatic gains in their recovery efforts by adding the right foods and supplementation to a recovery and wellness plan.

We also believe in the importance on educating clients as much as possible to position them for success going forward. Throughout the program, clients learn techniques and skills that become a way of life so that they can sustain a full recovery. These include HeartMath, nutrition, exercise, meditation, yoga, breathwork and a variety of other tools for a healthy life.

## **Our Fundamental Approach**

Our approach is about the "carrot" rather than the "stick". When one is recovered (mind, body, soul, spirit), one is able to access his or her peace, passion and meaning for life. When one's deep desires are being met, it is amazing how cravings and compulsions fall away.

## **More Power, Not Power "Less"**

Instead of replacing one addiction, disempowering behavior, or limiting belief system with another, our treatment program is about the expansion of one's cognitive, emotional, and spiritual capability. We guide clients out of a place of victimization and into a place of self-empowerment. The client can then become the master architect of his or her own life.

## **Change Your Beliefs, Change Your Life**

Quantum physics has given us the key to unlocking human potential and personal power. Your thoughts, beliefs, and emotions create your perceived reality. The problem for most of us is that we unconsciously create what we don't want in life, rather than consciously creating what we do want. Our program helps clients to identify and resolve their disempowering thoughts, beliefs and emotions that keep them stuck in the cycle of addiction and despair.

## **The Power of Your Heart**

There is science behind the statement "follow your heart". Studies by the Institute of Heart Math show that the heart has a magnetic field 5,000 percent greater than that of the brain. Research shows that your heart sends more information to your brain than your brain sends to your heart. This means your heart has innate intelligence. Heart/brain communication, referred to as coherence, reduces anxiety, stress and increases overall wellbeing. Clients are trained in HeartMath and provided the tools to continue using it after they return home.

## **Uncovering Subconscious Beliefs**

The subconscious mind is substantially bigger than the conscious mind and can account for as much as 95 percent of our brain activity throughout the day. If our conscious belief that "I am worthy" is overpowered by a subconscious limiting belief that we are unworthy, unlovable or defective, it is inevitable that we will experience the latter. All trauma is recorded and stored in the limbic brain, which is part of the subconscious mind. Unresolved trauma continues to inform subconscious beliefs until it is resolved.

In our program, clients uncover and heal unresolved trauma and related subconscious beliefs. They are then free to create new beliefs that are in alignment with their core values and deep desires. When our conscious and subconscious beliefs are aligned, the war within is over.

## **Nothing Is Predetermined, Not Even Your Genetics**

Groundbreaking new epigenetic discoveries show that our genes are not locked into a predetermined and unchangeable blueprint at birth. Instead, our beliefs and perceptions about ourselves and our environment, including our consciousness, actively influence our genes. We do not have to accept the old adage "once an addict, always an addict" as it is simply and scientifically not true. Through specific practices and tools, our clients learn how to consciously affect the expression of your genes, resulting to changes in your body and mind.

## **Cleanse Your Energetic Blueprint**

Science has validated that every living thing has an energy body. Your physical body is a mirror reflection of the health of your energetic body, which informs your genetic blueprint. This electromagnetic energy field is connected to specific energy centers, organs and hormonal centers in the body. If your electromagnetic energy field is not functioning optimally, your physical and mental health will be compromised. The protocols of our program help clients to revitalize and strengthen their electromagnetic energy fields. They learn techniques to maintain a healthy, functioning energetic system.



## **Chapter 9**

### ***Sources of Addiction and Disorders We Treat***

In Integrative Addiction Recovery<sup>sm</sup>, we view addiction of all sorts as a symptom of another underlying issue. We treat a variety of addictions and conditions with the same basic focus: to uncover the source of addiction, whether it is trauma, depression or anxiety.

#### **Opiates**

Opiate addiction, whether to prescription painkillers or heroin, is at epidemic proportions in our country. This speaks not only to how powerful these drugs are, but also of the deep need so many people feel for them. It is no accident that substances that kill pain are at the center of this public health crisis. This tells us that there are epidemic proportions of people in need of pain relief on many levels, not just physically.

Psychological pain is a significant driving force behind the addictive use of opiates. Many begin with prescriptions for physical pain; only to continue using long after injuries have healed and physical pain has diminished. Some continue with painkillers and others go on to meet the same need with heroin.

Opiate use of any sort has proven to be the gateway to addiction for hundreds of thousands. There is something promised by opiates that those in psychological pain desperately want. That remedy appears to be available in prescription drugs or heroin – but it's not.

