

A New Approach in Addiction Recovery



For immediate Help Call (877) 456-3313

Taking that first step toward recovery is oftentimes the most difficult decision one must make. At A Forever Recovery 30 to 45 day drug and alcohol rehab program, you can get off to a great start and for the first time, have a solid foundation in a recovery that you can accept and believe in. A Forever Recovery program is a new alternative to typical Minnesota Model 12-step programs and offers our clients a chance to find their foundation in recovery. Reap the benefits of this unique and successful approach to overcoming your addiction and walking the road to recovery...successfully.

“If the addict isn't receptive to a particular type of recovery then that recovery will probably be ineffective for the client”

Not every form of treatment works well for every client. Some people are very receptive to 12-step principles, whereas others are more comfortable within their Christian faith. Cognitive approaches have excellent successes, whereas others embrace a more holistic approach. The bottom line is there is not a single approach towards recovery that works well for most everyone...**until now!!!**

A Forever Recovery is the first 30 to 45 day solution that has brought together treatment professionals from many different successful therapies and modalities to help guide the client into finding what works best for them. Many of our clients have been in other forms of therapies and yet were frustrated because they couldn't accept that particular type of recovery. A Forever Recovery offers a combination of different therapies that work on the Body, Mind, and Spirit.

- Acupuncture, Vitamins and Nutrition, Massage and Fitness Therapy
- Moral Reconciliation Therapy
- Group and Individual Therapy
- Education, Films and Lectures by outside professionals covering many topics, including:

Addiction

Alcohol and Drug Education

Facing Life Sober

Nutrition

Pain and Stress Management

Effective Communication

Life Skills

Anger Management

Coping Skills

Feelings

Denial

Codependency

Handling old people, places and things

Resentments

Accountability

Meditation



Addiction has Negative effects on friends, family, school, work, and in nearly every aspect of an addict's life.

The abuser continues to use the substance despite the effect that it may have on their life. You may find that your friends and family members ignore you or constantly ride you about your substance abuse. You may find that things that were once terribly important to you now take a backseat to your drug/alcohol use. You may find that your job is in jeopardy as a result of your addiction. You may feel as if you have lost total control of your life and that everything is spiraling out of control. Maybe you have tried other forms of treatment but weren't able to accept that form into your life. Maybe you thought that there was only one way. Or maybe you think that there is no way out...but there is. Once you can admit to your addiction, your recovery process can begin.

Detoxification and Withdrawal

The very first part of any drug rehabilitation program must include withdrawing from any immediate effects of the drugs. We have two methods of accomplishing this: A standard withdrawal and medically supervised withdrawal. For someone not wanting to experience the full symptoms of opiate withdrawal, or individuals on a very high level of alcohol consumption, methadone or other prescription drugs, a medically supervised [detoxification](#) is available.



The Body – Vitamins, Nutrition and Massage Therapy

Drugs block unwanted feelings in life, but also essentially numb a person to the point where they cannot confront life in general, not just those undesirable parts. After years of past and current abuse of drugs and alcohol, many clients enter A Sober Forever treatment facility still suffering from the debilitating effects of the drug(s) of choice. Getting the body healthy is a primary concern and we begin the process the moment the client arrives at our facility.



Body Fortification

After years of substance abuse, many addicts suffer from many debilitating effects. Sometimes it is through a lack of proper sleep and nutrition that can lead to vitamin and mineral deficiencies. Feelings of chronic fatigue can lead to decreases in ambition, drive and determination. In worse conditions, the drug use itself has actually caused damage to the bodies systems. Alcoholics may suffer from liver dysfunction, Heroin addicts may have contracted Hepatitis C, the cocaine addict may be exhibiting major mood swings. In some cases, cessation of drug use combined with vitamin and Acupuncture therapy may actually aid the body in repairing the damage done.

