



**Center for Recovering Families**  
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**THE COUNCIL**  
ON RECOVERY

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## HEALING CHOICES

**Center for Recovering Families**  
at THE COUNCIL ON RECOVERY



# HEALING CHOICES

Renewed hope that you can recover

## Intensive outpatient treatment program at The Center for Recovering Families

**Healing Choices is the intensive outpatient treatment program at the Center for Recovering Families designed to help you achieve successful, lasting recovery. Going beyond ordinary treatment approaches, our unique program includes your family members throughout the treatment process.**

**Using proven therapeutic techniques and personalized treatment plans, Healing Choices has helped many people successfully recover from addictive and destructive behaviors including:**

- ▶ Alcoholism
- ▶ Drug addiction
- ▶ Opioid abuse
- ▶ Compulsive working
- ▶ Eating disorders
- ▶ Sex addiction
- ▶ Codependency
- ▶ Gambling addiction
- ▶ Compulsive spending
- ▶ Process addictions
- ▶ Dysfunctional relationships
- ▶ Co-occurring mental health issues

**If you are struggling with one or more of these behaviors, Healing Choices provides renewed hope that you can recover. And so can your family.**

## IS HEALING CHOICES RIGHT FOR YOU?

### Consider your current situation:

- ▶ Do you want to stop drinking, abusing drugs, or engaging in compulsive behaviors?
- ▶ Have you recently been discharged from an inpatient program and want additional treatment and support to maintain sobriety in your everyday life?
- ▶ Did you recently relapse and want to get back on track?
- ▶ Are you sober and attending meetings, but still struggling and want additional help?
- ▶ Are you maintaining sobriety, but want to explore deeper concerns related to personal recovery or family-of-origin issues?
- ▶ Is your anxiety and/or depression worsening the more you drink or use drugs?

If you answered “yes” to any of the above, Healing Choices can offer you renewed hope!



## WHAT'S INCLUDED IN HEALING CHOICES?

Healing Choices is an eight-week intensive outpatient treatment program that offers a full suit of proven, powerful, and successful therapeutic processes. Program components focused on helping you achieve lasting recovery include: Individual Therapy; Group Therapy; Specialty Groups; Family Therapy; Family Groups; Education; and Community-Based Support.



### Individual Therapy

During individual therapy, your therapist will help you develop and implement a therapeutic plan. Needs will be addressed and goals will be set. You will explore past issues impacting current feelings, identify potential obstacles on your road to recovery,

and learn how to effectively deal with those feelings and obstacles. Through intensive work with your therapist, you will identify behavior changes you can make to gain self-esteem, dignity, and personal authority.

### Group Therapy

In the safety and support of our small group therapy sessions:

- ▶ Experienced therapists will help you address specific behaviors and core beliefs, and the defense mechanisms adopted to deal with them.
- ▶ You will learn effective problem-solving techniques and practice new and more productive ways to handle difficult situations.

The group process helps reduce self-isolation and accelerates self-discovery around issues of fear, trust and dependency. Groups are limited to eight participants to ensure adequate time for each member, and to promote closeness.

### Family Therapy

Family therapy brings you and your loved ones together with a skilled therapist to explore critical issues. By shedding light on family dynamics, you

will gain new insights and establish alternative communication pathways. Family therapy encourages personal accountability, while helping family

members express emotions, release resentments and grievances, and develop relationship goals.

### Specialty Groups

Specialty Groups are an integral part of the Healing Choices program. You'll be assigned to one Specialty Group based on your therapist's recommendation.

Groups may include:

- ▶ Mindfulness in Recovery (MIR)
- ▶ Dialectical Behavior Therapy (DBT) Skills
- ▶ Co-Occurring Disorders (COD)



## Family Groups

Family members often have their own emotional pain and difficulty handling negative situations. Healing Choices family groups bring families together (without the client) in a safe, nurturing environment to explore their own roles. Families share their common experiences and feelings, creating a powerful forum of strength, hope, and support.



## Community-Based Support

While in Healing Choices and after the program, you will be encouraged to get involved in community-based support groups to sustain and enrich your sobriety. These may include Alcoholics Anonymous (AA) or another 12-Step program; self-help and non-12-step groups; and yoga and meditation. We will help you integrate a sustaining support network into your own personal recovery plan in order to maintain lasting sobriety and improved quality of life.

