

Addiction is a condition, not a weakness



52 Davidson Street, Fairlands, 2170
tel : 011 024 3116 | fax : 086 510 4353 |

e-mail : indpend@traumatologysolutions.co.za

www.traumatologysolutions.co.za

reg no : 2011/009377/23

The InDpend Outpatient Program uses a totally different approach to addiction than the other more well-known methods.

Addiction is a condition, not a weakness. Only a fraction of the people who need treatment for addiction receive help, largely because of the immense stigma of addiction. In this respect, stigma costs lives.

We believe that the condition of addiction can develop despite a person's best intentions and in spite of their strength of character. The condition develops through repeated use of substances or behaviours which disrupt complex but well balanced systems in the human brain. Many people are addicted to more than one substance or behaviour which complicates their efforts to recover.

The human brain is an extraordinarily complex and fine-tuned communications network containing billions of specialized cells (neurons) that give origin to our thoughts, emotions, perceptions and drives. Often, a substance is taken or activity done for the first time by choice to feel pleasure or to relieve depression or stress. But this notion of choice is short-lived. Why? Because repeated actions disrupt well-balanced systems in the human brain in ways that persist, eventually replacing a person's normal needs and desires with a one-track mission to seek and use the same behaviours or substances.

Just as food is linked to survival in day-to-day living, substances and or behaviours begin to take on the same significance for the addict. The need to obtain and take what they are addicted to becomes more important than any other need, including truly vital behaviours like eating. The addict no longer seeks the substance or behaviour for pleasure, but for relieving distress.

Eventually, the drive to seek and use what they are addicted to is all that matters, despite devastating consequences. Finally, control and choice and everything that once held value in a person's life, such as family, job and community, are lost to the condition of addiction.

InDpend Outpatient Program offers a range of individualised programs on an outpatient basis that are based on a proven and viable approach to the condition of addiction irrespective of their source.

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No matter what the addictive substance, they all have at least one thing in common - they disrupt the brain's reward pathway, the route to pleasure.

New Treatment Approach for all Dependency

Dependency (addiction) is not related to substances only. One can become dependent on virtually anything. The addictions we treat include but are not restricted to

1. Drug addiction
2. Alcohol addiction
3. Eating disorders
4. Sex addiction
5. Gambling addiction
6. Porn addiction
7. Prescription Medication addiction

InDpend Outpatient Program does not follow the commonly used and often adapted 12 step approach to dependency. Its treatment programs are based on an entirely different approach influenced by new findings in the neurobiology of the brain and in the field of Addictionology as well as many years of first-hand experience from both sides of addiction.

Maintaining Normal Environment

The InDpend Outpatient Program believes that (with a few exceptions) placing dependency patients in quarantine (in patient programs) and removing them from their normal environments (family, school, work, etc) is not optimal for recovery.

This is evidenced by the high relapse and failure rate of many in-patient based programs along with the negative connotations associated with such an approach, for both the patient and those close to them.

InDpend Outpatient Program is conducted on an outpatient basis because it believes dependency patients must, during recovery, continue to function in the usual environments and carry on doing so afterwards. So too, must those close to them.

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Person Specific Dependency Programs

The InDpend Outpatient Program is tailored to the person and dependency encountered age group, gender, and the patient's personal requirements as well as those close to the patient.

No dependency is treated in groups simply because, as with each and every other condition, each individual is different. Each person has their own life experiences and life traumas that are individual and specific to them.

To achieve long-term recovery, treatment must address specific, individual patient needs and must take the whole person into account. For it is not enough simply to get a person off substances or refrain from activities; rather, the many changes that have occurred - physical, social, psychological - must also be addressed to help people stay away from what they are addicted to, for good.

Multipronged approach.

Treatment for single or multiple addictions should be delivered at the same time. This is especially true because there are always triggers, such as trauma, depression, or exposure to one substance or another, that can put the recovering addict at risk for relapse. In addition, treatment must consider all aspects of a person - their age, gender, life experiences, circumstances - in order to best treat their addiction. Although the type of treatment may differ, it should always strive to address the entire person through a multipronged approach that tackles all co-occurring conditions at once.