Exercise, Sauna, Vitamins and Nutrition

A Sober Forever treatment program includes, as its therapy, the options for all participants to take part in an important part of the recovery process...getting the body physically healthier. On a daily basis, every client has available the following:

Full exercise room guided by a physical trainer

Vitamin and nutritional therapy

Massage therapy and Acupuncture

To aid in helping the client no longer suffer from any residual after effects of the withdrawal process, we provide on a weekly basis certified massage therapists and a certified acupuncture specialist.

The Mind – Changing the Way we Think and Feel

In addition to focusing on the physical and spiritual aspects of addiction, it is of the utmost importance that we place great emphasis on the mind. Many addicts who have spent years in denial, justifications and manipulations to continue their lifestyles have altered their way of thinking. For some their entire existence revolves around the use of drugs or alcohol. For others it is a hidden enhancement to their lives...a secret. Others still consider it the social norm no matter how much damage it may be causing themselves or their loved ones. If someone is to break free of the trap caused by drug addiction, one has to change the way he thinks.

A Forever Recovery uses MRT (Moral Reconciliation Therapy) which is considered by over 100 independent studies to be the most effective cognitive therapy used in over 40 states, drug court programs, and penal institutions.

Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal and substance abuse offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of traditions to progressively address ego, social, moral, and positive behavioral growth. Traditionally, MRT takes the form of group and individual counseling using structured group exercises and prescribed homework assignments. The MRT workbook is structured around 16 objectively defined steps (units) focusing on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism(continuous seeking of only pleasure) and development of frustration tolerance; and development of higher stages of moral reasoning. Under normal outpatient MRT Therapy, participants meet in groups once or twice weekly and can complete all steps of the MRT program in a minimum of 3 to 6 months.

A Forever Recovery is the ***first 30 to 60 day residential drug and alcohol program to introduce an intensive MRT core program rather than on an outpatient basis.*** Instead of 2 hours per week on an outpatient basis, we have 8 hours per week in an inpatient basis facilitated by certified counselors and MRT facilitators.

In addition to MRT Therapy, we have an

- An additional 8 hours per week of personal inventory, self-exploration and discovery
- 9 hours per week of group therapy including daily group counseling sessions, process groups, didactic sessions, and separate men's and women's issues groups.
- 6 hours per week of educational lectures, films and workshops covering many different aspects of addiction and recovery.



The Spirit – Finding a Path that Works for You

In addition to focusing on the physical and mental aspects of addiction, finding or developing one's spiritual nature can be the most important aspect of one's recovery. When we speak of spiritual matters, we do not insist in pushing a belief system that the client is uncomfortable with. Many clients arrive at the center already with a faith or belief system. Others are on a journey of spiritual discovery. Others find empowerment from within and don't feel comfortable seeking spirituality outside of themselves. At A Forever Recovery, we have provided a recovering environment that allows our clients to seek their own spiritual paths without being forced to adhere to beliefs that are not truly their own. We respect the rights and beliefs of our clients and understand that the spiritual journey can be the most important part of anyone's program of recovery.

In order to accomplish this, we have designated three "tracks" or paths that are used to compliment the cognitive therapy that the client receives. The following tracks are listed below and are generally decided at the beginning of his program.

Faith-based track: For the client who is receptive to Christian principles, the Faith based track is composed of guided Bible study, in addition to spiritual lectures, Celebrate Recovery, sermons and concepts taught by ordained pastors and ministers. Outside church service will also be provided on Sundays.

Self-help track: For the client who feels more comfortable in support groups, the self help track consists of outside meetings as well as lectures and groups on addiction and recovery topics.

Holistic track: For the client who doesn't feel comfortable in Faith-based or mainstream 12-step recovery settings, the Holistic track offers a variety of lectures and spiritual paths, including enhanced cognitive therapy, S.M.A.R.T. Recovery, discipline, eastern philosophies, meditation, Karate instruction, Buddhist techniques and spiritual lectures.

Although the client chooses his track upon admission to the program, he is not committed there. At one week intervals he may, should he choose to do so, change onto another track. For example, if a client began on the self-help track but found an interest in Christian principles he may switch to the faith based track without concern. In addition, if a client felt well-grounded in his Christian faith but was interested in exploring meditative techniques and discipline he could just switch to the holistic track.