## Education

Healing Choices' psychoeducational sessions provide you with the latest information and techniques for enhancing life skills and long-term recovery. Lectures, discussions, group exercises, role-playing, videos, and workbooks cover topics including:

- ▶ Response patterns stemming from compulsive behaviors
- ▶ Identification and appropriate expression of feelings
- ▶ Assertiveness training and techniques
- ▶ Alcoholism and drug abuse issues
- ▶ Relapse triggers and prevention
- ▶ Family dynamics and the impact of addiction on families

## HEALING CHOICES - PROGRAM SCHEDULE

Healing Choices provides intensive, structured therapeutic treatment with little disruption in your daily life. In fact, Healing Choices is scheduled on weekday evenings, so it is ideal if you work, attend school, or have other responsibilities. The outpatient program takes place over eight consecutive weeks. Based on your determined needs, however, up to 16 weeks may be recommended.

## Getting Started

Before entering Healing Choices, you will receive a complete clinical assessment. During this 90-minute interview, your needs will be evaluated and assessed. If detoxification or inpatient treatment is necessary, or you need services other than those available at the Center for Recovering Families, your therapist will refer you to an appropriate outside provider.



## Orientation

After your clinical assessment and admission to the Healing Choices program, you will be scheduled for client orientation. During orientation, an intake coordinator will

explain all aspects and expectations of the program and answer your questions. The orientation is typically conducted 1-1½ hours before your first Group Therapy meeting.

## RECURRING WEEKLY SCHEDULE

### Group Therapy and Education

Meets four evenings each week, 1½ to 2½ hours per group

- ▶ Monday—Group Therapy
- ▶ Tuesdays—Psychoeducational Lecture Group
- ▶ Wednesday—Group Therapy
- ▶ Thursdays—Specialty Group

### Family Groups

Members of clients' families meet for 2 hours each Wednesday evening

### Individual and Family Therapy

Weekly or bi-weekly therapy as scheduled by individual and family therapists



## WHAT DO I DO AFTER HEALING CHOICES?

We are committed to helping you sustain long-lasting recovery. After you complete the Healing Choices program, the Center for Recovering Families provides a continuum of care through additional programs, services, and support to keep you engaged and involved in recovery. Your therapist will help you plan the best use of the following services to support you on the path ahead:



### **Supportive Outpatient Program**

In the Supportive Outpatient Program, you continue to attend group therapy on Mondays and Wednesdays. Family members are encouraged to attend family groups. Individual and family therapy sessions are scheduled based on your needs and those of your family.

### **Therapeutic Aftercare and Family Groups**

Research shows that the longer you and your family remain active in the therapeutic process, the better your chances for sustained recovery. The Center for Recovering Families offers ongoing therapeutic aftercare groups and alumni activities to extend your recovery process beyond Healing Choices and the Supportive Outpatient Program.

### **Individual and Family Therapy**

The Center for Recovering Families provides therapy and counseling services to individuals and families as stand-alone services or in conjunction with aftercare groups.

## HEALING CHOICES - THERAPEUTIC APPROACH

Healing Choices utilizes a variety of proven therapies based on what the individual and/or the group needs. These include experiential, cognitive behavioral therapy (CBT), strength based, solution focus, psychodynamic, relational, attachment theory and family-of-origin centered therapy. These therapies enable each client to gain a distinctive perspective on emotion as a source of meaning, direction, and growth. All of our approaches are designed to help clients develop their emotional intelligence as a key to recovery.



# About The Center for Recovering Families

**The Center for Recovering Families was established in 1985 to provide safe, confidential therapeutic and educational services to individuals and their family members. Over the years, the Center has become the source of hope and healing for people of all ages, and their families, who struggle with alcoholism, substance abuse and addiction. Because our services include treatment for compulsive behaviors, co-occurring mental health issues, trauma, grief, and relational problems, the Center for Recovering Families is widely regarded as the starting point for those seeking help.**



**In 2002, the Center for Recovering Families became part of The Council on Recovery. Founded in 1946, The Council on Recovery is Houston's oldest and largest non-profit organization providing support, information, and outpatient treatment to all who may be adversely affected by alcohol, drugs, and addiction-related issues. The Council on Recovery is the leading provider of prevention, education, treatment, and recovery support services in the Greater Houston area.**