#### **How Opiates Work**

The brain produces natural opiates (endorphins, enkephalins, and dynorphins) to reduce our perceptions of pain so we can attend to other basic needs while we heal. They help regulate basic life functions such as stimulating immunity and signaling hunger and thirst. Opiate receptors are found throughout the brain, the nervous system and other body tissues. These are the same receptors that receive any opiates taken in a pain crisis, misuse or addiction. When opiates are taken, they mimic our natural opiates and interfere with natural brain functioning. Eventually, the brain adapts to chemicals introduced through addiction. It reduces its own workload by slowing processes. The brain also responds to opiate addiction by reducing new brain cell growth (neurogenesis) in certain areas. Addiction convinces the brain that things are taken care of, and it doesn't have to work so hard.

Opiates initially put the user into a dream state where they feel euphoric. Opiates quickly demand payment for their illusions, however. People become addicted to these drugs very quickly and need to use in order to avoid getting sick. The drug begins to claim more of the users time, energy, money and life force. Opiates take over the lives of addicts and their loved ones, as well as our communities. The initial peace found in opiate addiction is the mythical and ghostly dragon being chased in yearning and desperation. There is never enough relief and what is obtained never lasts long enough.

The psychological and physical pain of opiate addiction is unavoidable. Not one addict escapes this fact. Every opiate addict has thought about quitting, tried quitting, failed at quitting, etc. The painful reality of opiate withdrawal and detoxification is too much for many to bear. The promise of a better life in sobriety seems impossible. Many addicts turn to drugs like Suboxone and Subutex to help them get off drugs. The problem is that these drugs are significantly more difficult and painful to detoxify from than the original heroine or painkillers that addicts are trying to free themselves from. These solutions become another prison with thicker bars.

Opiates convince us that they are essential to our survival just as our instincts convinced us that, as newborns, others were. As infants, we knew to cry for help without being taught to do so. The attention of others was essential to our survival and so our attachment saved our lives. It is at this level of need that opiate addiction settles into our lives. It convinces us that we have to continue to use in order to survive. We fear withdrawal with the intensity of a child's abandonment fear. It is another illusion of addiction.

## **Alcohol**

It is estimated that approximately 18 million people in the U.S. are dependent on alcohol, and another several million excessive drinkers are currently at risk. Many people have earnestly attempted to stop drinking only to return in the end. A great number of those have had several unsuccessful attempts to stay abstinent. More times than not something doesn't work in the methods they have tried. We believe that the underlying root causes of alcohol addiction have not been successfully addressed for these people and that until they are, abstinence will be so uncomfortable that relapse is a likely result.

In alcohol abuse, for example, there are several conditions that commonly co-occur with excessive drinking. These include depression, anxiety, unstable moods and trauma. The interactions of problematic drinking and such issues create yet more problems in one's life. For instance, alcohol is a depressant and worsens any already existing depression. It increases anxiety over time, dysregulates emotion and leaves one vulnerable to trauma.

We also now know a great deal about the relationship between alcohol and other aspects of one's health and functioning. Some of these include depressed brain processes, physical and psychological dependencies, trauma and past treatment failure.

## **Cocaine**

Cocaine consumes one's life and compulsive cocaine use can be extreme. The brain becomes accustomed to its intensity and short-lived intoxication. Consequently, even when the body and spirit are beleaguered, cravings result in more use. A cocaine addiction feels inescapable, particularly when you are compelled to do what you don't want to do anymore and are suffering because of it.

Cocaine use alters the brain by interfering with the activity of our natural reward/pleasure center. This results in the brain having a diminished natural ability to produce its own 'feel good' chemicals. Consequently, typically positive experiences no longer provide pleasure, satisfaction, or a sense of well-being, without cocaine.

Cocaine provides a sense of euphoria, extreme physical pleasure and feelings of confidence and competence. As with other drugs of addiction, these effects indicate underlying needs. For example, cocaine provides temporary relief from depression; feelings of emptiness, numbness, inadequacy and lack of confidence. The price is high for temporary relief, however. Cocaine takes its toll in the external life through broken relationships, financial problems, legal problems, poor school or job performance. Internally, it claims self-respect, a sense of well-being and a feeling of purpose, meaning and connection.

Our cocaine rehab program looks beyond the compulsive use of cocaine to ask: Why is this happening? What are the underlying reasons that cocaine has consumed your life to this degree? We have found that traditional addiction recovery answers are not enough -the wrong people, places and things; the wrong genetics, or your lack of compliance and willingness are not the answers. Many people have wholeheartedly applied themselves to the solutions that have been offered them in traditional programs, only to relapse again and again.

