

THE RECOVERY DECISION

SOLID FOUNDATION • ULTIMATE RESPONSIBILITY • RECOVERY IDENTITY
RESOLVING INTRAPERSONAL POWER STRUGGLES • RELAPSE AWARENESS

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

Thom Rutledge brings his 30 years of experience treating alcoholism and addiction to this eye-opening fresh look at what is often considered to be addiction recovery's arch enemy: Denial.

Denial is not an obstacle to addiction treatment; it is the object of the treatment. Specifically, denial is a clever and versatile inner-attorney whose job is to help the addicted person retain the right to continue to drink or use. The bad news is that denial does not go quietly into the night. Instead it adapts and changes as treatment progresses. Once the bright light of awareness has revealed addiction, the blatant denial of "I don't have a problem with alcohol" is rendered useless. Denial then transitions smoothly into more subtle approaches: rationalization, distraction, excuse-making, minimization, etc. From there, evaluation and treatment of addiction can all too quickly devolve into power struggle between treating professionals and their clients.

The good news is that in order to recover from addiction, we don't need denial to go away or back off or be quiet. In fact, one very essential key to establishing successful recovery is that we understand that all attempts to be rid of denial (of addiction itself) will only waste valuable time and energy. As treating professionals, when we misunderstand this, we are destined to remain in power struggles with our clients, essentially acting as if it is our job to win the power struggles, to convince clients that we are right, basically to sell our clients recovery. This is introducing recovery from the outside in and, while it can be successful with some clients, it is not nearly as powerful as guiding clients to build recovery from the inside out.

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

"So much can be accomplished inside the span of a few weeks in residential addiction treatment programs but ultimately the most important thing that can be established is that the client, and only the client, has the authority to make decisions about implementing what has been learned." – Thom Rutledge

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



Thom Rutledge is a psychotherapist and author in Nashville, TN. He has been featured on NBC's Today Show, CNN's Anderson Cooper, Australia's Channel 10 and has consulted with the Dr. Phil Show. He is internationally known for his clear, practical, innovative and entertaining keynotes, workshops and for professional training seminars. Thom is the author of several books, including *Embracing Fear* and *The Self-Forgiveness Handbook*.

FOR MORE INFORMATION OR TO SCHEDULE A PROGRAM FOR YOUR ORGANIZATION, EMAIL
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TO KEEP UP WITH THOM'S PUBLICATIONS, TRAININGS & WORKSHOPS, JOIN HIM ON FACEBOOK:
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THE RECOVERY DECISION

SUGGESTED TRAINING SEMINAR DESCRIPTION & LEARNING OBJECTIVES

DESCRIPTION

This program draws on Thom Rutledge's experiences designing and implementing addiction treatment programs and his 35 years treating addiction, with a special emphasis on challenging clients to take responsibility for their own recovery -- even before they are certain whether or not they will accept the diagnosis of addiction. Thom describes his philosophy of "ultimate responsibility" and teaches his professional audiences how to enlist the help of the dreaded denial (inherent in addiction) to actually help in the recovery process. With creative and entertaining examples and demonstrations, Thom teaches how to avoid power struggles with addicts in early recovery thereby affording their best chance at accepting full responsibility for themselves and their recovery.

LEARNING OBJECTIVES

- How to evaluate individual client's personal relationship with addiction.
- How to describe and demonstrate for clients how to practice separating themselves from their addiction.
- How to avoid power struggles with clients. Specific methodology to enlighten clients about their own internal power struggles.
- How to distinguish the "Addiction Voice" from the "Recovery Voice."
- How to identify specific addiction message and how to support/reinforce recovery messages.
- How to define and monitor early and long-term addiction recovery.

ABOUT THE PRESENTER

THOM RUTLEDGE is a psychotherapist and author of several books, including *Embracing Fear: How to Change What Scares Us & Turn It into Our Greatest Gift*, *The Self-Forgiveness Handbook*, *Earning Your Own Respect* and *Nutshell Essays: 52 Brief Lessons for Big Change*. He has been featured on NBC's Today Show, CNN's Anderson Cooper 360, Australia's Channel 10 and has consulted with the Dr. Phil Show.

Thom has a unique ability to make learning about very serious matters fun. He has been called "The Most Entertaining Tour Guide Along the Road Less Traveled" and his favorite: "The Master of the Painless CEU."

The most important responsibility we have as mental health professionals is guiding our clients toward accepting full responsibility for themselves.

THE RECOVERY DECISION

SUGGESTED WORKSHOP DESCRIPTION FOR CLIENTS

DESCRIPTION

Thom Rutledge has been involved in designing and implementing addiction treatment programs for 35 years. With this workshop, Thom explains and demonstrates his INTRApersonal approach to evaluating and treating addiction. Specifically, he teaches us how to pinpoint ways we are in danger of sabotaging our own recovery and most importantly, what we can do to “sabotage the inner-saboteur.” Certainly there is no denying that addiction recovery involves power struggles, but far too often, those power struggles play out in the client/counselor relationship --- frustrating for both client and counselor. Thom’s INTRApersonal Change Process (ICP) guides us to where the power struggle must play out in order to establish a solid foundation in recovery. That place is within us, where the to-drink-or-not-to-drink, to-use-or-not-to-use, I-am-an-addict-I’m-not-an-addict debates rage on.

With this workshop, you will learn how to separate from destructive/sabotaging messages and how to discover/empower the Recovery Voice within you. This is a model for discovering your strongest motivation, your most dangerous potential for self-sabotage and learning how to establish your wisest self as Decision Maker.

RECOVERY DECISION WORKSHOP INCLUDES...

- Demonstrations of how INTRApersonal Change Process works
- Opportunity to identify your own self-sabotage potential (Voice of Addiction)
- Opportunity to identify your own Recovery Voice
- Journal exercises to help apply ICP to your daily life (one day at a time recovery)
- Question & Answer / Discussion

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Always move toward your demons; they take their power from your retreat.

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