We at A Forever Recovery feel that in giving the client to right to choose these spiritual enhancements to his program it actually empowers the client and makes his recovery truly his own. Unfortunately many conventional treatment centers tell clients that "if they don't accept their particular brand of recovery they probably won't stay sober". Our goal is to help the client to discover his own recovery tools that will work for him.

Our Counselors

In order to create such a successful approach to recovery, we have a large variety of counselors from many different modalities of recovery available at A Forever Recovery. Some of our counselors have worked in 12-step programs, others Christian faith based treatment centers. Others have gotten sober themselves through cognitive programs, while others practice their own brand of spirituality. With a staff of Christians, Buddhists, and even atheists we feel that we can help those of our clients to find their own way.

The Body

After years of past and current abuse of drugs and alcohol, many clients enter A Sober Forever treatment facility still suffering from the debilitating effects of the drug(s) of choice. Getting the body healthy is a primary concern and we begin the process the moment the client arrives at our facility.

Medical Detox/Withdrawal

The first stage of recovery is two-fold: to get the client no longer under the influence of any mood altering substances while at the same time no longer suffering from any of the uncomfortable symptoms of its withdrawal. Upon entry to A Sober Forever treatment program, every client will enter, at a minimum, our withdrawal clinic. Here the client will be evaluated and a determination will be made if the client needs to be transferred to our more intensive medical detox unit.

In some cases, it is not recommended that a client abruptly stop taking his drug of choice without a medically supervised detox.

Although not always the case, Alcohol, Benzodiazepines, and certain psychiatric medications can be extremely dangerous to withdraw from and, as such, will absolutely require a detox within our medically supervised unit.

Whether or not the client requires a medical detox depends upon the substances abused, the amounts and the duration. Although not always the case, the chart below shows the most common drugs associated with a medical detox vs. a standard withdrawal.



Medical Detox

Alcohol

Benzodiazepines

Tranquilizers

Psych meds

Withdrawal Clinic

Cocaine

Methamphetamine

Marijuana

LSD/Ecstasy

In both our medical detox and our withdrawal clinic, we provide 24 hour supervising with nurses and trained withdrawal technicians. During this process we require that each client meet the following three criteria before moving on to begin their journey at our primary treatment facility:

1. No longer under the influence of any mood-altering substances
2. No longer in immediate medical danger as a result of their drug use and withdrawal.
3. No longer suffering from any major withdrawal symptoms of their drug of choice.

After these three criteria are met, the client then continues on to our primary care facility located on the beautiful shorelines of St. Mary's Lake. Here we are going to continue to aid the client in proper diet, exercise with a physical trainer, nutrition, vitamin and nutritional therapy, massage, acupuncture and sauna therapy. Although every aspect of the physical element of our program is voluntary we highly encourage our clients to participate.

Exercise, Vitamins, Nutrients and Body fortification

After years of substance abuse, many addicts suffer from many debilitating effects. Sometimes it is through a lack of proper sleep and nutrition that can lead to vitamin and mineral deficiencies. Feelings of chronic fatigue can lead to decreases in ambition, drive and determination. In worse conditions, the drug use itself has actually caused damage to the bodies systems. Alcoholics may suffer from liver dysfunction, Heroin addicts may have contracted Hepatitis C, the cocaine addict may be exhibiting major mood swings. In some cases, cessation of drug use combined with vitamin, exercise, massage, Acupuncture and total body fortification may actually help the body in repairing the damage done as well as helping to rid the body of toxins accumulated during years of abuse.

A Sober Forever treatment program includes, as its therapy, the options for all participants to take part in an important part of the recovery process...getting the body physically healthier. On a daily basis, every client has available the following:

- Full exercise room guided by a physical trainer
- Vitamin and nutritional therapy
- 2 Saunas



Massage therapy and Acupuncture

To aid in helping the client no longer suffer from any residual after effects of the withdrawal process, we provide on a weekly basis certified massage therapists and a certified acupuncture specialist.