## **Marijuana**

Marijuana addiction is typically slow to reveal its full negative effects, especially to the person who uses it. Like in many other addictions, the drug convinces us that all is well. However, marijuana's harmful realities are revealed in profound brain changes that occur with its use. Numbed mental processes lead to apathy, passivity and lethargy. Basic human capacities such as memory, learning, problem solving and decision-making are slowed and diminished.

Research has even shown that chronic use can cause measurable losses in IQ. Furthermore, prolonged use increases one's chance of receiving a psychiatric diagnosis, having suicidal thinking and engaging in forms of self-injury. The drive, passion and motivation we need to create the lives we want to live slip away when we are addicted to marijuana. Marijuana addiction leads to a deeply felt dissatisfaction with life as well as the inability to do anything about it.



## **Prescription Drugs**

Addiction to prescription drugs like painkillers and benzodiazepines is frustrating and overwhelming. Seeking help, people ricochet from one solution to another only to become more confused, hopeless and despairing. Relapse seems inevitable despite painstaking efforts to recover and healthcare's remedies often perpetuate the pain of addiction.

There are several problems in prescription drug addiction that create a vicious cycle of addiction even though recovery is sought. These include quickly developing physical and psychological dependencies, feeling safe with prescription medications, polydrug use (combining more than one drug) and previous treatment failure. Replacement drug treatments, such as methadone and suboxone do not heal the underlying vulnerabilities such as trauma, depression or anxiety and ensure one's life remains drug-centered, with physical and psychological dependencies transferred to the replacement drug. Nothing changes in the brain that would heal the neural pathways of addiction or underlying problems that support an addiction.

## **Codependency**

Codependency recovery is important because if you look behind addictions, disempowering and self-destructive thoughts, beliefs and behaviors and many mental disorders, you will find at their core is codependency. This is a term that is now familiar in the mainstream treatment modalities, but what exactly is it?

Common definitions of codependency are a person who is a martyr, a caretaker or someone married to an addict of one type or another. Codependency can be this, but it is so much more, and just like untreated addictions, it can kill.

Codependency at its core is when a person gives his or her power away to a person, place or thing to the detriment of his or her own needs. Essentially, it is a harmful, dysfunctional relationship -- whether it be with a person or substance. Although giving of oneself and even self-sacrifice are necessary at times, when this behavior becomes a way of living life, this is called codependency. Another simple definition of codependency is an unequal exchange of energy between people; when one person is habitually giving more in a relationship than the other.

Codependency is based in a core fear that the world is unsafe. This is a very real fear that many people learn as "truth" when growing up in dysfunctional homes. Often codependent behaviors include the need to control, manipulate, obsess and worry about external circumstances in order to feel safe.

Examples of codependency:

- Believing that taking care of your own needs before someone else's is "selfish".
- Believing that your needs are not important.
- Not even knowing what your needs are.

- Believing that if only the other person or some external circumstance changed, you could be happy.
- Believing that if you do not stay on "alert" and hyper vigilant in your life, the "other shoe will drop".
- Believing that it is your responsibility to "fix" someone else.

Codependence recovery is less common in modern society because unlike other addictions, codependency is encouraged in our world. The "martyr" is revered and speaking or living in your truth is discouraged. Codependency is an epidemic and is at the core of most depression and anxiety disorders. When a person does not connect with their authentic self and follow their own heart's desire, a person will begin to feel resentful, unappreciated, drained and despairing. This state of disconnection is so painful, people search out relief through substances, prescription drugs, food, obsessive compulsiveness and a myriad of other dis-empowering behaviors to distract, medicate and numb the bad feelings.

### **Post-Traumatic Stress Disorder (PTSD)**

Post-traumatic stress disorder is a heartbreaking psychological disorder that often occurs after experiencing a traumatic event. Many people with PTSD turn to drugs or alcohol as a way to cope with the intrusive memories and horrid flashbacks that interfere with their daily life. Recovering from the duality of chronic substance abuse and PTSD requires personalized treatment to help bring the person back to balanced emotional and physical health.

Traumatic events change a person's perception of the world. The world as they knew it becomes convoluted and there is a persistent feeling that the future will always be limited; their world is less safe. Continuous symptoms of post-traumatic stress disorder and addiction threaten their overall physical, emotional, and spiritual health. Traditional therapeutic methods involve medication and therapy, which mainly focus on treating the mind and the physical body.