Confidentiality

InDpend Outpatient Program maintains the dignity of the patient and their close ones confidentiality and with minimal intrusion into daily living.

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Variety of Treatment Modalities

In treating addiction there is no one size fits all and no one treatment modality that can be generically applied to all.

For this reason we use a variety of modalities for treatment. These include;

1. Traumatology / Addictionology facilitation
2. Resiliency (Life) Coaching
3. AcuDetox
4. Rife Resonator Treatment
5. Case specific Natural Supplements
6. Detoxification
7. Family Education
8. Family Traumatology / Addictionology Facilitation
9. Halfway House

Program Details

There are a number of programs, depending on requirements.

1. **Addiction Recovery Program**
The dependency patient often reaches a point where they urgently feel they require assistance with the trauma of their dependency. At this point the person's choice of either taking the substance or exhibited the addictive behaviour has become a condition whereby the person believes that acting this way is actually life preserving. This is a primary 16 week program.
2. **Addiction Maintenance Program**
People trying to recover from addiction are often doing so with altered brains, strong addiction-related memories and diminished impulse control. This program is for aftercare - the system of support for a recovering person once intensive treatment is over - is essential for continued recovery. Relapse happens at rates similar to the relapse rates for other well-known chronic medical conditions like diabetes, hypertension and asthma without good aftercare. To achieve and sustain long-term

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recovery, treatment must address specific, individual patient needs and must take the whole person into account. For it is not enough simply to get a person off substances, rather, the many changes that have occurred - physical, social, psychological - must also be addressed and the person needs long term support in maintaining the many lifestyle changes they have made to help them stay off what they are addicted to, for good.

3. Addiction Understanding and Support Program

This program is utilised in conjunction with the Addiction Recovery Program and provides the necessary dependency understanding, resiliency and dependency management capabilities for those close to the patient who experience trauma as a result of their loved ones being addicted. Since so much scientific understanding of addiction is relatively new, and so much about drug and alcohol use is tied up in belief systems, it's not surprising that myths about this condition develop in families and other relationships. Addiction becomes a family condition and it's crucial that everyone receives treatment at the same rate during the recovery process.

Halfway House – Safe, secure living

They say that the first step to recovery is admitting that you have addiction. Once you have addressed this and have chosen to receive the necessary help to overcome addiction, you need to prepare for a long and wonderful journey of growth and self-discovery. Whether you take part in an in-patient or an out-patient program you will undoubtedly learn new reasoning and communication skills, as well as how to make healthy, positive choices instead of ones that could be potentially harmful or dangerous. When a recovery program ends, though, people should consider living in a halfway house. These facilities are designed to help you make the transition from the world of treatment back into the real world. Very often the person who has an addiction has an environment that is toxic or unsuitable to maintain recovery in. A structured, recovery friendly environment becomes an import alternative to maintain and back up the recovery process.

A halfway house can be much easier because you are constantly surrounded by people who are dealing with the same issues as you or have already begun the process of putting their addiction into remission. They can help you by providing moral and emotional support as you deal with the stressors and triggers with a clear mind.

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Professional Dependency Treatment

Providers of the InDpend Outpatient Program and their treatment services are all qualified professionals in their fields. They have specific specialised training in dealing with dependency and addiction and trauma in its various forms.

InDpend is leading the way to dependency recovery!

InDpend Offices : 52 Davidson Street, Fairlands 2170

indpend@traumatologysolutions.co.za

Halfway House : 121 Market Street, Fairlands 2170

halfway@mychoiceisclear.co.za

As with any other intervention, no guarantee of whatsoever nature (explicit or implied) are given by InDpend Outpatient Program, its management, representatives, staff or authorised service providers as to the successful outcome or otherwise of its dependency or addiction programs.