Often overlooked in many other programs, we at A Forever Recovery place great emphasis on the importance of the body's health. In order to maximize the chance for long term recovery, working on Body, Mind and Spirit collectively can bring a sense of empowerment lacking in other recovery systems that only focus on one area.

The Mind

In addition to focusing on the physical and spiritual aspects of addiction, it is of the utmost importance that we place great emphasis on the mind. Many addicts who have spent years in denial, justifications and manipulations to continue their lifestyles have altered their way of thinking. For some their entire existence revolves around the use of drugs or alcohol. For others it is a hidden enhancement to their lives...a secret. Others still consider it the social norm no matter how much damage it may be causing themselves or their loved ones. If someone is to break free of the trap caused by drug addiction, one has to change the way he thinks.

MRT (Moral Reconciliation Therapy)

As the core of each client's program we utilize the MRT cognitive therapeutic approach. First developed in 1985 by Dr. Gregory Little & Dr. Kenneth Robinson, it was a long-term approach focused on changing the criminal thought processes of convicted felons. Highly regarded, it quickly has become the program of choice in over 40 states, 100's of drug court programs and prison systems. Adapted to focus on the thought processes involved in addictions, A Sober Forever treatment program is the first residential drug and alcohol treatment facility to use MRT in such an intensive approach. Normally utilized in an outpatient drug program or penal setting with 2 hours per week of MRT counseling, we have increased this amount to over 8 hours per week of MRT counseling, exercises and practical applications. We feel that total immersion in changing the unhealthy thought processes that have been built over years is an excellent way to overcome addiction. In addition to this, MRT is designed to be continued after completion of the program.

The distinct advantage of MRT over more conventional therapies is their proactive nature. Our clients do not passively sit throughout the sessions, but rather are actively participating in drills, exercises, and self-exploration and discovery. We need each client to be an active participant in their own recovery rather than a passive observer.

To complement our MRT cognitive-based therapy, we also include an intensive 8 hours per week of inventory, self-discovery and exploration.

Inventory and Self-Discovery

An intensive look into our past to illuminate and discard those uncomfortable life experiences that have helped to shape our addictions. Working for over 8 hours per week, our clients can truly experience freedom from that past and their addictions as a result of a thorough working of our Inventory and Self-Discovery Process.

Group Counseling

For 9 hours per week, each client will participate in Group therapy sessions. Guided by addictions counselors, these help the client to explore areas of their recovery that might be otherwise missed. In addition, understanding the problems and solutions experienced by other clients can be extremely beneficial to the recovery process.



Individual Counseling

In addition to group therapy, we have many counselors with different backgrounds in recovery. Some of us have a focus in 12-step modalities, others are Christian faith-based, some are cognitive, and we even have Buddhists and other faiths available for counseling at various times throughout the client's recovery process.

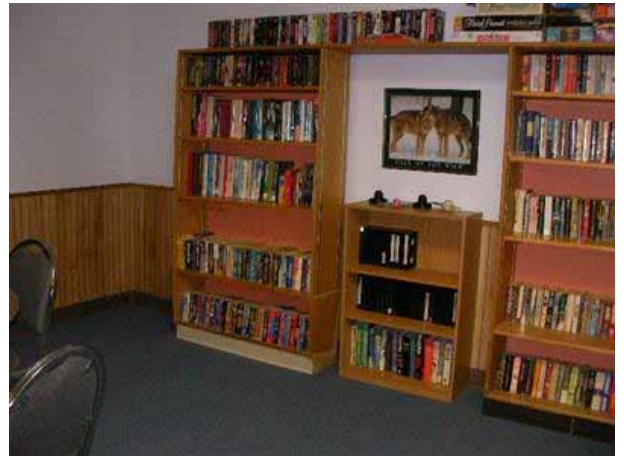
Education, Lectures, Workshops and Films

For additional enhancement, our resident counselors as well as outside lecturers come in 5 days a week to provide additional education on various topics of addiction and the recovery process.