However, the best opportunity for post-traumatic stress disorder and addiction recovery requires treatment of the whole person by addressing their physical, emotional, and spiritual needs in addition to influencing their brain back to health.

### **Depression**

Depression can consume a life. It depletes your mental, emotional and physical energy; fills you with painful thoughts and feelings, and appears so inescapable at times that you wonder if life is even worth living. Depression can last for years or decades with seemingly no hope of change.

Depression is often attributed to a chemical imbalance in the brain. Those living with chronic depression may agree because they have tried to break out of the downward spiral and despite their best efforts have continued to struggle with bouts throughout the

years. There is scientific evidence that this is not always the case, and there are ways to change the brain and recover.

While medication can be helpful as a short-term intervention, it has unfortunately become a lifestyle for many. It is now estimated, for example, that one in 10 Americans take an anti-depressant. If you have heard the phrase "you will be on medication for the rest of your life", you are certainly not alone. The problem, however, is that all medication has side effects and one must weigh the costs versus the benefits of any medication taken. Also, the chronic use of medication for depression suggests that there is something wrong with the brain and the brain cannot come into balance on its own. Medication alone does not resolve the underlying causes of depression for everyone.

### **The Link between Depression, Substance Use, and Pharmaceuticals**

Depression and addiction are strongly linked. They are common co-occurring conditions and many people have struggled for years with both. Each condition contributes to the severity of the other and when one is untreated, or only partially resolved, it can trigger a relapse of the other. Recent research tells us that the relationship between depression and addiction occurs on many levels.

### **Anxiety**

Anxiety is part of our body's natural survival mechanism. Also known as the stress response, anxiety is our warning signal that something potentially threatening is occurring. It puts us on alert and makes us vigilant. It also prepares our bodies to take action if needed, beginning the 'fight or flight' response.

Anxiety problems leave us living in that heightened stressful state even when there is no threat. The brain does not differentiate between a real threat and a perceived threat. The limbic brain is part of the unconscious mind and therefore is not healed through rational thought. Very often a person is not even aware of the cause of the anxiety.

Pharmaceuticals only reduce the symptoms and do not address the cause of anxiety. Often these drugs are habit-forming and have a rebound effect. After taking these drugs, a person's condition worsens, putting them more at risk than the original condition the drugs were prescribed to treat.

Simply managing this with comforting thoughts, medication or soothing activity doesn't make lasting changes. Real change occurs when the brain adapts to different 'brain habits' and operates more normally.

### **Integrative Addiction Recovery and Co-Occurring Disorders**

Countless people have co-occurring disorders, or an addiction alongside another diagnosable mental health problem. For these people, each is a primary condition. That is, they have two conditions that require stabilization and management if they are to be healthy and successful in their lives. Such co-existing conditions may be referred to by

several terms, all indicating the same type of problem. They may be called, for example, co-occurring or co-existing disorders, dual disorders, dual diagnosis issues or concurrent disorders.

Co-occurring disorders can pose multiple, often serious challenges for the people who have them, as well as for their loved ones. For recovery, not only is an accurate diagnosis required, but so is the help of professionals with the right expertise to address them simultaneously. Without concurrent stabilization, addiction recovery becomes very complicated, and sadly, impossible for many. An unresolved co-existing disorder will sabotage any recovery effort.



## **Chapter 10**

### ***The Results: Through Science and Story***

We gratefully enjoy the reputation of an effective program. Our clients and their loved ones tell us that our program works, and we have witnessed profound transformations first hand in our day-to-day work. We also have documented the effectiveness of our addiction recovery program with a practical application of neuroscience technology. In this chapter, we would like to share some of the science of our program as well as some of our client stories, as examples of our success.

#### **Brain Mapping**

We monitor the electrical activity of brain function in our program participants through non-invasive brain mapping. A brain map is a type of EEG: a quantitative electroencephalograph (qEEG) and it allows us to observe and measure how brainwaves move throughout the brain and at what frequencies. We can also monitor how different parts of the brain communicate with each other. We see brain regions that are over-active, for example, producing particular symptoms of distress, and we see regions that have too little activity, causing other symptoms. We see clinical issues and symptoms at a neurological level, and over time, we see neurological change as the result of participation in our program.

Quite simply, brain mapping makes an individual's level of well-being or distress visible in an objective, observable and measurable image of brain activity. Each brain map is a snapshot, a depiction of the neurological underpinnings of a person's mental, emotional, physical and spiritual state of functioning at any given time.

The results have been remarkable. We have found dramatic evidence that our program brings about deep and transformational change in brain function. Our program facilitates true addiction recovery that is measurable.

#### **The Invisible Made Visible**

At the start of the program, we obtain a brain map from each participant in order to establish a baseline. We then take another brain map at the end of the program and compare.

The initial brain maps show neurological evidence of the distress they bring with them when they enter our program. We see the neurological workings, for example, of addiction, trauma, depression and anxiety, as well as the specific symptoms of such

conditions like the inability to pay attention or to remember, poor impulse control, dysregulated emotion, impaired problem-solving, poor judgment and poor decision-making. Dysfunctional neurological patterns can occur in our abilities to regulate emotions and control our behavior, as well as in our thought processes and overall physical well-being. They can lead to chronic, seemingly intractable problems. Such patterns are the underlying causes of the addictions, related disorders and relapses with which our clients have struggled. They are the reasons people need a truly holistic recovery program.

All of these things are characteristics of people in distress who are unable to resolve their problems and live the lives they want to live. Also, conversely, we can clearly see evidence in brain maps of more healthful functioning when these issues have been resolved.

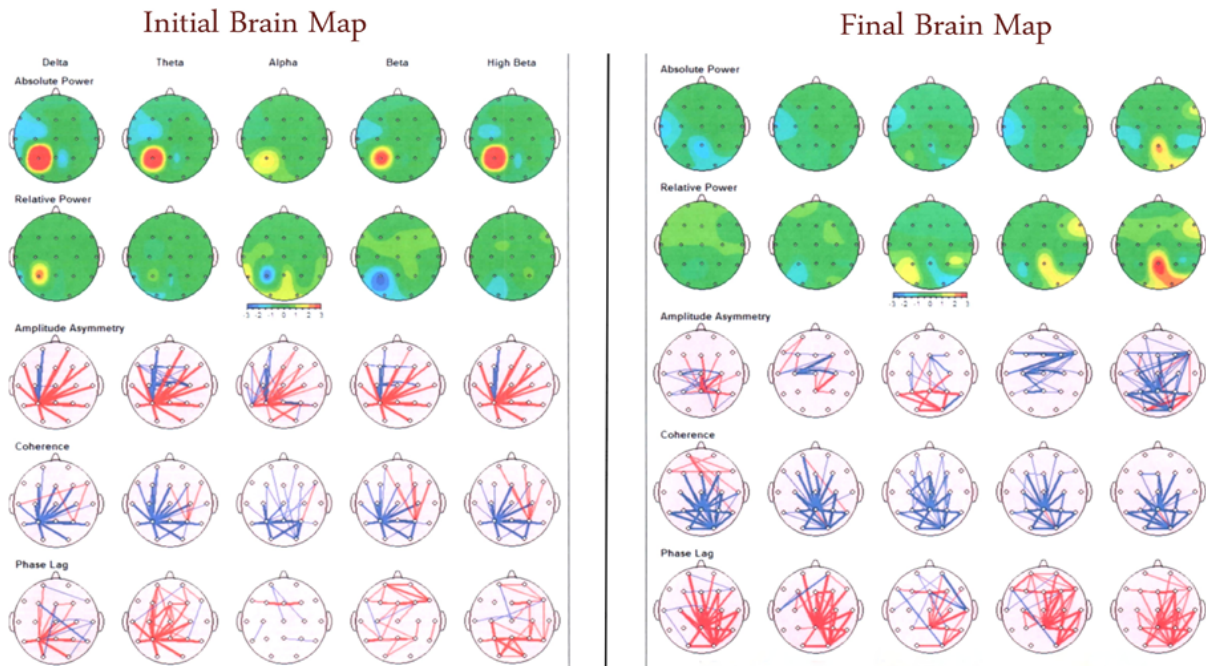
### **Brain Maps: Proof Our Program Works**

The proof our program works lies in the fact that the human brain is plastic. That is, it changes through the natural processes and mechanisms of neuroplasticity, being shaped and molded by environmental factors both inside us and out. New cells and neurons are generated in a process called neurogenesis, for example, and existing structural elements are sprouted, eliminated or pruned. The neuroplasticity of the brain, and its processes of neurogenesis, are reflected in the brain maps we collect at The Sanctuary. They prove that our program works, and works dramatically.

We provide a comprehensive range of multi-disciplinary interventions that target mental, emotional, physical and spiritual functioning. These 'environmental' factors trigger brain alterations, reconfiguring the brain to achieve a state of health in all these realms. We know, for example, that addiction and other conditions such as depression, anxiety and trauma, create specific neurological blueprints of disease and symptoms in the brain. Our interventions change those blueprints, and brain mapping data confirms it.