Ideally, by completion of the program, the client not only gains a better understanding of his addiction and his old way of thinking, but has already begun to change the way that he views his life, his goals and how to overcome the obstacles that have been blocking him. Freedom from active addiction becomes an actuality and life gains new purpose.

At A Forever Recovery, we have sought to stray away from a typical “clinical setting” found in other treatment facilities. Most of our counseling rooms, lecture areas and lounges have been designed to provide comfort and relaxation as the client works through the many difficult areas of their addictions. At A Forever Recovery, we don’t have “patients”, but clients or students.



About Moral Reconciliation Therapy

A Forever Recovery uses MRT (Moral Reconciliation Therapy) which is considered by over 100 independent studies to be the most effective cognitive therapy used in over 40 states, drug court programs, and penal institutions.

Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal and substance abuse offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth. Traditionally, MRT takes the form of group and individual counseling using structured group exercises and prescribed homework assignments. The MRT workbook is structured around 16 objectively defined steps (units) focusing on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; and development of higher stages of moral reasoning. Under normal outpatient MRT Therapy, participants meet in groups once or twice weekly and can complete all steps of the MRT program in a minimum of 3 to 6 months.

MRT is a premiere cognitive-behavioral treatment system in the world. Over 1,000,000 individuals have been treated with the method. Over 130 independent outcome studies have been published on MRT from prisons, jails, probation and parole, community corrections, drug courts, juvenile programs, schools, and outpatient and inpatient treatment programs. The studies on MRT outcomes have included over 90,000 individuals.

Virtually all research shows MRT treatment leads to lower recidivism, improvements in personality variables, enhanced treatment compliance, and higher staff satisfaction.

A Forever Recovery is the *first 30 to 45 day residential drug and alcohol program to introduce an intensive MRT core program rather than on an outpatient basis*. Instead of 2 hours per week on an outpatient basis, we have 8 hours per week in an inpatient basis facilitated by certified counselors and MRT facilitators.

Inventory and Self-Discovery

As addicts, we can avoid uncomfortable feelings and life situations through unhealthy coping skills such as avoidance, stuffing our feelings, and even drug and alcohol abuse, many unhandled things can begin to pile up. Many times we have compromised our sense of morals and ethics during our addictions. We slowly become something other than who we truly are.



At A Forever Recovery, we provide a method that allows our clients to finally discover who we are as well as release our attention on uncomfortable past events. Truly one of the most important aspects of our program, Inventory and Self-Discovery is an intensive approach that delivers many positive results in our clients.

- Release from years of guilt, shame and remorse
- Understanding who we are underneath our addictions
- Seeing the patterns of our lives
- Gives us greater accountability and responsibility
- Finally facing the unhandled uncomfortable areas of our past and present.

Guided through this process and overseen by certified addictions counselors, we feel that Inventory and Self-Discovery can help to free an addict from the enslavement of the past. Facing our lives free from the past gives us a sense of peace and serenity, a feeling of connection with those around us, and a new sense of purpose.



“I finally understand and know who I am...and I actually like who I am today”

The Spirit

In addition to focusing on the physical and mental aspects of addiction, finding or developing one's spiritual nature can be the most important aspect of one's recovery. When we speak of spiritual matters, we do not insist in pushing a belief system that the client is uncomfortable with. Many clients arrive at the center already with a faith or belief system. Others are on a journey of spiritual discovery. Others find empowerment from within and don't feel comfortable seeking spirituality outside of themselves. At A Forever Recovery, we have provided a recovering environment that allows our clients to seek their own spiritual paths without being forced to adhere to beliefs that are not truly their own. We respect the rights and beliefs of our clients and understand that the spiritual journey can be the most important part of anyone's program of recovery.

In order to accomplish this, we have designated three "tracks" or paths that are used to compliment the cognitive therapy that the client receives. The following tracks are listed below and are generally decided at the beginning of his program.

Faith-based track: For the client who is receptive to Christian principles, the Faith based track is composed of guided Bible study, Celebrate Recovery, in addition to spiritual lectures, sermons and concepts taught by ordained pastors and ministers. Outside church service will also be provided on Sundays and Wednesdays.