The figure below illustrates significant changes in brain functioning for one of our program participants. (See Figure 1.) The Initial Brain Map on the left shows prominent red and yellow areas in the top row of 5 images. These indicate over-activity associated with distress experienced at the program's start. In comparison, the Final Brain Map on the right was taken at the program's completion. The bottom 3 rows of images on each Map also reflect significant changes in brain activity configurations between the start of the program and completion of the program.

**Figure 1**



## **Full and Sustainable Recovery**

Full and sustainable recovery is a deeply transformational experience in which the brain itself is healed. Neurological changes have more fundamental and lasting effects than can be attained with only pharmacological or behavioral interventions.

Unless resolved, underlying dysfunctional neurological patterns continue to affect us. They erode even our most significant recovery gains, and undermine our best efforts to be well. Uncomfortable, even distressful sobriety, results from dysfunctional patterns continuing to work in deep layers of the brain. Unfortunately, the result is frequently a return to substance use, and the worsening of related disorders such as depression, anxiety and traumatic reactions.

Brain mapping has proven that our program gets to the source of the problem. The continuous interaction between mind, body, soul and spirit is the target of all our interventions. We help clients develop a life practice takes them well beyond the limitations of a focus on simple abstinence or sobriety, where they manage symptoms of an illness that never goes away.

## **Client Stories**

Science is wonderful, but in the end, our program is really about people. One of the best

ways we can share our results with you is through the experience of some of the many clients who have left The Sanctuary to go on to live amazing, healthy lives.<sup>5</sup>

## Claire

Claire was referred to us after spending most of her life in some type of special school, mental health institution or addiction treatment program. She had access to the best treatment options available, but still could not break her obsession with methamphetamine. She could achieve some distance from the drug with periods of abstinence, but would chronically relapse.

Claire was highly intelligent, extremely sensitive, creative and attractive, yet the drug owned her. By the time she arrived at our center, she was taking nine different medications and had a host of psychiatric diagnoses acquired throughout years of treatment. From the mainstream perspective, success for her would be to get clean, chemically manage her distressed mental state and work a recovery program for the rest of her life. From the Integrative Addiction Recovery<sup>sm</sup> perspective, however, there were other possibilities that included life beyond symptom management and simple survival.

Our first task was to quiet her nervous system and rebuild her energy body, both of which had been compromised by long term methamphetamine use. As is common in methamphetamine users, she had been exposed to a variety of toxic energies, situations, people, chemicals and experiences. All of these profoundly affected her, confusing her mentally and disorganizing her energetically.

To better understand how invisible energies can negatively affect us, we can consider the effects of radiation on living things. Radiation is invisible to us and lives in the realm of energy, yet it so powerfully impacts our bodies that we are affected long after the initial exposure. Similarly, toxic energies from chemicals, toxic situations and even toxic relationships, can create such effects.

For Claire, her methamphetamine addiction had exposed her to a bombardment of toxicity in many forms. Traumatized and vulnerable, Claire was 'wide open' to additional harmful energies in the environment. In our work, we also assisted her in closing that psychic doorway so that she could develop energetic boundaries and have the space to heal.

Through an Integrative Addiction Recovery<sup>sm</sup> program, Claire was freed of her meth obsession and has remained free ever since. After clearing the toxic information in her field, and helping her develop a coherent energy pattern, she was able to access her core issues and process them on the energetic, emotional and physical levels. These issues no longer control her life or her orientation in it. Claire is now a student in a Shamanic

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<sup>5</sup> Identifying information has been changed to protect client confidentiality.



school, learning energy healing techniques so she can help other methamphetamine users close the door to the dark energies that stalk them.

## **Sara**

By the time Sara, a woman in her early 30's, made it to our center, she had been to a host of behavioral health facilities. She carried with her a rap sheet of diagnoses that included severe depression, PTSD, substance use disorder, dissociative disorder, eating disorder, and anxiety disorder, to name a few. She had made a few suicide attempts and was cutting herself. When she arrived, she could barely talk and would respond to every stress with a panic attack that would leave her unconscious sometimes for hours. She was on a cocktail of anti-anxiety and anti-depressant medications. She had been numb for decades and her life force was dangerously low. She was hopeless.