Self-help track: For the client who feels more comfortable in support groups, the self help track consists of outside meetings as well as lectures and groups on addiction and recovery topics.

Holistic track: For the client who doesn't feel comfortable in Faith-based or mainstream 12-step recovery settings, the Holistic track offers a variety of lectures and spiritual paths, including enhanced cognitive therapy, SMART recovery, discipline, eastern philosophies, meditation, Karate instruction, Buddhist techniques and spiritual lectures.

Although the client chooses his track upon admission to the program, he is not committed there. At one week intervals he may, should he choose to do so, change onto another track. For example, if a client began on the self-help track but found an interest in Christian principles he may switch to the faith based track without concern. In addition, if a client felt well-grounded in his Christian faith but was interested in exploring meditative techniques and discipline he could just as easily switch to the holistic track.

We at A Forever Recovery feel that in giving the client to right to choose these spiritual enhancements to his program it actually empowers the client and makes his recovery truly his own. Unfortunately many conventional treatment centers tell clients that "if they don't accept their particular brand of recovery they probably won't stay sober". Our goal is to help the client to discover his own recovery tools that will work for him.

Faith Based Enhancement

At A Forever Recovery, we have provided a recovering environment that allows our clients to seek their own spiritual paths without being forced to adhere to beliefs that are not truly their own. We respect the rights and beliefs of our clients and understand that the spiritual journey can be the most important part of anyone's program of recovery.

In order to accomplish this, we have designated three “tracks” or paths that are used to compliment the cognitive therapy that the client receives: Faith Based, Self Help, and Cognitive/Holistic.

Our Faith Based track allows the client who is either a believer or has interest in the teachings of Jesus Christ. Exploring and strengthening one's Christian faith allows the client to maintain their recovery after treatment.

For whatever is born of God overcomes the world; and this is the victory that has overcome the world- our faith. Who is the one who overcomes the world, but he who believes that Jesus is the Son of God. (1 John5:4-5)

We have a series of elements of our Faith Based track that can provide the Christian with the enhancement to his recovery program here at A Forever Recovery. These elements include:

Guided Bible Study and Scripture
Sermons and Lectures by ordained ministers and pastors
Candlelit reflection and prayer sessions
Celebrate Recovery Christian 12-step program
Church Services
Pastoral Counseling

Coupled with the intensive Inventory and Self-Discovery piece of our program, a client can uncover, discover and discard those things in his life which are blocking him off from the sunlight of the Spirit. Removing years of guilt, shame and remorse can reveal the person that he truly is and allow him to continue his life afterwards, clean and sober.

We at A Forever Recovery feel that in giving the client to right to choose these spiritual enhancements to his program it actually empowers the client and makes his recovery truly his own. Unfortunately many conventional treatment centers tell clients that “if they don't accept their particular brand of recovery they probably won't stay sober”. Our goal is to help the client the discover his own recovery tools that will work for best him, and our Faith Based track is an effective enhancement to the Christian looking for recovery through Jesus Christ and His teachings.



Self-Help Enhancement

At A Forever Recovery, we have provided a recovering environment that allows our clients to seek their own spiritual paths without being forced to adhere to beliefs that are not truly their own. We respect the rights and beliefs of our clients and understand that the spiritual journey can be the most important part of anyone's program of recovery.

In order to accomplish this, we have designated three “tracks” or paths that are used to compliment the cognitive therapy that the client receives: Faith Based, Self Help, and Cognitive/Holistic.

Our Self Help track allows the client who is either a believer or has interest in self-help support groups, fellowships and other recovering communities.

We have a series of elements of our Self Help track that can provide the addict or alcoholic with the enhancement to his recovery program here at A Forever Recovery. These elements include:

- Outside recovery meetings
- Inside recovery meetings
- Lectures by recovering addicts, alcoholics and counselors
- Guided meditation sessions

Coupled with the intensive Inventory and Self-Discovery piece of our program, a client can uncover, discover and discard those things in his life which are blocking him off from recovering from his addictions. Removing years of guilt, shame and remorse can reveal the person that he truly is and allow him to continue his life afterwards, clean and sober...a member of a recovering community.