She had one of the most traumatic life stories that any of our staff had heard. She was the only one of her siblings given up for adoption at a very young age to a "normal" family. She was repeatedly raped by one of the new family members. She became pregnant and was assaulted to abort the child. She was told, "not to lie" when she confided in a family member and eventually, she was forced to leave the house. She engaged in numerous abusive relationships and eventually became involved with a street gang, where she was exposed to violence on a continual basis, even witnessing murder. In that life, she had nowhere to go and no escape. She was sold to pay a gang debt. She became addicted to drugs at an early age and naturally lived a life of chronic relapse. She could only sleep with her bedroom, bathroom and closet lights on for as long as she could remember.

Sara had enough therapy to become intimately familiar with her issues. She had every kind of conventional intervention to mitigate trauma: she had talked about it, worked with it, wrote to it and dialogued with it. The problem was, after 20 years, she was still traumatized. Her life was still informed by the events of her past; her outlook was still one of danger, survival, addiction, confusion, and hopelessness. From this perspective, it was impossible for her to imagine a different life.

Our first interventions were focused on safety, and disengaging the fight or flight mechanism because healing is impossible when we are in the state of fear. Tracking her energy signature back to birth, we discovered that Sara never felt safe--not even in the womb. She was aware that she was not wanted. This resulted in soul loss, another term for dissociation, or when a part of the psyche becomes disconnected and unavailable. We needed to let this deeply buried part of Sara know that she was safe and would be returning to wholeness. Additionally, Sara genetically inherited her mother's fear, which also had to be addressed.

Eventually Sara had fewer panic attacks. She became available to more intensive energetic interventions during which her luminous body released imprint after imprint. Her brain attained homeostasis, maybe for the first time in her life. She was able to stop all of her medication and has not used any intoxicants. She can feel. She laughs and cries.

She has begun to see a brighter future and knows that her destiny includes helping orphans. She is alive.

## **Resolution of Complex Trauma**

Sara's issues translate very simply: the cause of maladies is not always obvious, and an original wounding, if unhealed, will create problems in later life. From the Integrative Addiction Recovery perspective, a wounding or trauma is the beginning of disease. We know that if unresolved, incidents of early trauma predict the likelihood of subsequent substance use and other mental health problems. Additionally, we have deep knowledge of unhealed addiction and unhealed trauma both crossing generational lines, possibly for many generations.

Best practice dual diagnosis programs come close to addressing the co-occurring and underlying forces of trauma in addiction. However, they typically offer language and thought-based therapies that lead to insight and an ability to verbalize an intellectual understanding of the problems. Recovery maintenance tools are typically more cognitive exercises as well. A language and thought-based "healing" reinforces the separation of mind, brain and body--again acting as if we are a more machine-like composition of parts instead of the unified energetic beings that quantum reality knows us to be.

Cognitive remedies are far different than the experiential and energy-based interventions in Integrative Addiction Recovery<sup>sm</sup> that treat the whole person beyond language and thinking. The differing results are astounding: we go into cautious remission in mainstream treatment, but we fully recover from addiction in an Integrative Addiction Recovery<sup>sm</sup> program. Another way of saying this is that insight and understanding are like reading about healing, while Integrative Addiction Recovery<sup>sm</sup> is the experience of healing. Healing is the result when we apply energy-based and holistic restorative interventions to a disharmonious field of energy. In order to heal from addictions, we must treat the whole person, or it will not work.

Without treating trauma, which is the core of addiction, addiction is always ours; we have a chronic and relapsing disease. We are told that we can never be free of it--that we can hold it in abeyance or barring that, we can relapse. Even without symptoms of addiction, we are cautioned in recovery to live a disease-centric life, watching for signs that it has awakened because we are certain that it will. Traditional addiction treatment attributes this to the cunning nature of addiction; a predatory disease entity that never sleeps, and is ever steadily gaining power and stealth.

Integrative Addiction Recovery<sup>sm</sup>, on the other hand, treats addiction in the energy field of our quantum reality. Addiction is cured rather than caged by our constant vigilance or lulled to sleep in its complacency. The past, present and future is healed through addiction intervention. We no longer have to live a life that revolves around an addictive illness. The present and the future become ours to live with a health-centric focus. The addiction-

ogenic blueprints of our pasts can be resolved with Integrative Addiction Recovery and they will no longer be able to govern us.

Integrative Addiction Recovery<sup>sm</sup> mobilizes the innate dynamics of our own healing processes. The origins of addiction, its workings and what is needed to heal it, have a common theme running through them: that we are whole and energetic beings, a unified field of energy and we suffer when that field is disturbed as well as when our connection to the larger field is disrupted. Our approach includes the healing of the soul, which is part of our essential nature.

In addition to the stories shared here, we have received many testimonials from our clients about the transformational impact our Integrative Addiction Recovery<sup>sm</sup> program has had on their lives. We have included a few of these testimonials as an appendix to this book.



## **Chapter 11**

### ***A New Tomorrow***

*“Don’t die with your music still in you.” –Wayne Dyer, Ph.D.*

We consider it an honor and a privilege to do this work every day. There is no greater satisfaction in life to see a person transform from someone suffering through their darkest night to someone who is awake and alive and looking forward to a lifetime of tomorrows.

Chances are if you are reading this book, you or someone you love is experiencing that darkest of nights. We hope that you have learned some valuable information about what addiction is, why traditional treatment often fails and that there is a program out there that provides hope for a joyful, fulfilling, peaceful and passionate life.

We encourage you to continue to read and learn as much as you can. Our website and YouTube channel have extensive information on our Integrative Addiction Recovery<sup>sm</sup> program and the philosophy and science behind it.

Please feel free to reach out to us at anytime. We would love to speak with you, and we are happy to answer any question you may have – however big or small.

We truly believe that we can ALL move beyond recovery and be recovered. We hope that you do, as well.



## **Appendix 1 – Client Testimonials**

*Dean and Kelley - I'm sure many people leave here unable to express in words the gratitude and appreciation they feel. I am one of them. Nothing I can say encapsulates the feelings I have towards the joy that has been brought to me via the two of you. My hope is that you both have seen in my eyes and through my heart the transformation I feel and the thankfulness I owe to your open arms here.*

Anonymous

*Words cannot express my gratitude. I am thankful for this life changing experience! It has saved my life. You have facilitated my process in discovering my authentic self. One that is loved, kind, strong, and complete. This is only the beginning and I am so grateful. I have come here to detox and dismiss drugs and alcohol and sustain this way for the rest of this life!*

Amy

*The Sanctuary is an indescribable place. From the moment I arrived, I was treated like family. Dean and Kelley and the entire staff are amazing people with a genuine desire to help people and see them succeed. The Sanctuary is much more than an alcohol and drug rehab center. It's a center for life orientation that starts from the food you eat, to daily yoga exercises, to truths that will last forever. Thank you so much for everything.*

Anonymous

*My journey began the moment I clicked on the website. I believe The Sanctuary chose me ... It literally saved my life and enriched it beyond anything I could have ever imagined. What an adventure. The Sanctuary truly is food for the soul.*

Larry

*When I came to the Sanctuary, I was at a point in my life where I knew that I could not deal with anything on my own. I was done, spent and didn't know what I should do. I knew I needed to make some changes in order to move forward in my life. I experienced things at the Sanctuary that I would never thought of but also a great sense of love, peace and family.*

Lori

*Kelly made me feel accepted and special from the first night when she picked me up at the end of the road and hugged me ... She has actually given me some "trade secrets" of how to turn my energy around in a moment's notice when needed. Her ability to explain*

*the journey work and share her own experiences with the work really simplified the process. And her genuine passion for me, all the guests and human beings is intoxicating.*  
Anonymous

*From my deepest sincerity, the Sanctuary saved my life. The ultimate goal of this beautiful oasis is not to identify you, label you, reprimand you or deny you any of your true value as an individual. All of the practitioners, staff and peers play significant roles through the healing process. When I entered, I was fighting what has been standing next to me: happiness, life, freedom, hope!*  
Anonymous

*I came to The Sanctuary just hoping to feel something for someone starting with myself, and I leave here with tears of gratitude, my heart open and full of love, and my mind clear and back in the game of life.*  
C.P.

*It is hard to do justice to my sanctuary experience in words. I came here in an utterly stuck place in every area of my life and felt as though I was at my end. I could not have chosen a better place to come. I was so afraid they would not be able to help me as I had so many complex issues. Within my first conversation with Dean he knew what I needed instantly and understood me so well, I knew I had found the right place for me.*  
Anonymous

*I have never met people with such wisdom as Dean & Kelley, who guided me through a process where I discovered some deeply rooted issues. I would highly recommend the Sanctuary to anyone who needs to stabilize their lives, step out of old ways and find a whole new life.*  
D.H.

*The Sanctuary has been my safe haven to heal, to rediscover my strengths, to acknowledge my needs and a place to find tools to implement the changes I wanted to make in my life. There is an overpowering feeling that has come to me over the course of my stay that I choose the future I want to have. I have regained the strength to ask for this and expect it to happen.*  
Nancy