We at A Forever Recovery feel that in giving the client to right to choose these spiritual enhancements to his program it actually empowers the client and makes his recovery truly his own. Unfortunately many conventional treatment centers tell clients that “if they don't accept their particular brand of recovery they probably won't stay sober”. Our goal is to help the client the discover his own recovery tools that will work for best him, and our Self Help track is an effective enhancement to the recovering person looking for recovery through support groups and recovering communities.



At A Forever Recovery, we have provided a recovering environment that allows our clients to seek their own spiritual paths without being forced to adhere to beliefs that are not truly their own. We respect the rights and beliefs of our clients and understand that the spiritual journey can be the most important part of anyone's program of recovery.

In order to accomplish this, we have designated three "tracks" or paths that are used to compliment the cognitive therapy that the client receives: Faith Based, Self Help, and Cognitive/Holistic.

Our Cognitive/Holistic track is ideal for one of three different clients:

1) *The client who isn't receptive to typical 12-step programs, nor is comfortable in a Christian Faith based environment.* He may or may not be resistant to spiritual teachings, but he is seeking his own path to recovery.

2) *The client who believes that empowerment and overcoming ones addiction comes from within* and doesn't feel comfortable seeking strength outside of himself through spirituality. Analytical people who have a tendency to use their mind, willpower, abilities and strengths to overcome addiction are an example.

3) *The client who has a spirituality or belief in spiritual matters, but doesn't have a definite label* on his belief system. Holistic, pagan, or healing arts would be examples of such a person.

We have a series of elements of our Cognitive/Holistic track that can provide the addict or alcoholic with the enhancement to his recovery program here at A Forever Recovery. These elements include:

Energy and Healing

S.M.A.R.T. Recovery cognitive behavior therapy

Lectures by recovering addicts, alcoholics and counselors

Guided imagery and meditation sessions

The philosophy and spirituality of Martial Arts in terms of Recovery



Coupled with the intensive Inventory and Self-Discovery piece of our program, a client can uncover, discover and discard those things in his life which are blocking him off from recovering from his addictions. Removing years of guilt, shame and remorse can reveal the person that he truly is and allow him to continue his life afterwards, clean and sober...an empowered being..

We at A Forever Recovery feel that in giving the client to right to choose these spiritual enhancements to his program it actually empowers the client and makes his recovery truly his own. Unfortunately many conventional treatment centers tell clients that "if they don't accept their particular brand of recovery they probably won't stay sober". Our goal is to help the client the discover his own recovery tools that will work for best him, and our Self Help track is an effective enhancement to the recovering person looking for recovery through support groups and recovering communities..

About our Facility

At A Forever Recovery, we strive to give the client a positive environment to help him face and overcome his problems with addictions. A 60,000 sq. ft. building perched on 14 beautiful acres overlooking a private lake helps to give our clients a sense of serenity and peace.

Recovery from drugs and alcohol involves facing many difficult obstacles. Years of abuse can bring about



feelings of shame, guilt, and remorse. Our therapy rooms, lounges and walkways have been designed to stray away from the typical "clinical setting" seen in most treatment centers and facilities. Using soft color earth tones, our clients (not "patients") will have the advantage of an ambient soothing environment to face their demons.

From the moment our clients arrive, the first thing that many notice is that A Forever Recovery isn't like other treatment facilities. A truly innovative approach in addiction treatment and recovery, our goal is to help heal the damage wrought from years of abuse. We are a body, mind and spirit program that allows the client to successfully gain power over the things that have been blocking him for so long. At A Forever Recovery, we seek to uncover the potential that is found underneath in each of our clients...the **real** you.

We invite you to call and speak with one of our certified addictions counselors and understand why A Forever Recovery changes lives forever.



A Forever Recovery

A new approach in Addiction Recovery

www.stopyouraddiction.com

(877) 877-456-3313

For individual outcome studies on MRT visit:

www.moral-reconation-therapy.com